



SELF-CONTROL

"No temptation has overtaken you except what is common to mankind.

And God is faithful, He will not let you be tempted beyond what you can bear."

1 Corinthians 10:13a



Keep Their Whole Body in Check

James 3:1-12

March 27th-April 9th

My friends, not many of you should become teachers. As you know, we teachers will be judged with greater strictness than others. **2** All of us often make mistakes. But if a person never makes a mistake in what he says, he is perfect and is also able to control his whole being. **3** We put a bit into the mouth of a horse to make it obey us, and we are able to make it go where we want. **4** Or think of a ship: big as it is and driven by such strong winds, it can be steered by a very small rudder, and it goes wherever the pilot wants it to go. **5** So it is with the tongue: small as it is, it can boast about great things.

Just think how large a forest can be set on fire by a tiny flame! **6** And the tongue is like a fire. It is a world of wrong, occupying its place in our bodies and spreading evil through our whole being. It sets on fire the entire course of our existence with the fire that comes to it from hell itself. **7** We humans are able to tame and have tamed all other creatures—wild animals and birds, reptiles and fish. **8** But no one has ever been able to tame the tongue. It is evil and uncontrollable, full of deadly poison. **9** We use it to give thanks to our Lord and Father and also to curse other people, who are created in the likeness of God. **10** Words of thanksgiving and cursing pour out from the same mouth. My friends, this should not happen! **11** No spring of water pours out sweet water and bitter water from the same opening. **12** A fig tree, my friends, cannot bear olives; a grapevine cannot bear figs, nor can a salty spring produce sweet water.



the Fruitful Life



WBS FRUIT STUDY

Passage: _____

FOUNDATION “

Write out any key or repeated words and phrases. What is the key verse of the passage? Pick a memory verse and write it out.

”

READ & REREAD

Read the passage in multiple translations. Notice any differences. Did anything stick out new when you read it again?

UNDERSTAND

Ask Questions of the passage. What does it teach me about God? What does it say about sin? What does it say about the gospel? What would you like to research further?

INTERPRET

Consult Commentaries. Use any commentaries or Study Bible notes to help answer some of your above questions. Write out any insights.

TAKE ACTION

Apply the passage. How does this passage change you? What is one action step you can take from it? Close your time by writing out a prayer from what you have learned.

4. Go through the following verses in the book of James and write out what he says about the danger of the tongue.

2:3

4:11

4:13

5:9

5:12

5. Read Acts 2:1-13. How does God transform the tongue in this passage? What are they declaring according to verse 11?

6. Read Matthew 12:34 in several translations. How does this help you understand what James is saying in 3:12?

7. Think back on your week and the things you have said. Think about what you have said to your loved ones. What have you said to people at the grocery store? To your friends? To people you have passed throughout your day? What do your words say about you?

8. Motyer again says, "The control of the tongue is more than an evidence of spiritual maturity; it is the means to it." What do you make of that idea? Do you agree?

***Optional Application: Since we are talking about controlling our tongue, let's practice not using it this week. During a task this week turn off background noise and any distractions, and just do the one task with a listening heart. Perhaps it is washing dishes, driving, or getting ready in the morning. Turn off all noise, and just listen. Reflect on what this is like. What distractions do you find come up? Do you hear God's voice? If needed, pick a small phrase or verse to repeat during that time when you hear a distraction. Try to repeat this 3 times this week or whenever you do that task. Share with your group on Wednesday how this goes for you.*

No Temptation Has Overtaken You

1 Corinthians 9:24-10:13

April 10th-April 16th

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **25** Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. **26** Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. **27** No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

10 For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. **2** They were all baptized into Moses in the cloud and in the sea. **3** They all ate the same spiritual food **4** and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. **5** Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness.

6 Now these things occurred as examples to keep us from setting our hearts on evil things as they did. **7** Do not be idolaters, as some of them were; as it is written: "The people sat down to eat and drink and got up to indulge in revelry." **8** We should not commit sexual immorality, as some of them did—and in one day twenty-three thousand of them died. **9** We should not test Christ, as some of them did—and were killed by snakes. **10** And do not grumble, as some of them did—and were killed by the destroying angel.

11 These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. **12** So, if you think you are standing firm, be careful that you don't fall! **13** No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.



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TAKE ACTION

Apply the passage. How does this passage change you? What is one action step you can take from it? Close your time by writing out a prayer from what you have learned.

7. Read Matthew 4:1-11. How does this temptation of Jesus comfort you? How does it challenge you? What does it teach you about self-control?

***Optional Application: In the passage in Matthew when Jesus is confronted with temptation, he quotes Scripture in response. Memorizing Scripture is a helpful tool in combatting temptation that the devil may throw at us. Pick one Scripture passage, perhaps from this week's lesson, or from a prior week, and commit it to memory. Write it on a post-it and stick it in places you will see it. Put it in your phone and look at it before you read your messages each morning. Sing it to a tune as you drive in the car. Find a way to memorize it that works for you.*

The Fruit of the Spirit Conclusion
Galatians 5:22-23

1. Look back through your study. After all you have read and learned, how would you define...

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-Control

