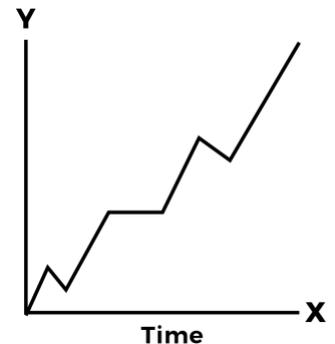


Self-Control and Perseverance - 10/07/18

OVERVIEW

Most of us enjoy hearing the stories of people who have persevered or practiced tremendous self-control in the face of insurmountable odds. But when it comes to applying these virtues in our own complicated and messy lives, it becomes personal, difficult, and far more of a process than we bargained for. God created us with desires and passions that drive us. Harnessing these natural tendencies and making them work for us instead of against us is the fabric of self-control and perseverance. How do we embrace trials and work through them or deny the things that are destructive in our lives? This message will focus on how we do this and why it is vital to fruitful and effective living.



Scripture: 2 Peter 1:3-11

APPLICATION

1. Share about something you have chosen to expend energy on in your life.
2. Andy Stanley says, "Our appetites have the ability to determine the direction and quality of our lives." From your past experiences, do you find this to be true or not, explain.
3. Read Philippians 3:18-19. Identify the ungodly appetites in your life (What's your marshmallow?). Explain how these are negatively affecting your life.
4. It's scientifically proven that sleep and rest are needed to persevere and maintain self-control. What do you need to eliminate to make rest a priority in your life?
5. Read the following verses: Proverbs 19:2, Proverbs 13:11, Proverbs 14:17, and Proverbs 21:5. How can we apply the lessons we learn in these verses to our lives?
6. HOMEWORK: Spend 15 minutes a day memorizing 2 Peter 1:3-11. Also, pick one ungodly appetite that you can begin to eliminate through self-control, perseverance and prayer!