

**1) A self-controlled church**

- older men
  
  
  
  
  
  
  
  
  
  
- older and younger women
  
  
  
  
  
  
  
  
  
  
- younger men
  
  
  
  
  
  
  
  
  
  
- slaves

**2) A training church**

**3) An attractive church**

**1) English Language Classes (begins Tuesday 26th September)**

The classes start again on the above date, from 10:00-11:30 am downstairs in the undercroft. Cost is £2 per class or £15 for ten classes, including refreshments. Please contact Gussie Staton [esl.sjdh@gmail.com](mailto:esl.sjdh@gmail.com) for more info or 'phone [020 7099 9360](tel:02070999360).

**2) London Women's Convention 2017 (Saturday 14th October, 9:30am to 2:30pm)**

'How Great is Our God?' is the theme of this year's London Women's Convention. Please let Hannah Palmer know asap if you wish to join the group going ([hannah.palmer@live.com](mailto:hannah.palmer@live.com))

**3) Church Weekend Away (17-19th November 2017, Denham Grove Hotel, Uxbridge)**

Join us for a weekend of fun, fellowship, and great Bible teaching. Giles Fouhy, minister of St. Barnabas Dalston, will be speaking on why the Reformation still matters today. 500 years later, the same questions are being asked: Is the Bible all we need? Is Christ all we need? Is grace all we need? Is faith all we need? Is God's glory all that matters? Please put these dates in your diary now!

**4) Do you have a spare room?**

There is a young woman, committed to the 6pm service, who needs to find short to medium term accommodation fairly urgently. Do you have a spare room for her? Please email Andy if you can help ([andy@sjdh.org](mailto:andy@sjdh.org))

**Further Application Questions**

- What are big areas where Christians struggle to have self-control?
- From verses 1-10, in what areas does each group need to learn self-control?
- How can self-control be taught?
- What effect will self-control have on the watching world? How might this happen?
- Spoiler alert: in verses 11-12, what teaches us self-control?

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