



The Last Fruit of the Spirit: Self-control

Galatians 5:22-23

gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit. ²⁶ Let us not become conceited, provoking one another, envying one another.



Love	Joy	Peace
Patience Long-suffering	Kindness	Goodness
Faithfulness	Gentleness Meekness	Self-Control

Let's explain the challenge of a sermon like this



When a teacher encounters a particular word like self-control that is worthy of singular focus during an exegesis of a Bible text the challenge is to do more than present all the verses related to the subject or cherry pick just the ones he wants to use

At which point, the audience remembers there was a lesson on self-control, but remembers little more than that

Egkrateia 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.



Looking for Self-Control in KJV

Temperate, Temperance,
Incontinency, Sobriety,
Contain, Sober, Soberly



This particular Greek word translated 'self-control' is found 4x in NT but it is not the only word translated self-control

- **Acts 24:25**
- **Gal 5:23**
- **2 Peter 1:6 (2x)**

A Christian wrestler NOT eating for three days so he can make weight and wrestle in the 128lb category instead



**of 135lb is not an example of biblical self control
that's will power.**

Willpower is



Control exerted to do something or restrain impulses

Some have more or less willpower than others—those with more may find little need for the fruit of the Spirit ‘self-control’ while those with less may have the propensity to give up on attaining this virtue



Titus 1:7-8

- For an overseer, as God's steward, must be above reproach. He must not be arrogant or quick-tempered or a drunkard or violent or greedy for gain, but hospitable, a lover of good, **self-controlled**, upright, holy, and disciplined.



For self-control to be a fruit of the Spirit it must come from the Holy Spirit in a supernatural way that cannot be explained or proven scientifically

It cannot be Stoic willpower or self-discipline to exercise longer or sleep or eat less or spend less etc.

It must be Spirit empowered from God's grace



Turn to

Titus 2:11-12



Titus 2:11–12

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

Spirit-empowered self-control will involve



- **Conforming you to the image of Christ**
- **Doing the will of God**
- **Obedying God's commandments**
- **Bringing God glory**
- **Following the Spirit's leadership**
- **Overcoming temptation to sin**
- **Authenticating the power of the Gospel**
- **Demonstrating the sufficiency of God's grace**



Turn to the 1st use
to see the context

Acts 24:22ff



But Felix, having a rather accurate knowledge of the Way, put them off, saying, **“When Lysias the tribune comes down, I will decide your case.”** Then he gave orders to the centurion that he should be kept in custody but have some liberty, and that none of his friends should be prevented from attending to his needs. After some days Felix came with his wife Drusilla, who was Jewish, and he sent for Paul and heard him speak about **faith in Christ Jesus.**

Faith in Christ Jesus



That is belief, trust, reliance/dependence upon the man Christ Jesus, who is the eternal Son of God, for the personal forgiveness of sins through Jesus' substitutionary death for the sins whole world¹, burial, and resurrection on the third day in accordance with the Scriptures².

1. 1 John 2:2 2. Isaiah 53



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And...



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.”



How did self-control make this list?

- Faith in Christ
- Righteousness
- **Self-control**
- The Coming Judgment

Back Story



24:24 Drusilla was the youngest daughter of Herod Agrippa I (see note on 12:1) and the sister of Agrippa II (who will appear in the next chapter; see 25:13–26:32). Her marriage to Felix was something of a scandal because Felix deceptively precipitated her divorce from her first husband.

ESV Study Bible

**Everyone needs 'self-control'
but the more power you have
based on rank, position, office,
money, authority, etc. the more
self-control you will need.**



**Paul was confronting this governor
with the virtue he was most
missing.**



Self-control is a
fruit of the Spirit
and a virtue true
Christian's possess



Remember Paul Talked about Coming Judgment & Self-control



Turn to

2 Peter 1

Simeon Peter, a servant and apostle of Jesus Christ, To those who have obtained a faith of equal standing with ours by the righteousness of our God and Savior Jesus Christ: ² May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. ³ His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, ⁴ by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. ⁵ For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, ⁶ and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, ⁷ and godliness with brotherly affection, and brotherly affection with love. ⁸ For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. ⁹ For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins. ¹⁰ Therefore, brothers, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall. ¹¹ For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ. ¹² Therefore I intend always to remind you of these qualities, though you know them and are established in the truth that you have.

8 Essential Christian Qualities



- Faith
- Moral Excellence (virtue)
- Knowledge
- **Self-Control (temperance)**
- Steadfastness (patience)
- Godliness
- Brother Kindness
- Love (charity)



Why is self-control so important?

Fruit of the Spirit
Essential Virtue

Spirit-empowered Self-Control Will



- **Prevent me from sinning**



Look back @ the Works of the Flesh



Galatians 5:19–21

- Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.



**How many sins in
v. 19-21 happen
because of a lack
of self-control?**



- **sexual immorality**
- **impurity**
- **sensuality**
- **idolatry**
- **sorcery**
- **enmity**
- **strife**
- **jealousy**
- **fits of anger**
- **rivalries**
- **dissensions**
- **divisions**
- **envy**
- **drunkenness**
- **orgies**

**All or nearly all happen because
of a lack of self-control.**



Turn to

2 Tim 3:15



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, ³ heartless, unappeasable, slanderous, **without self-control, brutal, not loving good, ⁴ treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, ⁵ having the appearance of godliness, but denying its power. Avoid such people.**



When you search for self-control in various translations you find the word is employed to communicate one's control over his passions.



Proverbs 25:28 (ESV)

- A man without self-control is like a city broken into and left without walls.

**Self-control Provides
Protection**



Self-Control

Prevents
Drunkenness



Ecclesiastes 10:17 (NET)

- Blessed are you, O land, when your king is the son of nobility, and your princes feast at the proper time—**with self-control** and not in drunkenness.



Self-Control

Prevents
Sexual Immorality



1 Corinthians 7:5

- Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.



1 Corinthians 7:9

- But if they cannot exercise self-control, they should marry.
- For it is better to marry than to burn with passion.



Self-Control

Is for both genders



1 Timothy 2:9

- likewise also that women should adorn themselves in respectable apparel, with modesty and self-control, not with braided hair and gold or pearls or costly attire,

Self-Control Will



- Prevent me from sinning
- Protect my Christian testimony



1 Corinthians 9:27

- But I discipline my body **and keep it under control**, lest after preaching to others I myself **should be disqualified**.

Since it is God that qualifies us to partake in the kingdom of God (Col 1)
DISQUALIFIED here must refer more to testimony

Self-Control Can



- Prevent me from sinning
- Protect my Christian testimony
- **Prove the gospel is real**



John 13:35

- By this all people will know that you are my disciples, if you have love for one another.”



Self-Control

Is an evidence of
genuine conversion



1 Timothy 2:15

- Yet she will be saved through childbearing [a woman gives birth to Jesus]—**if they [she] continue in faith and love and holiness, with self-control.**



Continue in

- Faith
- Love
- Holiness
- w/ Self-control (sobriety, self-restraint, modesty)



1 Corinthians 6:9–11

- Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality,¹⁰ nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.¹¹ **And such were some of you.** But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Self-Control Can



- Prevent me from sinning
- Protect my Christian testimony
- Prove the gospel is real
- **Provide situations where God is gloried**



Matthew 5:16

- In the same way, let your light shine before others, **so that they may see your good works** and give glory to your Father who is in heaven.



Self-Control Can

- Prevent me from sinning
- Protect my Christian testimony
- Prove the gospel is real
- Provide situations where God is gloried
- **Point to the presence of the Holy Spirit**



Galatians 5:22–23

- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,²³ gentleness, self-control; against such things there is no law.

Areas of Self-Control

- Heart (mind)

- Body

- ✓ Eyes
- ✓ Mouth
- ✓ Hands
- ✓ Feet



Areas where self-control is needed



- Think
- Watch and listen to
- Eat, drink, smoke, chew, inhale
- Say and sing
- Text with my thumbs
- Type with my fingers
- Touch and do with my hands
- Anywhere my feet lead me