

# STUDY GUIDE



**August 27, 2017**

**Message Title: Self Control**

**Teaching Pastor: Brian C. Hughes**

## **Bible Verses:**

- Galatians 5:22-23, NIV

## **Key Points**

1. Think of one or two regrets in your life. This is NOT a guilt exercise. The idea is to do a little self-examination.

**Why do you think you made the choice you made?**

**What would have helped you make a better decision?**

Self-Control is a 3-legged stool. It is stable when it has Purpose, Environment and Accountability.

2. **Do you know what your life purpose is?**

**How is that purpose informing or helping you with self-control?**

3. Think about your environments.

**Are any of those hurting your self-control goals?**

**How can you make some changes there?**

**4. Do you have some people in your life who have permission to hold you accountable?**

**Have you had an explicit conversation with them about that?**

**How do you think you could add some accountability into your life?**

**Notes:**