**United Parish in Brookline**

**Week #6: March 28, 2021**

**Fruits of the Spirit: Self-Control**

**Further Questions for Consideration**

How do you define self-control?

Why is self-control important to human spirituality? To Christian discipleship?

In what areas of your life do you have strong self-control?

Where could you use more self-control? Why?

How does it relate to Jesus’ behavior during the last week of his mortal life?

How do you see it relating to the other “fruits of the Spirit” we’ve been considering (humility, gentleness, gratitude, generosity, service, patience) and will consider (love, compassion, joy)?

How does it relate to self-actualization (the pursuit and/or realization of one's God-given talents and purpose)?

See Maslow’s hierarchy of needs ([here](https://www.psychologytoday.com/us/blog/hide-and-seek/201205/our-hierarchy-needs)).

Who in your life has been a shining example of self-control? How so?