



elev8

life on another level

Student Workbook

YEAR 3

Life and Action
Self-Control

Bible Readings

Titus 2

Genesis 39

1 Thessalonians 4 and 5



Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of self-control in the Bible.
- Express the theme or story in your own way.
- Apply your learning from the story to your own life and community.

Notes from Bible Reading

Scripture A word or phrase that stood out to me:

Observation What is happening in this Bible reading?

Application Something that I learned about who I am or how I should live:

Prayer What I would like to say to God, ask of God, or what I think God is saying to me:

Key Question What does the Bible say about self-control?

Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

What is one area of life you think you might jokingly border on being addicted to? (e.g. once you pop, you can't stop eating Pringles, it might be Face Book, MySpace, it might be chocolate, a particular TV show, it might be teasing a younger sibling etc).

Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

There are obviously many areas in our lives we can apply the idea of self-control or self-discipline to.

Our focus for this session is on relationships with someone you might want to spend a fair amount of time with and really get to know.

Titus 2 is a more general comment about self-control. It applies to everyone regardless of their age. I remember once hearing about a guy who read in his father's journal a prayer "Help me to avoid the sins of old men" and thinking I didn't really think that old men had sins.

- Why should we show self-control?
- What effect will that have on others?
- Or when someone tries to slander and say false bad stuff about us?

Genesis 39 tells the story of a good looking young man (who also happens to be a slave and so doesn't get to go out and socialise much) who is being courted by a woman very interested in him and what happens one time when they find themselves alone together.

- How does Joe deal with this?
- Was it worth it in the long run to do what he did?
- What sort of tips does 1 Thessalonians 4, 5 give us about areas we need to have self-control in?
- Who does it set us apart from?
- How should we see ourselves and what activities and attitudes should we be focussed on instead?

One of the common mistakes people make in the area of self-discipline is to focus on what they should not be doing or thinking about, when the very act of not thinking about it result in you thinking more about it. The way forward is to think of other things worth much more to think about.

- What are the bigger things you want in life?
- What are the benefits or better outcomes will you get through self-discipline?
- How much more will you feel better about yourself and what you're capable of or what you will achieve through self-discipline and focus?

We do have to acknowledge that there is a lot of society pressure through media, peers and even family for everyone especially young people to be in relationships or at least 'hooking up'. So many of them will be asking what is the value of self-control?

The 2008 National Survey of Australian Secondary Students, HIV/ AIDS and Sexual Health found just under a third reported having experienced unwanted sex. Also more people are having sex with multiple partners.

Explore – Express

Brainstorm:

- What does self-discipline/self-control mean?
- Why is self-discipline important in sports?
- Why is it important in life in general?
- Why is it important in a relationship with someone you're into?

Discuss the story of Joseph in Genesis 39.

- How would you have dealt with the situation?
- What sort of guidelines or suggestions do you think Joseph would give us about relationships and physical intimacy?

Review 1 Thessalonians 4, 5.

- What is practically useful about these passages?
- How should we see ourselves and what activities and attitudes should we be focussed on instead?

Explore – Integrate

- How are you currently dealing with them, and what have you found helpful and what hasn't worked for you?
- What areas would you benefit help for?
- Who are you currently discussing these areas of your life with, and who else would be useful for you to be able to share this stuff with?
- What are ways I can respect more those that I am sexually turned on by?
- How can I see the other qualities of them and myself beyond just the physical sexual aspects?
- What other areas of life could I be putting a lot more of my time, thoughts and energy into?

Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need or to work together on any shared projects that you have.

Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray for God to help me respect and to value those around me beyond the physical.

Give thanks for the opportunities I have to enjoy other people's company and share in their lives.

Pray that God continues to show me some of the bigger ways I can bring about his Kingdom on earth and what steps are involved for me to help realise it.