



# self-control

## Transformed by the Truth

Questions for Reflection & Discussion

### How to control sinful passions:

1. \_\_\_\_\_  
Romans 6:1-11; 2 Corinthians 5:17; Galatians 2:20; Colossians 3:3
2. \_\_\_\_\_  
Proverbs 4:23; Romans 12:2; 13:14
3. \_\_\_\_\_  
Ecclesiastes 4:12; Hebrews 3:13; James 5:16
4. \_\_\_\_\_  
Romans 13:13; 1 Corinthians 6:18-20; Galatians 5:16, 25; Colossians 3:5;  
1 Thessalonians 4:3-5; Titus 2:11-14; 1 Peter 1:14-15
5. \_\_\_\_\_  
Luke 8:11-15; Galatians 6:7-9; Hebrews 12:1-2; James 1:4

1. Read Galatians 5:19-24. Do you believe it is true that you can control your sinful passions? If so, why is it so hard to do so?
2. Read Romans 6:1-11. What do you think it means that you died with Christ? Do you consider yourself dead to sin? Why or why not?
3. Read Romans 13:14. What are some practical ways to avoid thinking about how to gratify the desires of the flesh?
4. Read Ecclesiastes 4:12, Hebrews 3:13 and James 5:16. How are you teaming up with others to battle temptation?
5. Read Romans 13:13, 1 Corinthians 6:18-20, Galatians 5:16 and 5:25; Colossians 3:5, 1 Thessalonians 4:3-5, Titus 2:11-14 and 1 Peter 1:14-15. Do these passages make you more or less confident that you have the power to control sinful passions?

#### Passages on self-control:

- Romans 6:1-14
- 1 Corinthians 6:12-20
- Galatians 5:16-25
- Ephesians 4:17-24
- 1 Thessalonians 4:3-7