



Men's Bible Study-Week 4

Title: Self-Controlled: Guarding the Future God Planted in You

Self-control is God's way of protecting the future He is growing in you; shaping you to bear lasting fruit and reflect the character of Christ.

Points:

1. Self-control _____ us from undesired consequences.

Proverbs 25:28

"A man without self-control is like a city broken into and left without walls."

Self-control isn't God _____ you. It's God _____ what He planted in you.

2. Self-control _____ us to become more like Jesus

Self-control breaks down when _____ breaks down.

Acts 3:19

¹⁹Repent therefore, and turn back, that your sins may be blotted out,

3. Self-control requires a _____ of our minds.

Romans 12:2

²*Do not be conformed to this world, but be transformed by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Renewing the Mind = Replace + Refocus + Rebuild

- **Replace** lies with truth (Scripture)
- **Refocus** thoughts on what is godly (Philippians 4:8)
- **Rebuild** new patterns through the Spirit (Ephesians 4:23–24)



Self-control is personal, but never private.

James 5:16

“Confess your sins... pray for one another.”

4. Self-control _____ the future God is calling you to.

Self-control isn't about who you are _____. It's about who God is _____.

Group Questions

1. What is one area where I feel “unprotected” right now?
2. What future version of me is God shaping?
3. What boundary (fence) would protect that future?
4. What rhythm could I begin this week to renew my mind?
5. Who is one brother I can invite on this journey?