



# YOUR FUTURE SELF WILL THANK YOU

## PART 3: HOW TO GROW YOUR WILLPOWER MUSCLE

### INTRODUCTION

As you think about spiritual attributes the one that is most foundational to all the others is self-control. Without self-control we can't fulfill the purpose God has for our life. But self-control is a learned skill. And it starts with resisting the temptation to put yourself first.

### KEY SCRIPTURE

|               |                |               |
|---------------|----------------|---------------|
| James 1:8     | 2 Timothy 2:22 | Psalms 1:1-3  |
| Matthew 26:41 | Joshua 1:8     | 2 Peter 1:5-7 |

### DISCUSSION QUESTIONS

1. Who is somebody you know that has a tremendous amount of self-control?
2. Read 2 Timothy 2:22. The formula for growing in self-control involves, removing the temptation or removing yourself from the temptation, along with pursuing righteousness, and doing this with others who love Jesus. How would you personalize this formula for yourself?
  - a. Temptation to remove:
  - b. How you will pursue righteousness:
  - c. Who you'll do this with:
3. Pastor Will shared a few habits that will help you strengthen your willpower—Begin a Bible reading plan, memorize scripture, workout/exercise, have a conversation with a stranger. What habit, or discipline, will you begin this week to help you grow your willpower?
4. There are also things that deplete willpower—conflict, lack of sleep, and social media. How will you minimize these willpower depleters in your life?
5. Pastor Will said, “Jesus sees us not for who we are, but who we are to become.” If you could see you the way Jesus sees you, what would be different about the way you see yourself?

### MOVING FORWARD

Application Prayer: Jesus, help me to grow the muscle of self-control. I will flee evil desires, pursue you, and meditate on your Word. Please forgive me and be my leader.