



Study Guide, Episode 83–How to Learn & Practice Self-Mastery

Romans 7-16

00:00-09:55	“QOTW: What is self-mastery? How can I learn & practice it in my life?”
09:56-25:10	“We can master our physical body”
25:11-33:38	“We can master our mind, spirit, life; 7 Skills of Self-Mastery”
33:39-45:55	“You have a Divine Identity & Potential-What does this mean for you?”
45:56-END	“Stay on the ‘grace train’; Discover, develop & utilize your spiritual gifts”

1. What does self-mastery mean to you? What would it look like to practice self-mastery?
2. What are your current “valleys?” What are your current “Mount Everests?”
3. Listen to 25:11-33:38, & focus on Morato's “7 Self-Mastery Skills” (listed below). What does each of these mean to you? Which needs more work/attention? Write a little about each skill, what you've learned, what you might need to learn, and how you will do so.
 - a. Learning to think
 - b. Learning to intuit
 - c. Learning to feel
 - d. Learning to do
 - e. Learning to communicate
 - f. Learning to lead
 - g. Learning to be
4. Read Romans 8:15-18. What do these words mean to you? What do you think or feel when you read these verses? What do you learn about your Divine Identity & Potential? What does knowing these things mean for you and your life? Write in your journal about this and then share with your family or friends.
5. Read Romans 12:2. What does this verse mean to you? What does it mean to “be transformed by the renewing of your mind?” What would it look like for you to “prove what is that good and acceptable and perfect, will of God” for you? And how may you do this “through the grace given unto” you (v.3)? Write about these things. Work on it this week.
6. EXERCISE: What are your spiritual gifts? Set aside time this week to ponder, pray, write about and discover your spiritual gifts? What will you do to develop and utilize these for God's service, will, & for your Divine Potential & self-mastery? Help your family/friends see their gifts, too.

Resources

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