
AMEN Bible Study 2022

Men After God's Own Heart: Self-Control

Romans 12:1-2

March 24, 2022

"But the fruit of the Spirit is.....self-control;" – Galatians 5:22-23

"A man without self-control is like a city broken into and left without walls." – Proverbs 25:28

"For God gave us a spirit not of fear but of power and love and self-control." – 2 Timothy 1:7

"The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers." - 1 Peter 4:7

"But be hospitable, a lover of good, self-controlled, upright, holy, and disciplined." – Titus 1:8

The classical approach:

Source of good - intuitive.

Life must be balanced.

Actions are important.

The goal is man's honor.

The Christian approach:

Source of good - divine.

Life must be Christ-centered.

Actions and motives are important.

The goal is God's glory.

"Self-control is the Spirit-enabled ability to avoid excess and stay within the God-given boundaries."

Alistair Begg

Scriptural Context

1. Self-Control Begins with the Mercies of God

2. Self-Control is a Decision to Present Yourself to God

3. Self-Control Involves Sacrifice

4. Self-Control Requires Godly Discernment

5. Self-Control is Something God is Working in You

Discussion Questions

Knowing

- How does the context of Romans 12:1-2 keep us from being moralistic or legalistic in our efforts at self-control?
- How do the “mercies of God” empower us to exhibit self-control?

Being

- What does Paul mean when he says that presenting our bodies to God is “your spiritual worship”?
- What makes us holy and acceptable to God?

Doing

- In what areas of your life do you want God to develop more self-control in you?
- What practical steps has God empowered you to take in these areas?