

GoDeeper



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Self-Control – It's All Greek To Me 4.28.2019

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Memory Verse: Galatians 5:22-23 (NIV)

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

The Bible uses several words that are translated as 'self-control'. Let's GoDeeper and examine these words more.

Σωφρονισμός- sophronismos– 1 Timothy 2:15, 2 Timothy 1:7, Titus 1:8, Titus 2:6, 1 Peter 4:7, 1 Timothy 3:2

- 1 Timothy 2:15 (NIV) – "But women will be saved through childbearing—if they continue in faith, love and holiness with propriety."
- 2 Timothy 1:7 (NIV) – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Titus 1:8 (NIV) – "Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined."
- Titus 2:6 (NIV) – "Similarly, encourage the young men to be self-controlled."
- 1 Peter 4:7 (NIV) – "The end of all things is near. Therefore be alert and of sober mind so that you may pray."
- 1 Timothy 3:2 (NIV) – "Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach,"

Sophronismos is true control of self by self. Self-control based on a person's own knowledge and wisdom. This means that there is NO requirement of the Holy Spirit. Also, it is available to believers and unbelievers alike.

- When have you exercised self-control based off of your own knowledge and/or wisdom?
- Give an example of a time you would use this type of self-control.

ἀκράσια- akrasia– 1 Corinthians 7:5, Matthew 23:25

- 1 Corinthians 7:5 (NIV) – "Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control."
- Matthew 23:25 (NIV) – "Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence."

Akrasia is Greek for "lacking command". Akrasia is also defined as "the state of mind in which someone acts against their better judgment through weakness of will." This is when you make a decision that is known to be not a positive choice (because of its negative consequences), but nevertheless choosing it because of its immediate pleasures.

- Give an example of a choice you (do or could) make knowing it has negative consequences?
- Why do we choose to do things that have negative consequences?
- How can you stop making these poor decisions?

ἐγκράτεια- enkrateia– 1 Corinthians 9:25, Galatians 5:22-23, 2 Peter 1:5-6, Acts 24:25

- 1 Corinthians 9:25 (NIV) – "Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever."
- Galatians 5:22-23 (NIV) – "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."
- 2 Peter 1:5-6 (NIV) – "For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;"
- Acts 24:25 (NIV) – "As Paul talked about righteousness, self-control and the judgment to come, Felix was afraid and said, "That's enough for now! You may leave. When I find it convenient, I will send for you.""

Enkrateia is control of self but not BY self. Enkrateia is self-control through the Holy Spirit. This form of self-control is available ONLY to believers and is achieved NOT by applying knowledge and wisdom, but by surrendering control.

- Have you surrendered control?
- Give an example of a time you surrendered control to God?
 - How did the situation turn out?
- What area of your life do you still need to surrender control?

νηφαλέος- nephaleos– 1 Timothy 3:2, 1 Timothy 3:11, Titus 2:2

- 1 Timothy 3:2 (NIV) – "Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach,"
- 1 Timothy 3:11 (NIV) – "In the same way, the women are to be worthy of respect, not malicious talkers but temperate and trustworthy in everything."
- Titus 2:2 (NIV) – "Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance."

Nephaleos means sober minded. This means being free from intoxicating influence.

- Why is it important to have a sober mind?
- How does intoxication influence self-control?
- If you feel comfortable, share an experience where a sober mind helped you make a right decision or the lack of sobriety influenced you negatively.