

Ephesians 6:10-17 — Self-control (Galatians 5:23)

As we seek to partner with the Spirit to make room for His fruit to grow, consider:

- In what areas of your life would you like to have greater self-control? Spend some time praying about this and submitting to the Lord for help.
- How might you support someone who said they couldn't memorise Scripture? Reflect on examples from your own life when this skill has become important.
- Looking back over the other eight aspects of the fruit of the Spirit, where are you being prompted to do your part in 'cultivating the ground'? Pray about how to grow in this area and make a commitment to God to partner with the Spirit.

Additional Questions – to further your thinking.

This study is based on a Lifebuilder Bible Study by Hazel Offner.

- What part of the sermon stood out as important to you this week? Why?
- Temptation can blind our better judgement. Read 1 Samuel 26. Put yourself in David's position (vv. 1-4). How might you feel towards someone trying every way possible to kill you?
- Think through the tension and dangers involved in David's plan (vv. 5-7).
- Abishai tells David to seize this golden opportunity to kill Saul in v8. Why would this be tempting? Why does David resist (vv. 9-11)
- When we are tempted to sin, how can our attitude toward God's will affect the outcome? Thinking on David and Abishai, both of whom attribute their actions to God, how can we ensure that we clearly discern God's will?
- How does God participate in the drama at this point (v.12)?
- If we know God is present to help us in our struggle, how can it be easier to exercise self-control?
- In vv.13-16, David calls out to Abner from a safe distance. How would his words to Abner make Saul more receptive to him?
- In what ways can our commitment to doing God's will affect any one who observes us?