

Making the Change:

How can you be more like Christ this week with regards to controlling your actions and emotions?

At Home:

At Church:

At Work:

In the Community.

Your Signature:



For more information on or to learn more about men's ministry training

Visit us online at
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To equip churches to train men for spiritual leadership in the home, church and community.

A large graphic with the words 'IRON SHARPENS IRON' in a bold, metallic, 3D font. The background is dark blue with a grid pattern and a bright light source behind the second 'IRON' word, creating a lens flare effect.

IRON SHARPENS IRON

Renewed Man of God Series

Week 3

A silhouette of four men in a gym setting, one is standing with arms crossed, another is leaning against a barbell, and two others are standing nearby. The background is a dark blue grid pattern.

Self-Control

Challenges For the Week: (Log your thoughts on each)

Challenge 1: Bill Perkins, When good men get angry

Challenge 2: Incredibles video

Challenge 3: Father of the Bride, Part

Follow-up:

How did we do on last weeks "Making The Change?"
(Positives / Negatives)

READ:

2 Peter 1:3-9

Have you ever?

Was there ever a time when wish you could have taken back something you did or said? After the fact you realized your quick reaction may not have been best decision.

As ambassadors of Jesus Christ, our actions both positive and negative directly reflect the entire body of Christ. We must exercise self-control in our daily lives.

Romans 3:23 tells us that no one on earth is perfect. Let's look at God's word to learn more about how we can exercise self control.

When are you most likely to lose your cool? How do you act out?

Group Discussion:

1. Do you agree, or disagree with this statement?
"Life is 10% what happens to you, and 90% how you react to it."

READ: James 1:19-21

1. What instruction did James give about the relationship between speaking, listening, and anger?
2. Describe the relationship between lack of self control and righteous living?
3. What are other ways we lack self-control?