

# The Fruit of The Spirit – Self-Control

**Titus 2:11-12** For the grace of God has appeared, bringing salvation for all people, <sup>12</sup> training us to renounce ungodliness and worldly passions, and to live **self-controlled**, upright, and godly lives in the present age,

**Self-Control** Strongs Number G1466 ἐγκράτεια egkrateia

Restraint of one's emotions, impulses, or desires, **self-control, abstain, disciplined**

Self-control is the ability or power to rule or regulate one's personal life so that we are neither driven nor dominated, by the desires of the flesh, the desires of the eyes, or the pride of life (1 John 2:16).

## **Self-discipline vs Fruit of the Spirit, self-control**

**Col. 2:23** These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

## **Questions to Ponder**

How does self-control differ from practicing legalism?

What is the difference between being self-discipline and self-control as characteristic of the fruit of the Spirit?

What is the role of the Holy Spirit in self-control? What is our part in exhibiting self-control?

What is the connection between self-control and surrender?

## Self-control Scriptures

**Acts 24:25** And as he reasoned about righteousness and self-control and the coming judgment, Felix was alarmed and said, “Go away for the present. When I get an opportunity I will summon you.”

**2Pet. 1:6** and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness,

**1Cor. 7:9** But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion.

**Titus 1:8** but hospitable, a lover of good, self-controlled, upright, holy, and disciplined.

**Titus 2:2** Older men are to be sober-minded, dignified, self-controlled, sound in faith, in love, and in steadfastness.

**Titus 2:5-6** to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled. **6** Likewise, urge the younger men to be self-controlled.

**1Cor. 9:27** But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

**James 1:26** If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless.

**2Tim. 1:7** for God gave us a spirit not of fear but of power and love and self-control.

**1Tim. 2:15** Yet she will be saved through childbearing—if they continue in faith and love and holiness, with self-control.

**1Pet. 4:7 ¶** The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers.

**2Tim. 3:1-3** But understand this, that in the last days there will come times of difficulty. **2** For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good,