

Our Self control

Pg 1

[List](#)

"But the fruit of the Spirit is [Love](#), [Joy](#), [Peace](#), [Long-suffering](#) ([Patience](#)), [Kindness](#), [Goodness](#), [Faith](#), [Gentleness](#), **Self-control**; against such there is no law. And those who are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, **let us also walk in the Spirit**. Let us not be desirous of vain glory, provoking one another, envying one another."
([Galatians 5:22-26](#))

Self-control: from the Greek word **en-krateia** which means: in-mastery, self-control; self-discipline; mastery-within, dominion within; literally: in-mastery, or mastery-within: as proceeding out from within oneself, but not by oneself apart from the Holy Spirit's influence: remember self-control is a fruit of the Spirit!

Self-control is: the discipline to control oneself by not doing sinful things, such as: outbursts of anger, lust, greed, gluttony, gossip, cursing, etc, etc, (sins of commission).

Self-control is: the discipline to control oneself by doing things you should be doing, but do not do (sins of omission), or struggle to do, such as: prayer, bible reading, fellowship, acts of kindness, loving others, etc, etc.

There are many areas of our lives where we need to walk in the Spirit in order to gain mastery-within ourselves over sinful weaknesses. Self-control is a fruit of the Holy Spirit within us! Please consider the following situations where self-control is needed in the life of a believer:

Be angry, but do not sin ... it takes self-control:

"Be you angry, **but do not sin**; let not the sun go down upon **your wrath**." ([Ephesians 4:26](#))

"He who is **soon angry** deals foolishly: and a man of wicked devices is hated." ([Proverbs 14:17](#))

"A **soft** answer turns away wrath: but grievous words stir up anger." ([Proverbs 15:1](#))

"An **angry man stirs up strife**, and a **furious man** abounds in transgression." ([Proverbs 29:22](#))

"Be not hasty in your spirit to be angry; for **anger** rests in the bosom of fools." ([Ecclesiastes 7:9](#))

Read and Meditate on God's Word ... it takes self-control:

"This book of the Law shall not depart out of your mouth; but you shall meditate therein **day and night**, so that you may observe to do according to all that is written therein: for then you shall make your way prosperous, and then you shall have good success." ([Joshua 1:8](#))

"And these words, which I command you this day, **shall be in your heart**; and you shall teach them diligently unto your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." ([Deuteronomy 6:6-7](#))

"But continue you in the things which you have learned and have been assured of, knowing of whom you have learned them; and that from a child you have known the Holy Scriptures, which **are able to make you wise** unto salvation through faith which is **in Christ Jesus**. **All Scripture** is given by inspiration of God, and **is profitable** for doctrine, for reproof, for correction, for instruction in righteousness; so that the man of God may be perfect, thoroughly furnished unto all good works." (2 Timothy 3:14-17)

Do not Gossip ... it takes self-control:

"You shall not go up and down as **a talebearer** among your people" ([Leviticus 19:16](#))

"A talebearer reveals secrets; but he who is of a faithful spirit conceals the matter."
([Proverbs 11:13](#))

"A forward man sows strife: and a whisperer separates close friends." ([Proverbs 16:28](#))

"The words of **a talebearer** are **as wounds**, and they go down into the innermost parts of the belly." ([Proverbs 18:8](#))

"He that goes about as **a talebearer reveals secrets**: therefore do not associate with him who flatters with his lips." ([Proverbs 20:19](#))

"Where there is no wood the fire goeth out; so also where there is **no talebearer**, the strife ceases." ([Proverbs 26:20](#))

Love your enemies ... it takes self-control:

"But I say unto you who hear, **Love your enemies**, do good to those who hate you, bless those who curse you, and **pray for them** who despitefully use you. And unto him who strikes you on the one cheek offer also the other; and he who takes away your cloak forbid not to take your coat also. Give to every man who asks of you; and of him who takes away your goods ask for them not again. And as you would that men should do to you, do you also to them likewise. For if you (only) love those who love you, what thanks have you? For sinners also love those who love them." ([Luke 6:27-32](#))

"For all the law is fulfilled in one word, even in this; 'You shall love your neighbor as yourself.'" ([Galatians 5:14](#))

"And above all things have **fervent Love** among yourselves: for **Love shall cover the multitude of sins**." ([1 Peter 4:8](#))

Lust not for the things of the world ... it takes self-control:

"But I say unto you, that whoever looks on a woman **to lust after** her has committed adultery with her already in his heart." ([Matthew 5:28](#))

"But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust has conceived, it brings forth sin; and sin, when it is finished, **brings forth death**." ([James 1:14-15](#))

"**You lust**, and have not; you kill, and **desire to have**, and cannot obtain: you fight and war, yet you have not, because you ask not." ([James 4:2](#))

"This I say then, Walk in the Spirit, and you shall not fulfill the lust of the flesh." ([Galatians 5:16](#))

"No servant can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. You cannot serve God and mammon." ([Luke 16:13](#))

Pray without ceasing ... it takes self-control:

"Rejoice Always! Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you. **Quench not the Spirit**." ([1 Thessalonians 5:16-19](#))

"**I Cease not** to give thanks for you, making mention of you **in my prayers**." ([Ephesians 1:16](#))

"For God is my witness, whom I serve with my spirit in the Good-news (Gospel) of **His Son (Jesus)**, that **without ceasing** I make mention of you **always in my prayers**;" ([Romans 1:9](#))

"Now I beseech you, brethren, for the Lord Jesus Christ's sake, and for the love of the Spirit, that **you strive together** with me in **your prayers** to God for me." ([Romans 15:30](#))

"Epaphras, who is one of you, a servant of Christ, salutes you, **always laboring fervently for you in prayers**, that you may stand perfect and complete in all the will of God." ([Colossians 4:12](#))

Do not fear ... it takes self-control:

"There is **no fear in love**; but perfect love casts out fear: because **fear** has torment. **He who fears** is not made perfect in love." ([1 John 4:18](#))

"The Lord is my helper, and **I will not fear** what man shall do unto me." ([Hebrews 13:6](#))

"For God has not given to us the spirit of fear; but of power, and **of love**, and of a sound mind." ([2 Timothy 1:7](#))

"For you have not received the spirit of bondage again to fear; but you have received the Spirit of adoption, whereby we cry, Abba, Father." ([Romans 8:15](#))

Strive to enter into the Kingdom of God ... it takes self-control:

"Truly I say unto you, whoever **shall not** receive the Kingdom of God as a little child shall in no wise enter therein." ([Luke 18:17](#))

"Know you not that **the unrighteous shall not inherit the Kingdom of God**? Be not deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the Kingdom of God." ([1 Corinthians 6:9-10](#))

"Enter you in at the strait gate; for wide is the gate, and broad is the way, that leads to destruction, and many there be who go in through it; because strait is the gate, and narrow is the way, which **leads unto Life**, and few there are who find it." ([Matthew 7:13-14](#))

"**Strive** to enter in at the strait gate: for many, I say unto you, will seek to enter in, **and shall not be able!**" ([Luke 13:24](#))

Finally, please consider the following:

"Give **all diligence**: to add to your faith virtue; and to virtue knowledge; and to knowledge Self-control; and to **Self-control** perseverance; and to perseverance godliness; and to godliness brotherly kindness; and to brotherly kindness **Love**. For if these things are in you, and abound, they make you so that you shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ." ([2 Peter 1:5-8](#))

"I beseech you therefore, brethren, by the mercies of God, **that you present your bodies a living sacrifice, holy, acceptable unto God**, which is your reasonable service. And be not conformed to this world: but be you transformed **by the renewing of your mind**, so that you may prove what is that good, and acceptable, and perfect, will of God." ([Romans 12:1-2](#))

It takes Self control

Remember: Always Pray fervently without ceasing !

Remember: Meditate upon God's Word day and night !

Remember: Where there is no talebearer, the strife ceases !

Remember: Love your enemies, do good to those who hate you !

Remember: Walk in the Spirit, and you shall not fulfill the lust of the flesh !

Remember: A Soft answer turns away wrath; but grievous words stir up anger !

**Lord Jesus, I confess that my self-control falls short in these disciplines !
Help me to prove in my life what is good and acceptable and perfect in Your sight !**

Thank You for Your mercy, forgiveness, salvation, and infinite Love !!!

All praise and thanksgiving to you forever and ever ! Amen !!