

Scan QR Code for Digital Notes



SMALL GROUP QUESTIONS

- 1 Share one thing that stood out to you in this week's sermon and why.
- 2 Proverbs 25:28 says, "A person without self-control is like a city with broken-down walls." Based on this passage, how would you define self-control?
- 3 In your own words, what is the end result when you lose self-control?
- 4 Pastor Jeremy mentioned that it's important the "Remember the Cost," of losing our self-control. Is that easy for you to remember? Why or why not?
- 5 We have all heard the cliché "sleep on it," before. Have you ever considered why that was a thing? What good does it do for you to reflect before you respond?
- 6 When you look at 1 Peter 1:13-16, what is the correlation between your mind and self-control?

Read 1 Peter 1:13-16 NIV

"Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'"

- 7 What is one thing that you can do this week to help renew your mind in Christ?
- 8 How can we be praying for you this week?



Scan QR Code
for more events

Upcoming Events

6.27 | Venture at Rancho
7.10 | First Summer Nights & Baptisms
7.17 | High School Summer Camp
7.18 | Venture at Lakeside
7.24 | Middle School Summer Camp

Skyline Church

June 26, 2022

IT'S ABOUT PROGRESS

NOT PERFECTION

SELF-CONTROL

Dr. Jeremy McGarity

*"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control**."*

GALATIANS 5:22-23 (NLT)

"People with understanding control their anger; a hot temper shows great foolishness."

PROVERBS 14:29 (NLT)

6 KEYS TO CONTROLLING ANGER

1 _____ TO _____ IT.

"Fools give full vent to their rage, but the wise bring calm in the end."

PROVERBS 29:11 (NIV)

2 _____ THE _____.

"...a quick-tempered person stockpiles stupidity."

PROVERBS 14:29 (MSG)

"...anger causes mistakes."

PROVERBS 14:29 (LB)

"Hot tempers start fights."

PROVERBS 15:18 (MSG)

"A hot-tempered man... gets into all kinds of trouble."

PROVERBS 29:22 (LB)

"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."

PROVERBS 11:29 (LB)

"Don't... associate with hot-tempered people or you will learn to be like them."

PROVERBS 22:24-25 (NLT)

3 _____ BEFORE YOU _____.

"A stupid man gives free reign to his anger, but a wise man waits and lets it grow cool."

PROVERBS 29:11 (NEB)

"A wise man restrains his anger and overlooks insults. This is to his credit."

PROVERBS 19:11 (LB)

4 _____ ANGER _____.

"If you are angry, don't sin by nursing your grudge..."

EPHESIANS 4:26 (LB)

"Never pay back evil with more evil...never take revenge, leave that to righteous anger of God, but overcome evil by doing good."

ROMANS 12:17-21 (NLT)

a. Don't _____ it.

b. Don't _____ it.

Two keys to long term self-control...

5 _____ YOUR _____.

"Be transformed by the renewing of your mind."

ROMANS 12:2a (NIV)

6 _____ ON _____ CONTROL.

"Let the peace of Christ rule in your hearts."

COLOSSIANS 3:15 (NIV)

"...whatever is in your heart determines what you say."

MATTHEW 12:34 (NLT)