



## Get A Grip- Week 2

**1824 GROUP DISCUSSION QUESTIONS****GROUP DISCUSSION QUESTIONS**

Self-Control is defined as the ability to do what you need to do, even if a part of you doesn't want to, or the ability not to do what you shouldn't do even when you want to. The bible echoes in its importance in [Proverbs 16:32](#), "Better to be patient than powerful; better to have self-control than to conquer a city." In today's conversations we will dig into the role purpose plays in our ability to practice self-control.

1. Self-control will always be difficult until you understand why it's needed. Purpose creates and maintains self-control. Who do you know that has exemplified self-control fueled by purpose? What made their choices stand out to you?

2. Danny mentioned a few areas of his life that connect to his purpose and motivate him to practice self-control. Those included an intimate walk with Jesus, a great relationship with his spouse, having influence for the Kingdom, and having financial peace.

What does purpose mean to you personally? How/ Where do you find a sense of purpose in your life?

3. Read [1 Corinthians 9:24-27](#). We train ourselves in body, mind, and spirit for eternity through self-control. What area of your life are you currently needing to practice self-control? When you reflect on your choices in that area of life currently, is it training you for an eternal prize?

4. Read [2 Timothy 4:28](#). We all desire to reach the end of our life and look back to a race well run. What action do you need to take this week to strengthen your purpose and practice self-control?

**ACTION STEP**

Choose one of the following or create your own. Consider finding an accountability partner within your group to walk alongside you this week.

- **Identify your purpose:** If you struggle to know what your purpose is, spend time this week reflecting on the four questions Danny mentioned in the service.
- **Study the word:** Consider doing one of the following bible plans: [Pursuing Your Purpose](#) or [Passion & Purpose](#).
- **Read a book:** Consider reading [Purpose Driven Life](#).
- **Journal:** Daily journal on how you practiced self-control.



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- **Daily time with God-** Determine the type of routine you'd like to have that allows you to spend time learning about what pleases God. Here are some ways to do this:
  - [Download the Emmanuel app](#) and read the One Year New Testament daily.
  - If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.

## **GROUP SERVING OPPORTUNITIES**

To determine how your group can serve together in the surrounding community, email Breanne Schafer, Emmanuel's Associate Outreach Director, at [bdeavila@eclife.org](mailto:bdeavila@eclife.org).

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## **UPCOMING EVENTS**

August 16| Serve Week Registration Opens

September 10 | Serve Week Begins

September 17 | Family Adventure

*You can find more information on all of these events at [eclife.org](http://eclife.org).*