



**Your Future Self
Will Thank You**

*Secrets to
Self Control
from the Bible
& Brain Science*

Drew Dyck

Study Guide

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Chapter 1: Why Self-Control?

What drew you to the topic of self-control in the first place?

How would you have defined “self-control” before reading this chapter?

If you had participated in the marshmallow experiment as a child, how do you think you would have done? Do you believe self-control is innate or can it be taught?

This chapter defines four Greek words that can be translated as “self-control.”

- *Néphō*. Read 2 Timothy 4:5.
- *Chalinagógeó*. Read James 1:26.
- *Sóphrón*. Read 1 Timothy 3:2.
- *Egkráteia*. Read Galatians 5:22-23.

With which of these do you struggle most? Is there one of these areas in which you feel stronger? Why the difference?

This chapter defines self-control as “the ability to do the right thing, even when you don’t feel like it.” How does that definition work for your specific needs to improve self-control?

Self-control is a fruit of the Spirit (Galatians 5:25). How does this spiritual fruit manifest itself in your life?

Chapter 2: Sorry, Self-Control Isn't About You

Have you had success in improving your self-control in the past, but realized the motivation for doing so wasn't all that great?

How do you keep the ultimate purpose of your life front and center?

Augustine prayed, "Grant me chastity and self-control, but please not yet." Have you ever felt like praying some variation of this prayer? If so, why?

What would it look like if we actually placed God first in our hearts?

How does self-control enable us to love others better?

Read 1 Corinthians 9:25-27. If you were to give advice to someone who wanted more self-control, would it match the advice Paul gave?

Think of a goal you currently have. How can you make it a "sanctified goal" by giving it spiritual significance?

When it comes to resisting temptation, are you more of an Odysseus or Orpheus?

Chapter 3: Meeting the Enemies

How do you feel about yourself when you give in to a destructive impulse?

Read Romans 7:15-19. Can you relate to this struggle?

What are the dangers of downplaying the reality of our sinful nature?

How has culture affected our self-image? How does this self-image affect our relationship with God and others?

Why are we sometimes reluctant to confess sins? How do we overcome that reluctance?

Does viewing human nature as flawed inspire and enable you to become more virtuous?

Read 1 Corinthians 10:12. What is the danger in living without a sober self-awareness?

Read 1 Corinthians 6:12. What constitutes a sin?

Read Matthew 4:1-11. What does the showdown between Satan and Jesus in the desert teach you about sin? What can you learn from Jesus's response and apply to your life?

Chapter 4: Hope for Growth

Do you have a “Dan” in your life? If so, how does that person make you feel about yourself?

How does the idea of willpower being a finite resource line up with your own experiences?

Read Matthew 26:41. Why do you think people were designed to have limitations on their willpower?

Are there certain situations where your state self-control weakens? How can you plan in advance for those types of situations?

How can you gauge your willpower level? Are there signs that you’re running low?

What changes can you make in your life to improve your willpower? What physical things can you do? What spiritual things?

Chapter 5: The Transforming Power of Habits

Have you ever done something—and then only moments later wondered why you did it?

What are some of your daily habits that you don't even think about now?

Read 2 Peter 1:5-7. Can you think of examples where your knowledge should lead to a change but it didn't?

Describe a past experience of trying to kick a bad habit.

Can you name a habit that you're proud of? What is one you'd like to change?

Is there a spiritual discipline that you've made a habit? Is there one you'd like to change or start?

Chapter 6: Training Your Elephant

What do you think of Ben Franklin’s attempt to achieve “moral perfection”? Have you ever taken on trying to fix too many things in your life at once? What is the danger in trying to do too much simultaneously?

Examine a habit that you have. Now think about the habit loop. What is the cue, routine, and reward for that habit?

Did you think about any bad habits you’d like to eliminate? How might you go about trying to retrain your “elephant”?

What can we do to increase our patience when it comes to the long process of developing a habit?

When it comes to building spiritual habits, how can we make sure we don’t fall into mindless repetition and lose intimacy with God?

Chapter 7: Grace Means I Don't Need Self-Control

Do you ever have a “let Go and let God” mentality?

What do you think would happen if you used terms like “struggle” or “strive” around Christian friends?

Why are we tempted to equate passivity with spirituality?

Do you think there's a tendency to mix up justification and sanctification?

How does failing to strive result in “cheap grace” as Bonhoeffer put it?

How can we make sure we don't ignore God's role in our striving (so we don't fall into legalism)?

Read Romans 6:1-2. Do we ever fall into the temptation to sin because we know grace is there?

How can we make sure that, when we sin, we don't fall into the “what's one more sin?” mindset?

How secure do you feel in your attachment to God? How might that attachment grow stronger?

Chapter 8: Disciplined Living in an Age of Distraction

How many hours a day would you guess you spend in front of a screen?
Where do you struggle to control your behavior in using technology?

The people who develop new technology take advantage of our weak willpower. Who do they want us to become?

How is your use of technology shaping you? How does that line up with who God wants you to be?

What did reading this chapter do for your desire to change how you are using technology? How might you curb your digital dependency?

How does your current use of time compare to McCracken's Wisdom Pyramid?

What controls do you need to place on technology?

Chapter 9: Learning from Addicts

Have you experienced addiction issues (either you or a loved one) that you feel comfortable sharing?

Can we be addicted to something that isn't technically a sin, but destructive nonetheless?

Read James 1:15. In Chapter 3 we discussed sin as the major obstacle to self-control. What are ways that the "little sins" can lead to something much worse?

Why does admitting you have a struggle help you overcome it?

Read 1 Corinthians 15:33. How would you go about finding the right support group if you were trying to tackle an addiction? How do you seek out fellow strugglers?

How do recovery programs highlight some of the principles discussed in this book? How could they help you?

Fill out the form on the last page of the book, tear it out, and share it with a friend or family member!

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For more information, encouragement and ways to connect with Drew, visit DrewDyck.com.