

BRILLIANT TV

FRUIT OF THE SPIRIT

GRAHAM COOKE

EPISODE 4:

A Fresh Lens for Self-Control

Exchanging Old Perceptions and Mindsets.

- + When you saw the topic of Self-Control for this Weekly Mentoring episode, what were your first thoughts? Write them out on a separate paper or in your journal.
- + How did the idea of exploring Self-Control make you feel? List a few of your emotions.
- + What new thoughts did this episode introduce to you? Make a list.
- + What are you excited to explore now about the Fruit of Self-Control?
- + How do you anticipate the Holy Spirit being your Helper in that?

Living from Delight.

Consider this quote by Graham from "The Overcoming Life: Part 2":

"Worship is the place where we have the best fellowship with God. Worship, rejoicing, and thanksgiving is the place where we encounter the fullness of God, we encounter the delight of God, we encounter the pleasure of God, we encounter Him in the fullness of who He is. "

- + How do you think worship, thanksgiving and rejoicing can impact the Fruit of Self-Control?

- + What obstacles in your thinking does a perception of delight overcome?

- + How does delight impact your sense of expectancy with God?

- + What new language do you want to use to describe a situation in which Self-Control will be helpful? Write out some possibilities.

Positively Activating Pre-Determined Choices

Daniel's friends are a wonderful example of Self-Control in Daniel 3 because they had made pre-determined choices about how they would respond. When they were given a second opportunity to bow down to the idol, they told Nebuchadnezzar that they didn't need to think again. They had already decided who God was for them. They were fully persuaded of His nature of majesty and sovereignty, regardless of whether He delivered them or not.

Pre-determined choices about who God is for us are vital in Self-Control. Spend time with the Holy Spirit to delightfully write out some of yours. For each one, assess the level of worship, rejoicing and thanksgiving you'll need to make them your primary reality - then partner with Him in the coming weeks to enjoy those upgrades in your perceptions, thinking and language.