



SELF-CONTROL

*Love Restraining*



*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”*

*Galatians 5:22-23*



## SELF CONTROL DEFINED

- *Egkrateia- Strength*
- *'the power to keep ones self in check'.*
- *“the controlling power of the will under the operation of the Spirit of God”. (Vines)*



*Like a city whose walls are broken through is a  
person who lacks self-control.  
Proverbs 25:28 (NIV)*



*Better to be patient than powerful; better to  
have self-control than to conquer a city.  
Proverbs 16:32 (NLT)*



*With self-control we have the strength of the Spirit to say, “No” to our selfish desires and “Yes” to doing what is right. Self-control really is love restraining.*



*A Self-Controlled Life DESIRES to  
win (1 Cor.9:24)*

*“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.*



# A Self Controlled Life will Run with DISCIPLINE(1 Cor.9:25)

***<sup>25</sup> Everyone who competes in the games goes into strict training.***





# *A Self-Controlled Life DEMANDS A FOCUSED DETERMINATION(v 25b-26)*

*They do it to get a crown that will not last, but we do it to get a crown that will last forever. <sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.*



A Self-Controlled Life is DEDICATED in  
mind, body and spirit (1 Cor.9:27)

***27 No, I strike a blow to my body and make it my slave so that  
after I have preached to others, I myself will not be  
disqualified for the prize.”***



*'Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about. Keep putting into practice all you learned from me and saw me doing, and the God of peace will be with you. ' (Philippians 4:8-9 LB)*



*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will..” (Romans 12:1-2 NIV)*



*Therefore do not be foolish, but understand what the Lord's will is. <sup>18</sup> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, <sup>19</sup> speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, (Eph.5:17-19)*



*“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. Since we live by the Spirit, let us keep in step with the Spirit.” (Galatians 5:17)*