

# Family Studies on Self-Control - Power In Balance

- Recommended Hymn: Everlasting God
- **Proverbs 16:32 - “Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”**
  - What is the point of this parallel? Why, and in what sense, did strength matter in the culture of Solomon’s day? Why, and in what sense, is strength important to Christians today?
  - Where else does the Bible talk about keeping our anger and other emotions in check?
  - Where does the strength that builds self-control come from? How can we gain access to this strength as Christians?
  - **Today we will pray together for...** the strength of our conviction in Christ to help us control our anger for the sake of glorifying Him.
- Recommended Hymn: Hide Me Away, O Lord
- **Proverbs 25:28 - “A man without self-control is like a city broken into and left without walls.”**
  - What would happen to a city without walls in ancient history? How does this parallel what happens to a follower of God without self-control?
  - What are some ways in which self-control helps us to defend ourselves as followers of Christ? What are some ways in which self-control helps us to defend one another as followers of Christ?
  - **Today we will pray together for...** God to help us defend ourselves in His name, and to protect us by the power of His might.
- Recommended Hymn: What Shall It Profit?
- **Mark 9:43 - “And if your hand causes you to sin, cut it off. It is better for you to enter life crippled than with two hands to go to hell, to the unquenchable fire.”**
  - What does Jesus mean when He says that the hand that causes one to sin should be cut off?
  - What are some things that could potentially cause us to sin? What might cutting these things off look like in our lives today?
  - What does this verse and this principle have to do with self-control? Why is self-control necessary to enter the kingdom of heaven?
  - **Today we will pray together for...** God to reveal the path of self-control to us and give us the strength to walk this path with Him.

- Recommended Hymn: You Are My All In All
- **Romans 8:13-14 - “For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are sons of God.”**
  - How does someone begin their relationship with the Spirit of God? What passages in the New Testament give us this information?
  - Read the context of this text (Romans 7-8) together. What else can we learn from this context about the difference between Spirit and flesh?
  - How can we know that we are led by the Spirit of God? What passages in the New Testament can provide us with this confidence?
  - **Today we will pray together for...** the Spirit of God to guide us as we seek to live through Him and Him alone.
  
- Recommended Hymn: Do Not Fear
- **2 Timothy 1:7 - “For God gave us a spirit not of fear but of power and love and self-control.”**
  - How do we gain access to this spirit of power, love, and self-control? What passages in the New Testament give us this information?
  - How are each of these three things (power, love, self-control) contrasted with fear? How do they help us avoid being led by fear?
  - What are some ways in which we can display power, love, and self-control in our lives as individual Christians and as a family?
  - **Today we will pray together for...** God’s perfect love to help us cast out our fear and replace it with self-control, for His glory.
  
- Recommended Hymn: Take Time to Be Holy
- **1 Peter 4:7 - “The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers.”**
  - What is the difference between being self-controlled and being sober-minded? How are they related? Why are both required of us?
  - Why should the close return of Christ motivate us to be self-controlled and sober-minded?
  - What effect does being self-controlled and sober-minded have on our prayer life? What effect does our prayer life have on our ability to be self-controlled and sober-minded?
  - **Today we will pray together for...** greater awareness of God’s plan for us, and greater motivation to do our part to accomplish His plan.