

Self-Control - Study Questions

31 August 2025

Hebrews 12:1-2; Mark 8:34-37

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. (Gal 5:22-23)

1. What kind of thoughts/feelings come to the surface in response to the word “self-control”?

Read Hebrews 12:1-2

2. Who are the “cloud of witnesses” mentioned in verse 1? In what ways are they witnesses?
3. What are the two things that are a necessary preparation for running the race (vs. 1)? Why are they both necessary to point out?
4. Where should we be looking as we run the race (vs. 2)? Why?
5. What is the nature of our race course (vs. 2)? *Read Mark 8:34-37.*
6. Why do you think these words about the cross don’t land with the same force as they would have when they were first spoken/written?
7. How is the self-sacrificing path of Christian discipleship different from the various idolatries of the world (James mentioned 2 key things in the sermon)?
8. What is the purpose of having the character of Jesus (the fruit of the Spirit) more fully formed within us?
9. *For reflection:* What are your thoughts/feelings about the death of the self-centered you?