



# GROUP STUDY GUIDE

WEEK OF JULY 31, 2022 | WHAT THE WORLD NEEDS NOW

*During our summer series, we're using our group time to explore how Jesus modeled the Fruit of the Spirit and how we can live them out too. This week our focus is on **self-control**.*

## WARM-UP QUESTION

On a scale of 1-10, how much of a control freak would you say you are (1 = not at all, 10 = total control freak)?

## DISCUSS

- Where do you see the greatest need for self-control in our world today?
- Where or when do you personally find it hardest to exhibit self-control?

Have one or two people read **Matthew 4:1-11** out loud.

- Look at verses 1-2 specifically. What stands out to you about the conditions and situation leading up to Jesus' temptation?
- Are there conditions or situations when you're more prone to temptation? Explain.
- In the remaining verses, what stands out to you in the tactics that Satan used?
- Look at the temptations one at a time (vv. 3, 5-6, and 8-9), and pause after each one to discuss: If you were offered the same thing, how do you think you would respond? Why?
- Now look at the responses of Jesus (vv. 4, 7, and 10). What inspires or challenges you from His example?
- What steps could you take to develop self-control *before* temptation comes?
- What are some tactics that have helped you overcome temptation in the moment? Share ideas as a group, and consider creating a list if it's helpful.

## RESPOND

- Based on what you've discussed in your group time, what do you think God is prompting you to do in response this week? When will you do it?
- Pray together as a group, lifting up specific struggles that have come up in the conversation. Ask God to help you be faithful to take steps in developing self-control, and commit to checking in with each other for accountability this week.

*Encourage group members to read Daily Bible Reading on the church app or have it delivered to their inbox daily. Subscribe at [tpcc.org/dbr](http://tpcc.org/dbr). Check in with your group to share thoughts about these throughout the week!*