

CONNECT GROUP DISCUSSION GUIDE

Week #8 - The secret to self-control



GETTING STARTED

Spend some time checking in with each other. Any highs and lows since the last time you met?

What is one thing you've tried (and maybe failed) to give up or control in your life?

Be honest: what's your "semi-sweet chocolate chip" moment?

THIS WEEK'S THEME

"Self-control is not about behavior modification, it's about spiritual transformation."

- How does that shift your understanding of what self-control is?
- Have you ever tried to fix something in your life through discipline alone? What happened?

Aggressive Futurism:

- In what areas of your life are you hustling or striving for a future version of yourself?
- How do you think that kind of striving impacts your peace, your relationships, or your spiritual life?

Control vs. Surrender:

- When you hear that the key to self-control is releasing control, what's your gut reaction?
- What is something you need to surrender to God right now?

DIGGING DEEPER

Read Romans 8:6

“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

In Romans 8, Paul contrasts two ways of living:

- A life governed by the flesh (Greek: sarx, meaning our human nature apart from God)
- A life governed by the Spirit (God’s presence actively transforming us)

Paul is not talking just about morality or behavior. He’s getting at who or what is leading your life. A “mind governed by the flesh” often tries to be in control, chase achievement, or meet the world’s standards. But when our minds are surrendered to God’s Spirit, we begin to experience life the way it was meant to be lived—with peace, purpose, and wholeness.

Reflection Questions:

- What do you think it means to have a “mind governed by the flesh”?
- Where do you see that mindset show up in your daily life (e.g. anxiety, self-criticism, overworking, people-pleasing)?
- What do you notice about the outcomes of each mindset?
- Flesh leads to death (emptiness, burnout, disconnection).
- Spirit leads to life and peace (wholeness, rest, contentment).
- Which mindset do you feel governs most of your thoughts right now?
- What signs help you notice when you’ve shifted away from a Spirit-led mindset?
- Paul says the mind “governed by the Spirit” brings life and peace.
- How would your week look different if you truly lived from a place of life and peace?

PRAY

Close your time together by reading the full version of the Serenity Prayer (shared in the sermon).

Encourage each person to underline or highlight one line that resonates deeply and carry it into their week.

TAKING IT HOME

Choose one practice of release:

Begin each morning by praying: “God, guide my thoughts, words, and actions today. I surrender control.”

When you feel the urge to control something, pause and ask, “What would it look like to trust God here instead?”