



YOUR FUTURE SELF WILL THANK YOU

PART 4: HOW TO MAKE SELF CONTROL AUTOMATIC

INTRODUCTION

God wants us to be spiritually healthy. He has provided His word as a guide to helping us achieve that. Spiritual health and overall growth is directly impacted by our self-control, by learning to make self-control automatic we can unlock how to achieve desired growth and goals.

KEY SCRIPTURE

Joshua 1:8

Matthew 7:24-27

John 8:31-32

DISCUSSION QUESTIONS

1. What are your daily habits that you don't even have to think about?
2. Pastor Will said, "God blesses obedience and obedience works best when it becomes a habit in our lives", how have you experienced God's blessing as a result of your obedience?
3. Read Matthew 7:24-27. Pastor Will taught that knowledge put into practice is wisdom. What biblical knowledge do you have that you have not yet put into practice? How can you begin to put it into practice and allow it to become a habit?
4. Jesus wants us to live His truth, what would change in your life if you really lived like what you say you believe is true?
5. Where do you need to replace a bad habit with a good habit?

MOVING FORWARD

Application Prayer: Jesus, I commit to stop merely listening without applying your truth. Show me where to begin Godly habits in my life today.

The Bible Encourages Good Habits:

Hebrews 10:25

Luke 18:1

Micah 6:8

Joshua 1:8

Isaiah 1:17

Ephesians 4:15

James 5:16

Philippians 4:8

Warnings Against Destructive Habits:

Romans 12:2

Proverbs 18:9

1John 3:9