



SERIES: Getting Ripe With God
TEACHER: Gabe Hollis

TOPIC: Self Control
DATE: 12/03/2023

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QUESTION #1

In this message, what resonated with you?

QUESTION #2

Was there anything you wrestled with?

QUESTION #3

There are benefits to not having self-control— otherwise, everyone would always have self-control. What are some of these benefits?

QUESTION #4

What are some consequences of not using self-control?

QUESTION #5

Read Titus 2:11-12a below.

How does Jesus partner with us to help us to be better at having self-control? What is our part?

Titus 2:11-12a, NET

For the grace of God has appeared, bringing salvation to all people, ¹²It trains us to reject godless ways and worldly desires, and to live self-controlled, upright, and godly lives in the present age...

QUESTION #6

When you get dopamine, a side effect is susceptibility to desire things– and not just the thing that caused the dopamine spike. What are some examples of this in your everyday life?

QUESTION #7

Gabe described some tactics to combat impulsivity, starting with “Spot the Traps.” Can you think of any traps you’ve seen lately?

QUESTION #8

What are the other two tactics Gabe described? Have you ever tried a “Fish Bowl” type of reward? Are you inspired to now?