

## Life Steps

### Day 1

Proverbs 25:16-28

What does this Proverb say about self control? How is one, who lacks self control, like a city whose walls are broken through? Identify ways you lack self control.

### Day 2

1 Corinthians 6:12-20

“Food for the stomach and the stomach for food” was a popular saying in the city of Corinth to justify sexual immorality. The thought was if we have a sexual craving we shouldn’t deny ourselves. How does Paul refute that way of thinking? What does it mean that our bodies are a temple to God? How does this challenge you?

### Day 3

1 Corinthians 9

How does Paul demonstrate self control? What are some of the rights that he says that he has? Out of his commitment to Jesus, what does he do with these rights? How does that influence your understanding of self control?

### Day 4

Galatians 5:13-26

We are physical and spiritual creatures. What does it mean to be a physical creature? A spiritual creature? How are the two meant to interact? What does this passage say to that?

### Day 5

Luke 4:1-15

Put each of the devil’s temptations into your own words. Which one would be the most enticing to you? Why? Lust is deceptive and destructive. How so? What can we learn from Jesus’ example in Luke 4? What are the benefits of resisting temptation?

### Day 6

Genesis 39:1-12

What can we learn from Joseph’s example of self control? We know how Joseph’s story ended, but how would it have ended if he had slept with Potiphar’s wife? Is there something in your life that you have allowed to be a temptation for too long? What would it look like for you to run away from it? Who will you share this with?

### Day 7

Ephesians 4:17-5:2

Self control is about resistance and redirection. What does this passage say about that? Name ways you struggle with self control. What would it look like for you to not only resist the temptation but also pursue what is good and healthy?