

Lesson Ten: Self-Control – Mastering our Desires

(read 1 Corinthians 9:24-27)

1. What example of self-control does Paul use in these verses?
2. The city of Corinth hosted the Isthmian Games every other year, so the Corinthians would have known about athletic training and competition. What similarities and contrasts does Paul see between athletic competition and the Christian life?
3. How do Paul's training and attitudes provide a model of "self-control" or "self-discipline" for us today?

(read 1 Corinthians 10:1-13)

4. What example of self-control does Paul use in these verses?
5. What spiritual privileges did the Israelites have, and how do they parallel Christian experiences (see verses 1-5)?
6. Paul tells us that the Israelites were also negative examples for us to remember (v. 6). In what specific ways did they disobey God and what were the results in each case (see verses 6-10)?
7. How do the examples of Israel's sins provide stern warnings for us today (see verses 11-12)?
8. After such stern warnings, Paul encourages us in verse 13. How does it help you to know that any temptation you face is "common to mankind"?
9. Some temptations seem unbearable. How does Paul assure us that God will help us in those situations?

(Summary)

10. Self-control, as part of the fruit of the Spirit, means that the power we have over ourselves and our actions can help us to be increasingly aligned with the will and conviction of the Holy Spirit. How does self-control influence your relationships in the body of Christ and your witness to a watching world?

