

## SESSION 7: MEN NEED SELF-CONTROL



(For this session have men read ‘**Men Need Self-Control**’ pp. 109-124.)

1. This section spends significant time trying to clarify not only what self-control is, but also what self-control is *not*.
  - a. What is the difference between self-control and self-reliance (p. 110)?
  - b. What is the difference between self-control and self-mastery (p. 110)?
  - c. What is the difference between self-control and absolute control (p. 110-11)?
2. Self-control is undeniably the fruit of the Spirit (Gal. 5:22-23). Why do you think men do not get much teaching on the topic of self-control?
3. The book says, ‘The Achilles heel of a lot of Christian men is not that they willfully desire to conform to the world around them, but that they never detach sufficiently to see where they are conforming and where they might be transformed’ (p. 113). What evidence do you see of this problem in your own life?
4. The book says, ‘The goal of self-control is far greater than resisting momentary temptations. The goal of self-control is to stay the course of holiness through a long and tumultuous life’ (p. 115). Why is vision, or imagination, an important muscle involved in exercising self-control (p. 116)?
5. The book says, ‘Perception is more important than willpower when it comes to self-control’ (p. 117). What do you think this statement means?
6. Most of us do not think that distraction is a big deal. Distraction may affect our productivity, but it does not affect our worship. On this topic the book makes a bold claim: ‘There is a squatter’s rights law that pertains to spirituality. Whatever we allow to sit on the mind will eventually have rights to the heart’ (p. 118). What evidence do you see that this is true?
7. What is the main application that you want to take away from this section on self-control?

