

Chapter 13

Lack of Self-control

1. The author opens this chapter with the illustration of walls used to protect ancient cities. In what ways is a person without self-control like a city without walls? P.110
2. Consider the author's definition of self-control on p. 110. What are some legitimate areas where only moderation is required? What are some areas that must have absolute restraint? Can you identify these areas in your life? How are you doing with self-control?
3. The author states that "we cannot pick and choose the areas of life in which we will exercise self-control". See 1 Peter 2:11. Why can't we pick and choose? P. 111
4. In Galatians 5:13-26, Paul tells us that we are called to freedom and that we are not under the law. If so why is self-control so important and where does it come from? What is your responsibility in this?P. 111
5. The author suggests three ways to aid in developing self-control. What are they? Can you think of other ways to develop self-control?