



Fruit of the Spirit

(Galatians 5:22-23)

"SELF-CONTROL"

"restraint exercised over one's own impulses, emotions, or desires"
(Merriam-Webster's Dictionary)

The New Testament word for self-control is "egkrateia" and means "the virtue of one who masters his desires and passions."

The Old Testament word for control is "matsar" that means "restraint." So, self-control means having self-restraint.

Verses to consider:

- ▷ Proverbs 25:28 (No self-control is worse than a city whose walls are broken down.)
- ▷ 1 Thessalonians 5:5-8 (Be self-controlled, not like those who get drunk.)
- ▷ 2 Timothy 1:7 (God gives us a spirit of power for self-discipline (self-control))
- ▷ 2 Timothy 3:16-17; Psalm 119:11 (God's Word is needed for correcting and training.)
- ▷ Titus 2:11-14 (God's grace teaches us self-control.)
- ▷ 1 Peter 1:13 (Self-control requires preparation of the mind.)
- ▷ 1 Peter 4:7 (Effective prayer requires clear-mindedness and self-control.)
- ▷ 1 Peter 5:8 (Defense against the devil requires self-control and alertness.)
- ▷ 2 Peter 1:3-8 (God's divine power is given to us for the qualities we need to be effective including self-control.)
- ▷ Romans Chapters 6 and 8 really teach how we have control over the sin nature. It would be good to read and study these chapters in detail.

Questions to consider:

- ◆ Self-control; control over what?
- ◆ How reliable are feelings? Explain.
- ◆ Describe a time you made a decision based on your feelings and desires and not what you knew was right.
- ◆ Describe a time you made a decision based on what you knew to be right and not your feelings or desires.
- ◆ How do we know if our feelings and desires line up with what is right? (Hint: 2 Timothy 3:16-17; Psalm 119:11)

**"We must have a spirit of power towards the enemy,
A spirit of love towards men, and
A spirit of self-control towards ourselves."**
-Watchman Nee