BE A BRINGER

"40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter's brother. 41 He first found his own brother Simon, and said to him, "We have found the Messiah" (which is translated, the Christ). 42 And he brought him to Jesus…." John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

"Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;…." I Samuel 12:23a

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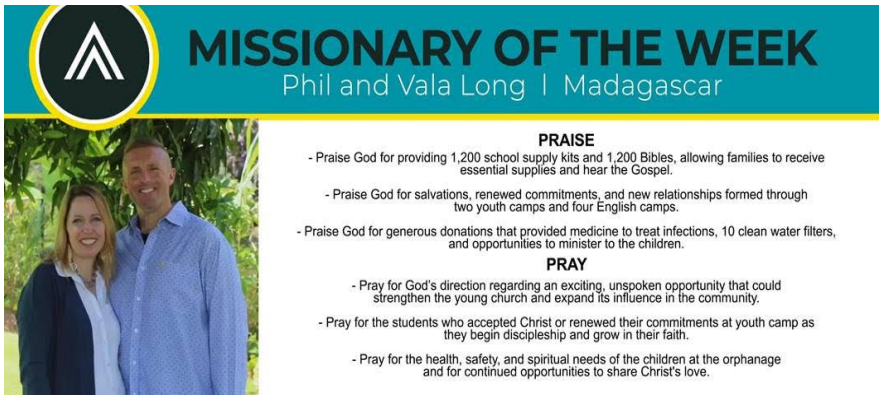
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Juicy Fruit
TRANSFORM YOUR CHARACTER

Handout: 11/22/26

Study Date: 11/29/26

Self-Control: Managing Impulses & Actions

The verse I Corinthians 9:27, reflects Paul's deep commitment to living a disciplined life. When he talks about keeping his body under strict control, he is not just referring to physical discipline but also to spiritual and mental discipline. Paul understood that in order to effectively share the gospel with others, he needed to maintain his personal integrity and spiritual health. He knew that falling into temptation or living carelessly could disqualify him from his mission and ministry. Just like an athlete trains for a competition, we too need to prepare ourselves for the challenges we face in our spiritual journey. It is an ongoing process that requires dedication and perseverance. The phrase "bring it into subjection" indicates an active decision to resist distractions, temptations, and anything that might hinder our relationship with God and our purpose in life.

The most significant key parts of 1 Corinthians 9:27 focus on self-discipline, the purpose of our actions, spiritual integrity, and accountability. These components weave together to create a comprehensive understanding of what it means to live a life that reflects God's glory.

Self-discipline is paramount. When Paul talks about keeping his body under control, he emphasizes that we cannot afford to live life carelessly. It requires effort and intention. As we exercise discipline in our spiritual journey, we find ourselves drawing closer to God and becoming equipped to serve others. This level of commitment allows us to combat temptations that threaten to derail our focus on living a Christ-centered life.

The purpose of our actions is another critical aspect to consider. Each choice we make has consequences not only for us but for those who look to us as examples. Our desire to share the gospel requires authenticity. If our lives do not reflect the message we share, we risk becoming ineffective witnesses. We need to live what we preach, putting our faith into action and sharing the love of Christ consistently.

Spiritual integrity ties into accountability. Paul reminds us that we are under the authority and guidance of God. It is not only our reputation at stake; it's about how we represent Christ in the world. Being accountable to others in our faith community helps us stay on track and encourage one another in our pursuits. Surrounding ourselves with like-minded believers holds us responsible and allows us to grow together.

Resource: Christianitypath.com

KEY VERSE

I Corinthians 9:27 (NKJV)

"But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself have become disqualified."

Read I Corinthians 9:24-27 Every Day
Read Galatians 5:22-23

WEEKLY READINGS

Monday: I Corinthians 9:27

Introduction

1. According to paragraphs 2 through 5 on page 1, what do the most significant *key parts* of I Corinthians 9:27 focus on?

2. What does Paul mean by bringing his body "*into subjection*?" How do YOU interpret this as a believer? (I Corinthians 9:27)

Tuesday: I Corinthians 9:27; Matthew 16:24

Self Control Helps You Live What You Believe

3. As believers, what are the most common challenges we face when it comes to "*disciplining our bodies*?" (I Corinthians 9:27)

4. What is Matthew 16:24 calling us to as followers of Christ? *How* exactly are we to deny ourselves and *what* is our cross?

Wednesday: Pro.23:19-21; Heb.13:5; I Cor.6:18; Gal. 5:19

The Three Enemies Of Self Control

5. What warning is conveyed to us within Proverbs 23:20-21 in regard to overindulgence? What will become of the "*gluttonous*?"

6. Hebrews 13:5 begins with "*Let your conduct be without covetousness*." What is this verse trying to teach us about the "spirit of contentment?"

Thursday: Romans 7:15-25, 8:1; Galatians 5:16

You Can't Control Yourself

7. What valuable lesson can we take from Romans 7:15-20 about our own self control?

8. How would YOU explain Romans 7:21-25 to a new believer? What "*law*" do we follow with our mind and what "*law*" do we follow with our flesh?

9. How well do you "*walk in the Spirit*?" Are you practicing this only when challenges arise or is it something you do daily? (Galatians 5:16)

Friday: Ephesians 5:26; II Corinthians 10:3-4

How Do You Walk In The Spirit

10. What is being conveyed to us in Ephesians 5:26? What is meant by "*the washing of water by the word"* in this verse?

11. How do we "war against" our flesh? Do we combat our flesh with our *flesh* or do we "war against" our flesh with our *mind*? (II Cor. 10:3-4).

12. How often are YOU opening your bible? Are you making the "renewing your mind through the Word of God" a daily routine?