

# The Fruit of the Spirit: Self-Control

July 31, 2022

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”

## **What is self-control (or temperance)**

**Temperance - Greek word *Enkratea***

Compound word

En - Greek word for (in).

Keratos - Greek word for (Power)

## **Inward Power**

These words when combined means Power over one's own self, hence it's often translated as self-control.

One who is able to control himself, the control or restraint over wants, appetites, and other desires; restraint, moderation, discipline, balance, temperance, or self-control.

A Person with temperance has power over his appetites, his physical urges, his physical desires. Able to say no to overeating. He's able to say no to overindulging in the flesh. He is able to say no to any physical excesses in his life and his life is marked by moderation and control.

## **What does Self-Control bring about**

- Discipline
- Balance
- Temperance
- Restraint
- Moderation

To summarize, it's one who is IN CONTROL of one's self

The Flesh on the other hand, if you let it have its way:

- It will over worry
- It will over work
- It will over eat
- It will over indulge
- It will run itself to death

When a person is controlled by the Holy Spirit, The Holy Spirit produces in him a discipline over the physical realm that helps him sustain his physical condition, to stay in good health, to remain free from sin.

To help you live a life that is moderate and balanced.

## **Key Scriptures**

### **2 Peter 1:5–9 NKJV**

But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

### **James 3:2–5 NKJV**

For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. Indeed, we put bits in horses' mouths that they may obey us, and we turn their

whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. Even so the tongue is a little member and boasts great things.

**1 Corinthians 9:24–27 NKJV**

Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore, I run thus: not with uncertainty. Thus, I fight; not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

We are running with Heaven in mind, running to win an imperishable crown.  
To win the prize we must be temperate.

We will not win the imperishable crown if we do not allow temperance to develop and grow in us to control our lives!