



THE LOOK OF LOVE | WEEK 4 OF 4

# Self-Control

The Look of Love series explores how the fruit of the Spirit are expressions of love. This week, the students will learn that by choosing self-control they can love other people well.

## BIG IDEA

Choosing self-control helps us love well.

## KEY VERSES

In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.

2 Peter 1:5–7 (NLT)

## 1 | Hangout

### SUPPLIES

- Paper
- Pen

### LEADER TIP

- You will need the brainstorming list for the Hear and Huddle discussions

### INSTRUCTIONS

- a. Discuss: What stood out to you from the video teaching?
- b. Take a few minutes to brainstorm a list of things or situations in which people have a tough time choosing self-control (e.g., food, screen time, gossip, etc.). Try to come up with at least 10 ideas.



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## 2 | Hear

### SUPPLIES

- Bibles
- Hangout brainstorming list

### INSTRUCTIONS

- a. Make sure everyone has a Bible. Share them if needed.
- b. Look up and read Galatians 5:16–26.
- c. Discuss:
  - What stands out to you from this passage? Why?
  - How does the Holy Spirit help us have self-control?
- d. Read verses 19–21 a second time.
- e. Discuss:
  - Which of these things were on our brainstorming list?
  - Is there anything we could add now?
  - Does anything from this list not feel relevant to you at the moment?
  - Is there anything that feels super relevant to you personally?
- f. Read verses 24–25 again.
- g. Discuss:
  - What do these verses mean to you?
  - How do they impact your life? How do they impact how you treat other people?

## 3 | Huddle

### SUPPLIES

- Hangout brainstorming list

### INSTRUCTIONS

- a. Refer to your group's brainstorming list and discuss:
  - How does choosing self-control in these areas help you love well?
  - Which area is the most difficult for you to show self-control in?
- b. Reflect on what your group shared, then pray together. Ask God to guide each student to choose self-control to help them love others well.