



RCCG OCEANIA

Character & Holiness

THE ART OF SELF-CONTROL

AT A GLANCE

BIG IDEA

In a world full of provocations, mastering the art of self-control is essential for maintaining peace of mind. By choosing when to speak and when to remain silent, you conserve your energy and make better decisions. This study will guide you through the practice of calmness and strategic responses.

PRIMARY PASSAGES

Proverbs 16:32

James 1:19

Philippians 4:7

Galatians 5:22-23

KEY TAKEAWAYS

- Most disturbances aim to steal your power.
- Real strength is quiet and doesn't need to prove itself.
- Silence can be a powerful form of disagreement.
- Calmness leads to better decision-making.
- Reacting emotionally can lead to poor decisions.

INTRODUCTION

Self-control is a vital skill that allows individuals to maintain peace of mind and achieve emotional maturity. In a world filled with provocations, learning to master self-control can lead to inner peace and better decision-making. This study explores the biblical foundation of self-control and provides practical guidance for developing this essential quality.

SCRIPTURE READING

- **Proverbs 16:32** — Highlights the value of self-control over physical might.
- **James 1:19** — Encourages listening and slow reactions to anger.
- **Philippians 4:7** — Describes the peace that comes from God, guarding our hearts and minds.
- **Galatians 5:22-23** — Lists self-control as a fruit of the Spirit.

KEY POINTS

1. **RECOGNIZE EMOTIONAL TRIGGERS** — Identifying what provokes you is the first step in mastering self-control. Many disturbances are designed to steal your power and ...

KEY POINTS (CONT.)

1. **RECOGNIZE EMOTIONAL TRIGGERS (CONT.)** — disrupt your peace of mind. By recognizing these triggers, you can choose not to react impulsively, maintaining your emotional maturity.
 - Reflect on situations that typically provoke you.
 - Journal about your emotional responses to these triggers.
 - Pray for wisdom to recognize and manage these triggers.

Scripture: Proverbs 16:32

2. **PRACTICE SILENCE** — Silence can be a powerful form of disagreement. By choosing silence, you conserve energy and maintain your inner peace. This practice allows you to respond strategically rather than react emotionally, leading to self-mastery.
 - Practice pausing before responding in conversations.
 - Use silence as a tool to de-escalate tense situations.
 - Meditate on the benefits of silence in maintaining peace.

Scripture: James 1:19

KEY POINTS (CONT.)

3. EVALUATE SIGNIFICANCE — Not every issue deserves your attention and energy. By evaluating the significance of a situation, you can prioritize what truly matters. This helps in maintaining peace of mind and focusing on what contributes to your emotional maturity.

- Ask yourself if the issue will matter in a year.
- Prioritize your responses based on long-term significance.
- Seek God's guidance in discerning what deserves your focus.

Scripture: [Philippians 4:7](#)

KEY POINTS (CONT.)

4. **CHOOSE STRATEGIC RESPONSES** — Calmness leads to better decision-making. By choosing strategic responses, you demonstrate emotional maturity and self-mastery. This approach allows you to navigate challenges with wisdom and grace.
 - Take deep breaths before responding to stressful situations.
 - Consider the potential outcomes before making decisions.
 - Pray for the Holy Spirit's guidance in responding wisely.

Scripture: Galatians 5:22-23

GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

OBSERVATION

- What does Proverbs 16:32 say about self-control?
- How does James 1:19 guide us in our reactions to anger?
- What kind of peace does Philippians 4:7 describe?
- What is listed as a fruit of the Spirit in Galatians 5:22-23?

INTERPRETATION

- Why is self-control considered more valuable than physical might?
- How can silence serve as a form of disagreement?
- In what ways does God's peace guard our hearts and minds?
- How does self-control contribute to emotional maturity?

APPLICATION

- What are some personal triggers that challenge your self-control?
- How can you incorporate more silence into your daily interactions?

APPLICATION (CONT.)

- What criteria can you use to evaluate the significance of an issue?
- How can you practice choosing strategic responses in your life?

PRAYER FOCUS

- Pray for wisdom to recognize and manage emotional triggers.
- Ask for strength to practice silence and conserve energy.
- Seek guidance in evaluating the significance of situations.
- Request the Holy Spirit's help in choosing strategic responses.

NEXT STEP

Reflect on personal emotional triggers and practice strategic silence in daily interactions.

CONCLUSION

Mastering the art of self-control is a journey towards inner peace and emotional maturity. By recognizing emotional triggers, practicing silence, evaluating significance, and choosing strategic responses, you can navigate life's provocations with wisdom and grace. Embrace the peace that comes from God and allow it to guide your heart and mind.