

The background is a repeating pattern of various fruits including pineapples, oranges, watermelon slices, kiwi slices, and strawberries, all rendered in a simple, colorful line-art style. The colors used are yellow, orange, red, green, and pink.

**FRUIT OF
THE SPIRIT**

SELF CONTROL

1 Corinthians 9:24-27 NRSV

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air, but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

- 1 Corinthians 9:24-27

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SELF CONTROL

Self control: *ἐγκράτεια* (*egkrateia*)

*Do you not know that in a race the runners all compete, but only one receives the prize?
Run in such a way that you may win it.*

- 1 Corinthians 9:24

*Athletes exercise self-control in all things;
they do it to receive a perishable wreath,
but we an imperishable one.*

- 1 Corinthians 9:25

“Self-control requires an honest look at your strengths and weaknesses with an emphasis on the latter. It means building the will to say no when a powerful appetite inside you scream yes.”

- Life Application Bible Commentary

So I do not run aimlessly, nor do I box as though beating the air, but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

- 1 Corinthians 9:24-27