

PLAYMAKERS IN THE FAITH

Fruit of the Spirit Pt-9 Self Control

October 2022



What is Self-Control?

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)

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self-control

/ˌself kənˈtrɒl/

noun

the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.

"Lucy silently struggled for self-control"

Similar:

self-discipline

self-restraint

restraint

control

self-mastery



Biblical Self-Control

KJV Translation Count — Total: 4x

The KJV translates Strong's G1466 in the following manner: [temperance](#) (4x).

Outline of Biblical Usage [?]

1. self-control (the virtue of one who masters his desires and passions, esp. his sensual appetites)

Strong's Definitions [?]

(Strong's Definitions Legend)

ἐγκράτεια *enkrátēia*, eng-krat'-i-ah; from [G1468](#); self-control (especially continence):—temperance.



Importance of Self Control

16 Therefore **I always exercise and discipline myself** [mortifying my body, **deadening my carnal affections, bodily appetites, and worldly desires**, endeavoring in all respects] to have a clear (unshaken, blameless) conscience, void of offense toward God and toward men.

Acts 24:16 AMPC

Words of Paul

26 Therefore I do not run uncertainly (without definite aim). I do not box like one beating the air and striking without an adversary.

27 But [like a boxer] I buffet my body [handle it roughly, discipline it by hardships] and subdue it, for fear that after proclaiming to others the Gospel and things pertaining to it, I myself should become unfit [not stand the test, be unapproved and rejected as a counterfeit].

1 Corinthians 9:26-27 AMPC

Die Daily.

31 [I assure you] by the pride which I have in you in [your fellowship and union with] Christ Jesus our Lord, that **I die daily [I face death every day and die to self].**

1 Corinthians 15:31 AMPC

Words of Jesus

23 AND HE SAID TO ALL, IF ANY PERSON WILLS TO COME AFTER ME, **LET HIM DENY HIMSELF** [DISOWN HIMSELF, FORGET, LOSE SIGHT OF HIMSELF AND HIS OWN INTERESTS, REFUSE AND GIVE UP HIMSELF] AND **TAKE UP HIS CROSS DAILY AND FOLLOW ME** [CLEAVE STEADFASTLY TO ME, CONFORM WHOLLY TO MY EXAMPLE IN LIVING AND, IF NEED BE, IN DYING ALSO].

LUKE 9:23 AMPC