

## **Self-Control**

### **Discussion:**

1. What part of your sport requires the most self-control?
2. What happens if you play in an out-of-control way?
3. Tell us about a player you know who shows great self-control.
4. Let's read about someone who demonstrated tremendous self-control. Read Matthew 4:1-11.
5. How is Jesus' self-control evident in this story? Over what factors does he exercise self-control?
6. In what situations in your game do you struggle to maintain self-control?
7. How might Jesus' example here affect your approach to the game with respect to self-control?

### **Summary:**

- Exercise self-control on and off the field of competition.
- Follow Jesus' example and be self-controlled, even when greatly tempted.

### **Bible Reference:**

Matthew 4



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/bible-study/self-control>