

## Proverbs - Self Control

7/14/2019

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How do you make decisions? How do you determine if something is moral or immoral?

When is the first time you remember having self-control? Why do we have to have self-control?

How do you learn self-control?

Read Proverbs 25:28. Have you ever met someone that's like a city without walls? What are some ways you would describe their life? (Be Respectful! Don't throw your spouse under the bus!)

The model of changing behavior that was presented was: Conviction, Commitment, Confidence, Strategy, Discipline, Perseverance. Explain each of these steps. Which of these steps is the most difficult for you?

Why is it important to remember the Grace that Jesus offers as we learn self-control?

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*Following  
Jesus  
Together*