

# Truth or Dare (Part 2) – Lesson 4 Workbook

## The Truth About Self-Control

### DIGGING IN

1. What do you think Proverbs 25:28 means?

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2. Why do you think it is so important that we have self-control?

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### Galatians 5:22-23

*Self-control is a fruit of the Spirit. If you are living a life in the Spirit, you will exercise self-control.*

1. Does this mean, then, that someone living without self-control is not living in the Spirit?

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2. As you look around our world, what are some ways you see people living out of control?

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### Indulgence, When is Enough, Enough?

- We don't think having a home is enough, we want a big house.
- We don't think an iPod shuffle is sufficient, we want a high-gig video iPod.
- We aren't content with a car, we want a fast car or a good looking car.
- We don't settle for our old game system, we want the newest game system.

Get the idea? We live in excess. We don't exercise self-control. Instead, we indulge in whatever we want whenever we want it. In our habits, in our lusts, in our entertainment, and in our relationships. We want the most friends on MySpace, the fastest Internet connection, the quickest fix. We don't e-mail much anymore, we prefer instant messaging. We don't cook in an oven, we cook in a microwave. We find shortcuts, we look for the easiest way.

The weird thing is, the Bible said this would happen. It predicted that in our times, we would not be able to control ourselves.

## 2 Timothy 3:1-5

1. Do you think this sounds a lot like these days?

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2. Why do you think living like this can be so dangerous?

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3. What is it inside us that you think makes us not want to wait?

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4. Why can't we trust God to provide what we need? Why is our want list so large?

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### **Workbook Activity**

#### **Contentment is a Blessing**

1. Learn to be content. Settle for simple things. Don't be obsessed with more. Settle for less on purpose. (see Philippians 4:11)
2. Ask yourself, what do you really need? (see 1 Timothy 6:8)
3. Realize that contentment is a sign of trust in God (Hebrews 13:5)
4. When you're tempted to indulge in something you shouldn't, think of all the blessings you already have. Thank God for them out loud.
5. Tell someone what you struggle with and tell them to hold you accountable.

Whatever you do, don't believe the lie of our culture that tells us that bigger, faster, fancier, and more expensive is better. Contentment is the right thing to do.

### **Homework**

- Memorize Proverbs 25:28
- Focus and live by the points mentioned above in the workbook activity "Contentment is a Blessing."