

Leader Guide

Key Scriptures

“Then the other administrators and high officers began searching for some fault in the way Daniel was handling government affairs, but they couldn’t find anything to criticize or condemn. He was faithful, always responsible, and completely trustworthy.”
Daniel 6:4 NLT

“For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.” Titus 2:11-14 NIV

Build Relationships - *The goal of this time is to help your group bond together.*

- Consider starting with one of the following options:
 - Find a fun game to help people get to know each other.
 - Have some snacks and allow people to mingle. Provide an icebreaker question to help people chat as they mingle.

Start Talking - *The goal of this time is to help people ease into serious conversation.*

- **Read Daniel 6:4 in the NLT** (see left column)
 - **Question:** Daniel set a high standard when it comes to consistency. It says he was faithful, always responsible, and completely trustworthy. Can you think of an area in your life you would like to be more consistent in?
 - **Question:** What do you think would be different if you demonstrated more consistency in that part of your life?

Watch Content - *Spend the next 10-15 minutes watching the teaching video.*

Talk about Self Control - *Spend a few minutes helping your group reflect on the value of self-control.*

- **Question:** Why is self-control, or consistency, such an important character trait to develop?
- **Question:** Read Titus 2:11-14. What does this passage teach us about self-control?
 - *This passage talks about self-control in two parts. Self-control is doing what we should and not doing what we shouldn’t.*
- **Question:** What is harder for you, to regularly do the things you should do, or to regularly not do the things you shouldn’t? Why do you think that is?
- **Group Reflection:** Ask your group members to identify one area in their life they feel like God would want them to be more consistent in. Have them write down what that area is. Give them a minute to think about it.

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Leader's Lesson Notes

Talk about How to Grow in Self-Control - Spend a few minutes helping your group reflect on how to grow in self-control.

- **Question:** Consider the area you just identified as God wanting you to be more consistent in. What is your “why” for choosing this area?
 - *We really want people to think deeply about their why for being consistent. Push with follow up questions if people aren't getting this one.*
- **Question:** What does it look like to fall in love with the process of something we are trying to be consistent at?
 - *A good example would pairing your quiet time with something else you really enjoy. Maybe you take a walk and do your quiet time at a park bench along the way. Maybe you love coffee or baked goods so you always sit down with a cup of coffee and scone for your quiet time. This helps you love the process.*
- **Group Reflection:** Ask your group to consider the area they identified as wanting to grow in consistency. Have them write out their answers to these three questions on their participants guide: Why do you want to be consistent in that area? What are you going to do when you fail? How can you fall in love the process?

Take Action - Encourage your group to act on what they have learned today by taking one or more of the following steps.

- **Say:** This week, pre-decide that you are going to be consistent. You can make this happen by...
 - Find a trusted friend, could even be someone in this group, to share about an area you struggle to be consistent in. Share with them how you plan to work on it. Ask them for their perspective and for prayer and to follow up with you in a few days and then a few weeks.
 - Read “*Your Future Self Will Thank You: Secrets to Self-Control from the Bible and Brain Science (A Guide for Sinners, Quitters, and Procrastinators)*” by Drew Dyck.

Pray Together - Gather prayer requests and find a way to have your group pray for each other. Either break into smaller groups or go around the circle and give everyone a chance to pray if they would like. You can close with the following prayer.

Pray: *Father, being consistent can be challenging. Please show us where we need more consistency in our lives. Remind us that it's through Your strength that we can be consistent. We're ready to honor You today, Lord. In Jesus' name, amen..*