



## Root & Fruit: Self-Control

Rodney Holmstrom | Collin Jackson | Matt Musgrave

### connect in **community**

#### Live as One

How much of a "control freak" are you? Which one of the following describes you best?

I need to feel in control all the time.

I'm good as long as I feel like someone is in control.

I'm pretty chill; I just roll with whatever comes.

How does this play out in your day-to-day life? Give a recent example.

#### Live By The Word

Read Galatians [5:16-26](#).

What is the conflict in [verse 17](#)? How does that conflict show up in your life?

How can self-control solve or contribute to this conflict? Does trying harder to do better help you overcome sinful desires?

How does living by the Spirit ([v. 16](#)) produce true self-control?

Read Romans [8:37-39](#).

What does this passage say about God's love for us?

How does believing this truth about God's love for us make us victorious in the conflict with our sinful desires?

#### Live as Sent

What difference would it make in your relationships if you grew in the self-control from the Spirit?

Who do you know that needs encouragement in their struggle with self-control? How will you encourage them?

### connect **daily**

Day 1 [Galatians 5:16-26](#)

Day 2 [Romans 6](#)

Day 3 [Romans 8:31-39](#)

Day 4 [Romans 12](#)

Day 5 [Romans 13:8-14](#)