

## *Women's Ministry Discussion Questions*

*To encourage reflection, sharing, and connection to God and others through his Word.*

### **Titus 2-Gether Session 3: "to be Self-Controlled"**

From Titus 2:3b-4a: "They [older women] are to teach what is good, 4 and so train the young women to... be self-controlled"

1. What Scripture comes to mind when you consider the call for women to "be self-controlled"? See 2 Cor. 5:14, Titus 2:11-12, 1 Thes 4:3-5, Phil 2:12-13, 2 Cor. 9:8
  
2. What are ways in your heart and life that you have seen the grace of God at work to bring the fruit of self-control?
  
3. What are the areas/ways that are challenging for you to have self-control? Maybe it's:
  - In purity - what your eyes see or how you dress?
  - In your time - social media or phone/tech use? Saying no to not overcommit?
  - In what you eat or drink?
  - In your tongue?
  
4. See the back of this page for 7 biblical steps in growing in self control. Where are you at in this process? What steps can you add? How can we as sisters support you in this process of growth?

## *“Christ-Control” for our Self Control*

*From David Mathis article on DesiringGod.org: “Self-Control and the Power of Christ”*

*“True self-control is not about bringing our selves under our own control, but under the power of Christ.”*

*“We learn to say no, but we don’t just say no. We:*

- 1. Admit the inadequacy, and emptiness, of doing it on our own.*
- 2. Pray for Jesus’s help*
- 3. Secure accountability*
- 4. Craft specific strategies (“Develop a clear, publicized plan,” counsels Welch).*
- 5. Trust God’s promises to supply the power for every good work (2 Corinthians 9:8; Philippians 4:19)*
- 6. Act in faith that he will do it in and through us (Philippians 2:12–13).*
- 7. Thank him for every Spirit-supplied strain and success and step forward in self-control.*

*Ultimately, our controlling ourselves is about being controlled by Christ. When “the love of Christ controls us” (2 Corinthians 5:14), when we embrace the truth that he is our sovereign, and God has “left nothing outside his control” (Hebrews 2:8), we can bask in the freedom that we need not muster our own strength to exercise self-control, but we can find strength in the strength of another. In the person of Jesus, “the grace of God has appeared . . . training us” — not just “to renounce ungodliness and worldly passions,” but “to live self-controlled, upright, and godly lives in the present age” (Titus 2:11–12). Christian self-control is not finally about bringing our bodily passions under our own control, but under the control of Christ by the power of his Spirit.”*

## *A Few Recommended Resources:*

*Self-Control: The Battle Against “One More” by Ed Welch in Journal of Biblical Counseling Volume 19 • Number 2 • Winter 2001*

*Online Article by David Mathis “Self-Control and the Power of Christ” on DesiringGod.org*

*12 Ways Your Phone Is Changing You Book by Tony Reinke*

*Do More Better: A Practical Guide to Productivity Book by Tim Challies*

*“Self-Control: the Word’s Secret Desire” by Ed Welch. online CCEF article*