

Discussion Questions  
“The Spirit’s Fruit (Part 8): Self-Control”

1. What is the essence of both secular and “religious” self-control? How is it different from the true spiritual fruit of self-control?
2. Andy suggested (from Tim Keller’s observations) that sometimes religious people have children who are stoics, and that stoics have children who end up epicureans. What does this mean? Why do you think it happens this way? Have you observed this generational trend yourself?
3. How is it that religious and secular self-control both end up producing pride, and, often, addiction? Have you seen examples of this in your experience? Have you experienced this in your own life?
4. What does it mean to be a boxer and to punch the air? To run aimlessly? How is this related to true and false self-control, birthed by the Spirit?
5. Is Paul saying that the body is not important, and that it can be abused in order to have spiritual control? Why or why not?
6. Is self-control simply a matter of avoiding sin? Why or why not? What does the example of Jesus teach us about this dynamic?
7. How is Jesus not just our greatest example of the Spirit’s fruit of self-control, but also the Savior who saved us through his self-control?
8. What is God saying to you? What are you going to do about it? Who is going to help you?