



# Go Further . . . West Weekly Study Guide

## September 25, 2011

MONDAY 09.26.11

There's a quote in a movie when one very blunt lady is telling her friend, "You are the problem but you are also the solution."

That sums up the entire concept of self-control.

It is about so much more than over-eating, over-spending, having lack of passion and energy . . . It is having power over one's own:

Impulses . . .

Thoughts . . .

Emotions . . .

Dreams . . .

**Name one thing in each area above that you struggle with controlling and then as we go through the devotions this week, pray about how God can help you claim the power over each of these areas.**

TUESDAY 09.27.11

Paul was trying to get the church in Corinth to understand that their existence was more than just "talking" about Jesus. He strongly encouraged them to embody Jesus.

By "embody" he meant "participate" . . . To display the gospel in ALL areas of his life so that ANYONE who looked into his heart, his life, anything at all related to him would see Jesus.

**Where, in your life, do you find it easiest to embody God for others?**

**What area do you need to embody Christ more and how might that change how you impact others?**

WED. 09.28.11 1 Corinthians 9:23-27

**What are the prizes we aim for in life?** During Andrew's (my son) first cross-country race he got lost during the race because the course was not marked in such a way that the runners could easily find their way.

He and several other members of the team took a wrong turn and ultimately it cost them almost 1/2 a minute in the race.

The Apostle Paul was trying to coach the church in Corinth into living lives that mattered . . . Rather than getting caught up in all the rules and "do's" and "don'ts" he urged them to run with a purpose/goal/vision.

- **What area in your life are you struggling with running with a purpose?**
- **What is getting in the way of you running with the end goal in mind?**
- **What can you do to gain purpose and vision?**

### Sermon Sept. 25

**"Get Real: Self Control"**  
-Rev. Andrea Smith

**Scripture Reference:**  
2 Timothy 4:5

*Things I'd like to remember from this weeks message:*

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### Prayer for Upcoming Week:

Almighty God,

Allow me to use your power rather than my own to exercise self-control. May I see ways to use the "filter" so that I may use words that heal rather than hurt, do actions that bless rather than burden, and may my actions affirm rather than abuse!

Amen.

**Prayer Concerns:**

**Don Armstrong** - finishing up radiation

**Pastor Jim** and all the people displaced in the Outer Banks.

**Pastor Jan Brittain** as she transitions from Christ UMC to WCUMC.

**Don't forget . . .**

- **Register for Impact Day now! Several mission projects headed up by West folks!**
- **Choose to serve with the Fallstown Bapt. Food Ministry on Wed afternoon or Fri. afternoon**
- **Get plugged in to a LifeGroup. One is beginning after worship today!!!! Back classroom to right of cafeteria.**

**THURSDAY**

**09.29.11**

**2 Peter 1:5-8**

How many times when we are facing situations do we really know what we are supposed to do and how we are called to act but we ignore that "nudge" in our spirit for whatever reason?

It is when we feel that "nudge" that we should err on self-control. The nudge comes from something greater than just a "hunch" . . . It is grounded in our faith, which then encourages goodness, knowledge, and ultimately self-control.

The nudge can serve as a reminder that what we are about to do can be and perhaps should be "filtered" in order to be an act of love and grace rather than self-defense or an action out of anger or fear.

If we will enter those situations grounded in faith and looking at the situation with a knowledge of "why" we are feeling the way we are, then the outcome will be far better and greater than if we go blindly and boldly forward.

**When can you act with your words and actions to give help instead of hurt?**

**Bless instead of burden? Affirm or abuse?**

**FRIDAY**

**09.30.11**

**Luke 22:47-48**

The ultimate vision of self-control is seen through Christ the last week of his life. One of his best friends betrayed him for money . . . How many times do we become angered if we feel like we have been cheated financially, even in the slightest of ways?

He was ridiculed and mocked. . . When we feel like we are the "butt of the joke" how easy is it for us to merely turn the other cheek and walk away with our self-esteem still intact?

Over and over again Jesus exhibited grace under pressure that final week of his life. He "kept his head in all things" regardless of the circumstances that faced him.

It was more than willpower . . . It was an issue of the heart.

"The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart."

**How can you be more intentional about storing up goodness in your heart?**

**SATURDAY**

**09.31.11**

**2 Timothy 1:7**

Once we claim the power and the gift of the Holy Spirit, we have within us each the power to overcome whatever obstacle it is before us, especially those in which we need to exercise self-control.

It is then that we can look at each circumstance and use our own personal "filter." Are we acting out of timidity and fear or are we acting out of power, love, and self-control?

**We are called to:**

Master our Moods, Watch our Words, Restrain Reactions,

Stick with our Schedules, Manage our Money, and Maintain our Health

**Which of these will you focus on first?**