WEEK 10: Self-Control (*Egkrateia*)

*Walk by the Spirit… The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**; against such things there is no law.* *(Galatians 5:16, 22-23)*

[WARM-UP]

[EXPLORE] This Greek word occurs in the New Testament only **four times** (plus **one time** as an adjective), and every time the word is part of a list without precise definition of itself.

Greek word ἐγκράτεια: ἐν (in/with/by) + κράτος

Colossians 1:11 "might, power"

Revelation 1:6 "power, dominion"

Greek sources outside the Bible (Jewish writing "Wisdom of Sirach," ~200 B.C., RSV translation):

Sirach 18:30-33 **Self-Control** [ἐγκράτεια]

30 Do not follow your base desires,
but restrain your appetites.
31 If you allow your soul to take pleasure in base desire,
it will make you the laughingstock of your enemies.
32 Do not revel in great luxury,
lest you become impoverished by its expense.
33 Do not become a beggar by feasting with borrowed money,
when you have nothing in your purse.

Q: Some have translated this as "temperance," "abstinence," or "chastity." Do those seem fitting?

Q: What word(s) might we use to describe this word other than "self-control"?

[READ] Acts 24:24-27

Q: How is self-control part of our faith in Jesus Christ?

[CHALLENGE] 2 Peter 1:3-11

TAKEAWAYS:

- Self-control is a divine, Spirit-given power to hold the reins on our own desires.
- This power is both to restrain what is not good *and* to cultivate what is good within us.
- The Fruit of the Spirit is an outcome of faith, a willful result of having been saved by Jesus.