

LIFE Community Sermon Notes

Week of November 2nd, 2008

Galatians 5:22-23

Opening Question: Do you find it hard or easy...

- a) To resist a piece of chocolate cake
- b) To run an extra mile
- c) To say what's on your mind

In this study we are going to look at the self-control of Jesus as demonstrated in his time in the garden of Gethsemane. The passages we are focusing on are:

Matthew 26:36-46

Mark 14:32-42

Luke 22:39-46

- Read through the passages together in the group and focus on his self-control.
- Sit silently together for 2-3 minutes reflecting on this time in Jesus' life

Discussion Questions

1. Describe the desire of Jesus in these passages?
2. What emotions was Jesus experiencing during this time?
3. What were the actions he took and/or wanted to take?
4. Bryan defined self-control in three ways:
 - a. Exercising the will so as to restrain one's desires, emotions and actions
 - b. Power within or inner strength
 - c. Saying no to ourselves so we can say yes to something else
 - i. How does Jesus show inner restraint over his desires, emotions and actions?
 - ii. Where do you see Jesus' inner strength?
 - iii. What did Jesus say no to so he could say yes to the cross?
 - iv. How hard was it for Jesus to do this?
 - v. Take a moment to say thank you to Jesus for his self-control.
5. The challenge of self-control is for us to say yes to the Spirit. We gain self-control when we surrender control to the Spirit.
 - a. In what area do you need to surrender control to the Spirit?
 - b. How can you surrender control to the Spirit in that area?
 - c. How hard will this surrender be for you?
 - d. How might the group help you in surrendering control to Him?
6. Take a few moments and pray together. As a sign of surrender take paper that dissolves in water (tissue paper or equivalent) and write down your area of surrender on it. Then pray together and as a group place your pieces of paper in some water to symbolize your surrender of them.