

Dave Gustavsen – The Power of Habits SELF-CONTROL 1 Corinthians 6:12-20

Sermon Based Questions - April 26, 2015

Introduction:

1. When have you borrowed something from a friend or neighbor only to have to have to return it with it damaged or broken? How did you explain it?
2. What kind of innocent pleasure (i.e. not sinful in and of itself) have you had that you realized was gobbling up more and more of your time?

Understanding:

3. Pastor Dave explained that Greek dualism says there is a dual reality—the spiritual stuff that God cares about, and the non-spiritual stuff that He doesn't care about—and therefore you can do whatever you want with your body! Compare and contrast this Greek attitude with America in 2015.
4. We were bought at a price. Read Romans 6:16-18. What are the two kinds of slavery here? Be specific about ways God has moved you from the one type of slavery to the other.
5. A Christian who can't stop smoking is told "You must stop smoking! After all, Scripture says that your body is the temple of the Holy Spirit." Will this cure their smoking? Why or why not?
6. Today, there is no more temple in Jerusalem. A new personal temple was prophesied in Isaiah 66:1-2. Where is the Lord's resting place? Do these verses encourage a casual attitude towards the Lord? And how does this all connect to self discipline?
7. God has future plans for each of our bodies. See the picture of the future in Revelation 5:9. What is the connection between how we are presently Jesus' people and what eternity is like?
8. Today's passage included 3 slogans "I have the right to do anything", "Everything is permissible for me" and "Food for the stomach and the stomach for food..." Two of the most popular recent advertising slogans have been "Have it your way" and "Just do it". Compare these slogans to Corinth's slogans. What does it tell us about human nature without the Lord? What is the warning to us?
9. Paul is reminding us that we're not dogs. The end of verse 13 says: "The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body." Now Read Romans 6:11-14. What is the command here? What is the great reason to hope that it can be obeyed? How does this encourage you?
10. In his video Russell Brand said: "I feel that if I had total dominion over myself, I would never look at pornography again". He sounded very pessimistic about being able to achieve this. What is the error in his thinking? Why and how can we have humble optimism on this?
11. If you resist your craving to stay in the warm house, and lace up the running shoes and walk out the door—that leads to *freedom*. It's very paradoxical, right? Read John 10:10. What is true freedom?

Application:

12. If you make that a habit—consistently stopping when you've actually eaten enough—you will be very un-American, but you will be respecting this sacred space where God's presence dwells. *We are temples of God*. It may be food and it may be some other area. But, ask the Lord for the grace to change in an area where you need more self-control.
13. Are you unable to stop watching porn? You are not alone! The chapel has a confidential group for sexual addiction. For contact info please call the Chapel office.