

# Battalion

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## Day One

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The World, The Word

The Focus

In this video, we'll be comparing and contrasting the way the world thinks about self-control and the way the bible teaches us to view it.

Essential Question

Self-Control is **NOT** just about discipline. Before you watch Day 1, think about what this could possibly mean.

1 Corinthians 9:24-27, 1 Corinthians 2:4-5 and Luke 9:24-25

24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

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4 and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, 5 so that your faith might not rest in the wisdom of men but in the power of God.

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24 For whoever would save his life will lose it, but whoever loses his life for my sake will save it. 25 For what does it profit a man if he gains the whole world and loses or forfeits himself?

What is self-control? What does the world say about it? Name some famous examples of disciplined men (for example, soldiers, professional athletes, people who have made a lot of money).

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Who are some people in your life that exhibit true biblical self-control? Why do they come to mind?

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*For whoever would save his life will lose it, but whoever loses his life for my sake will save it. For what does it profit a man if he gains the whole world and loses or forfeits himself?*

## Luke 9:24-25

Luke 12:16-21

16 And he told them a parable, saying, “The land of a rich man produced plentifully, 17 and he thought to himself, ‘What shall I do, for I have nowhere to store my crops?’ 18 And he said, ‘I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. 19 And I will say to my soul, “Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.”’ 20 But God said to him, ‘Fool! This night your soul is required of you, and the things you have prepared, whose will they be?’ 21 So is the one who lays up treasure for himself and is not rich toward God.”

What does it look like to rely on the Holy Spirit’s guidance rather than human wisdom?

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In Luke 9, Jesus says, “If you try to keep your life for yourself, you will lose it. But if you give up your life for me you will find true life.” What does it mean to give up your life for Christ?

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In 1 Corinthians 9:25, Paul mentions an “eternal prize,” what does he mean by this?

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What are some ways you might practice self-control?

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What would you hope to accomplish by being self-controlled?

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What did you think of today's Bible Exploration? Let us know!