

# OUTLINE & DISCUSSION QUESTIONS

## SELF-CONTROL IN AN AGE OF INDULGENCE

MEGAN CLUNAN | JULY 5, 2026

GALATIANS 5:13-18, 22-23

Self-Control Is \_\_\_\_\_

Self-Control Is \_\_\_\_\_

Self-Control Is \_\_\_\_\_

## DISCUSSION QUESTIONS FOR FAMILY, FRIENDS & GROUPS

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**ICEBREAKER:** Go around the group and have each person describe their Independence Day celebrations in 5 words or less, and share their favorite summertime treat or cookout side dish.

1. The sermon described self-control as a fruit of surrender rather than willpower. How does that change the way you think about self-control? Where have you relied more on trying harder than abiding in Christ?
  2. Galatians 5:1 says, "It is for freedom that Christ has set us free." When you hear the word freedom, what comes to mind? How does Paul's definition differ from the way our culture defines freedom?
  3. The question was asked: "Where in your life do you feel like you have no choice?" Is there an area where you find yourself saying, "I can't help it" or "This is just who I am"? What might that reveal about what has begun to master you?
  4. How might shifting the question from "Can I do this?" to "Will this master me?" (1 Corinthians 6:12) shape your choices? What are some subtle things—not necessarily sinful in themselves—that can quietly become masters in our lives?
  5. Pastor Megan referenced a CS Lewis quote which said, "To walk out of His will is to walk into nowhere." Have you ever experienced this personally? Can you share a time when pursuing your own way, rather than God's, ultimately left you feeling empty or trapped?
  6. We were encouraged to pause and invite Jesus into moments of temptation, fear, frustration, or anxiety. What typically keeps you from pausing? What would it look like to practice that this week in a real situation?
  7. The message ended by emphasizing that we develop with others, not alone. What is one area where you need a trusted Christian community instead of trying to fight by yourself? Is there anywhere the Holy Spirit is encouraging you to walk more deeply into community?
- PRAYERFUL TAKEAWAY:** This week, choose one area where you want to experience greater freedom. Each morning, pray: "Jesus, produce Your self-control in me today. Show me what faithfulness looks like in this moment, and give me the strength to walk in it." Then, when we meet again, let's share what we noticed as we practiced slowing down and inviting Jesus into that area.