

Self-Control in The Bible

Two Battles to Win / The Stubborn Mind, the Stubborn Will

Proverbs 25:28 / A man without **self-control** is like a city broken into and left without walls.

New Testament / Two Main Word Groups _____

A / Sophron Family / / Be prudent, thoughtful, self-controlled / careful consideration for responsible action / avoidance of extremes / a prudent person is intent on the what, the how, and the when of doing what should be done.

Realm of Thinking

1 Timothy 2:9 / A / 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,

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

1 Timothy 3:2 / A / Therefore an overseer must be above reproach, the husband of one wife, sober-minded, **self-controlled**, respectable, hospitable, able to teach,

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

2 Timothy 3:2-3 / A / 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,

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

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

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

Titus 2:6 / A / Likewise, urge the younger men to be **self-controlled**.

Titus 2:12 / A / training us to renounce ungodliness and worldly passions, and to live **self-controlled**, upright, and godly lives in the present age,

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

B / Enkrateuomai Family // the ability to keep ones emotions, impulses, or desires under control /

Louw Nida = An adequate rendering of the expression ‘to exercise self-control’ may require an idiomatic equivalent, for example, ‘to hold oneself in,’ ‘to command oneself,’ ‘to be a chief of oneself,’ ‘to make one’s heart be obedient,’ ‘to command one’s own desires,’ ‘to be the master of what one wants,’ or ‘to say No to one’s body.’ [Johannes P. Louw and Eugene Albert Nida, Greek-English Lexicon of the New Testament: Based on Semantic Domains (New York: United Bible Societies, 1996), 750–751.]

Realm of the Will

Acts 24:25 / B / 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.”

1 Corinthians 7:5 / B / 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 / B / But if they cannot exercise **self-control**, they should marry. For it is better to marry than to burn with passion.

1 Corinthians 9:25 / B / Every athlete exercises **self-control** in all things. They do it to receive a perishable wreath, but we an imperishable.

Galatians 5:22-23 / B / But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**; against such things there is no law.

2 Timothy 3:2-3 / B / 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,

2 Peter 1:5-7 / B 2x / For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with **self-control**, and **self-control** with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love.