

~SELF-CONTROL (303)

.. Christ Jesus Also Exercised Self-Control

- Keeping in check, restraining, or controlling ones person, actions, speech, or thoughts.
- After that he washed his face and went out and kept control of himself and said; Set on the meal. (**Genesis 43:31**)
- However, Haman kept control of himself and came into his house. Then he sent and had his friends and Zeresh his wife brought in. (**Esther 5:10**)
- From every bad path I have **restrained** my feet, for the purpose that I may keep your word. (**Psalms 119:101**)
- In the abundance of words there does not fail to be transgression, but the **one keeping his lips in check** is acting discreetly. (**Proverbs 10:19**)
- This is what Yehowah has said concerning this people; Thus they have loved to wander about, their feet they have not kept in check. So Yehowah himself has taken no pleasure in them. Now he will remember their error and will give attention to their sins. (**Jeremiah 14:10**)
- But as he talked about righteousness and **self-control** and the judgment to come, Felix became frightened and answered; For the present go your way, but when I get an opportune time I shall send for you again. (**Acts of Apostles 24:25**)
- The **Hebrew** and **Greek** terms involving **self-control** literally denote having **power or control over oneself**. **Self-control** is a fruit of God's spirit.
- On the other hand, the fruitage of the spirit is love, joy, peace, long-suffering, kindness, goodness, faith. (**Galatians 5:22**)
- Mildness, **self-control**. Against such things there is no Law. (**Galatians 5:23**)

- **And Yehowah, though possessing unlimited powers, has exercised it at all times. Instead of taking immediate action against wrongdoers, he has allowed time to pass so that they might have the opportunity to turn from their bad ways and thereby gain his favor.**
- **At any moment that I may speak against a nation and against a kingdom to uproot it and to pull it down and to destroy it. (Jeremiah 18:7)**
- **And that nation actually turns back from its badness against which I spoke, I will also feel regret over the calamity that I had thought to execute upon it. (Jeremiah 18:8)**
- **But at any moment that I may speak concerning a nation and concerning a kingdom to build it up and to plant it. (Jeremiah 18:9)**
- **And it actually does what is bad in my eyes by not obeying my voice, I will also feel regret over the good that I said to myself to do for its good. (Jeremiah 18:10)**
- **Yehowah is not slow respecting his promise, as some people consider slowness, but he is **patient** with you because he does not desire any to be destroyed but desires all to attain to repentance. (2 Peter 3:9)**
- **However, once it was firmly established that those to whom time for repentance had been extended would not avail themselves of his mercy, Yehowah rightly ceased to refrain from executing his judgment.**
- **A case in point involves the desolaters of Jerusalem. Failing to recognize that Yehowah allowed them to gain **control** of Israel to discipline the Israelites for unfaithfulness, these desolaters treated them without mercy and carried the discipline farther than God's judgment had required.**
- **I grew indignant at my people. I profaned my inheritance, and I proceeded to give them into your hand. You showed them no mercies. Upon the old man you made your yoke very heavy. (Isaiah 47:6)**
- **And you kept saying; To time indefinite I shall prove to be Mistress, forever. You did not take these things to your heart; You did not remember the finale of the matter. (Isaiah 47:7)**

- **With great indignation I am feeling indignant against the nations that are at ease, because I, for my part, felt indignant to only a little extent, but they, for their part, helped toward calamity. (Zechariah 1:15)**
- **Yehowah had foreknown this and, through the prophet Isaiah, indicated that the time would come when he would no longer hold back from punishing the desolaters.**
- **I have kept quiet for a long time. I continued silent. I kept exercising **self-control**. Like a woman giving birth I am going to groan, pant, and gasp at the same time. (Isaiah 42:14)**
- **I shall devastate mountains and hills, and all their vegetation I shall dry up. And I will turn rivers into islands, and reedy pools I shall dry up. (Isaiah 42:15)**

•• **Christ Jesus Also Exercised Self-Control**

- **The apostle Peter, when calling to the attention of house servants the need to be in subjection to their owners, wrote.**
- **In fact, to this course you were called, because even Christ suffered for you, leaving you a model for you to follow his steps closely. (1 Peter 2:21)**
- **He committed no sin, nor was deception found in his mouth. (1 Peter 2:22)**
- **When he was being reviled, he did not go reviling in return. When he was suffering, he did not go threatening, but kept on committing himself to the one who judges righteously. (1 Peter 2:23)**
- **In the last days lack of **self-control** was to be one of the characteristics marking those who would not be practicing true Christianity.**
- **But know this, that in the last days critical times hard to deal with will be here. (2 Timothy 3:1)**
- **For men will be lovers of themselves, lovers of money, self-assuming, haughty, blasphemers, disobedient to parents,**

unthankful, disloyal. (2 Timothy 3:2)

- Having no natural affection, not open to any agreement, slanderers, without **self-control**, fierce, without love of goodness. (2 Timothy 3:3)
- Betrayers, headstrong, puffed up with pride, lovers of pleasures rather than lovers of God. (2 Timothy 3:4)
- Having a form of godly devotion but proving false to its power, and from these turn away. (2 Timothy 3:5)
- For from these arise those men who slyly work their way into households and lead as their captives weak women loaded down with sins, led by various desires. (2 Timothy 3:6)
- Always learning and yet never able to come to an accurate knowledge of truth. (2 Timothy 3:7)
- However, since Christians are to be imitators of God and of his Son
- Become imitators of me, even as I am of Christ. (1 Corinthians 11:1)
- Therefore, become imitators of God, as beloved children. (Ephesians 5:1)
- They should strive to cultivate **self-control** in all things.
- Moreover, every man taking part in a contest exercises **self-control** in all things. Now they, of course, do it that they may get a corruptible crown, but we an incorruptible one. (1 Corinthians 9:25)
- The apostle Peter stated; Supply to your faith virtue, to your virtue knowledge, to your knowledge **self-control**, to your **self-control** endurance, to your endurance godly devotion, to your godly devotion brotherly affection, to your brotherly affection love.
- For if these things exist in you and overflow, they will prevent you from being either inactive or unfruitful regarding the accurate knowledge of our Lord Jesus Christ.

- Yes, for this very reason, by your contributing in response all earnest effort, supply to your faith virtue, to your virtue knowledge. (2 Peter 1:5)
- To your knowledge **self-control**, to your self-control endurance, to your endurance godly devotion. (2 Peter 1:6)
- To your godly devotion brotherly affection, to your brotherly affection love. (2 Peter 1:7)
- For if these things exist in you and overflow, they will prevent you from being either inactive or unfruitful regarding the accurate knowledge of our Lord Jesus Christ. (2 Peter 1:8)
- The quality of **self-control** should especially be in evidence among those serving as overseers in Christian congregations.
- But hospitable, a lover of goodness, sound in mind, righteous, loyal, **self-controlled**. (Titus 1:8)
- If overseers are to deal effectively with problems inside the congregation, they must maintain **self-control** in word and deed. The apostle Paul counseled Timothy.
- Further, turn down foolish and ignorant questionings, knowing they produce fights. (2 Timothy 2:23)
- But a slave of the Lord does not need to fight, but needs to be gentle toward all, qualified to teach, keeping himself restrained under evil. (2 Timothy 2:24)
- Instructing with mildness those not favorably disposed, as perhaps God may give them repentance leading to an accurate knowledge of truth. (2 Timothy 2:25)
- Failure to exercise **self-control** in a given situation can tarnish a long record of faithful service and plunge one into all kinds of difficulties. An illustration of this is what happened to King David.
- Though loyal to true worship and having love for the righteous principles of God's Law (Psalms Chapter 101), David committed adultery with Bath-sheba, and this led to his having her husband Uriah placed in a battle position where death was a near certainty.

- **As a consequence, for years afterward, David was plagued with severe difficulties within his family.**
- **Instructing with mildness those not favorably disposed, as perhaps God may give them repentance leading to an accurate knowledge of truth. (2 Timothy 2:25)**
- **And they may come back to their proper senses out from the snare of the Devil, seeing that they have been caught alive by him for the will of that one. (2 Timothy 2:26)**
- **But know this, that in the last days critical times hard to deal with will be here. (2 Timothy 3:1)**
- **For men will be lovers of themselves, lovers of money, self-assuming, haughty, blasphemers, disobedient to parents, unthankful, disloyal. (2 Timothy 3:2)**
- **His case also demonstrates the wisdom of avoiding situations that can lead to a loss of **self-control**. Whereas he could have left the rooftop of his palace, David evidently kept on looking at Bath-sheba as she bathed herself and so came to have a passion for her.**
- **For men will be lovers of themselves, lovers of money, self-assuming, haughty, blasphemers, disobedient to parents, unthankful, disloyal. (2 Timothy 3:2)**
- **Having no natural affection, not open to any agreement, slanderers, without **self-control**, fierce, without love of goodness. (2 Timothy 3:3)**
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- **Similarly, it would not be good for a person lacking **self-control** to remain single when he could enter into an honorable marriage and thereby protect himself against committing fornication. In this regard, the apostle Paul wrote.**
- **But if they do not have **self-control**, let them marry, for it is better to marry than to be inflamed with passion. (1 Corinthians 7:9)**
- **Indeed, I want you to be free from anxiety. The unmarried man**

- is anxious for the things of the Lord, how he may gain the Lord's approval. (1 Corinthians 7:32)
- But the married man is anxious for the things of the world, how he may gain the approval of his wife. (1 Corinthians 7:33)
 - And he is divided. Further, the unmarried woman, and the virgin, is anxious for the things of the Lord, that she may be holy both in her body and in her spirit. However, the married woman is anxious for the things of the world, how she may gain the approval of her husband. (1 Corinthians 7:34)
 - But this I am saying for your personal advantage, not that I may cast a noose upon you, but to move you to that which is becoming and that which means constant attendance upon the Lord without distraction. (1 Corinthians 7:35)
 - But if anyone thinks he is behaving improperly toward his virginity, if that is past the bloom of youth, and this is the way it should take place, let him do what he wants, he does not sin. Let them marry. (1 Corinthians 7:36)
 - But if anyone stands settled in his heart, having no necessity, but has authority over his own will and has made this decision in his own heart, to keep his own virginity, he will do well. (1 Corinthians 7:37)
 - Consequently he also that gives his virginity in marriage does well, but he that does not give it in marriage will do better. (1 Corinthians 7:38)