

WORD OF THE DAY



WORD OF THE DAY ([Galatians 5:22-23](#))

"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." - NIV

(MEDITATE ON THIS (SELF-CONTROL



Our final Fruit of the Spirit is self-control. Strong's Concordance states that the word used for self-control (egkrateia) is a feminine noun that means self-mastery, self-restraint, and continence. It also is defined as dominion, mastery("self-control") – proceeding out from within oneself, but not by oneself. For the believer, egkráteia ("self-control, Spirit-control") can only be accomplished by the power of the Lord. Therefore egkráteia ("true mastery from within") is explicitly called a Fruit of the Holy Spirit. Thayer's Greek Lexicon adds that self-control is the virtue of one who masters their desires and passions, especially his/her sensual appetites.

Self-control (egkrateia) requires mastery. The Fruit of the Spirit, self-control, comes from the Holy Spirit and empowers one to have mastery over oneself. As Christians, we face three primary enemies, the world, the flesh, and the devil ([Ephesians 2:2](#)). Self-control helps us in the battle against all three (world, flesh, devil). Initially, self-control as a Fruit of the Spirit focuses on our struggle against the flesh(self). Without a mastery of self, we cannot have mastery of our actions. Just as a professional dancer or a professional athlete has excellent mastery of their body, the believer with self-control has great mastery over their actions. Self-control also focuses on the battle against the temptations of the world. The individual with self-control has mastery over their actions and carnal appetites, making them more able to resist the enemy's external baits. Finally, self-control also aids in the battle against the devil. While the flesh tempts us within our own natural lust, and the world tempts us externally with seductions in our environment, the devil tempts us with negative thoughts to build strongholds in our minds. The believer with self-control is able to demonstrate mastery over their thought life(mind), making impotent the devil's attacks against their mind.

Self-control (egkrateia) is not simply self-denial. The Fruit of the Spirit, which is self-control, cannot be manufactured through human efforts of self-denial. Self-denial which is human led, is not the same as denying the self(flesh--self-control), which is spirit led. When we speak of self-denial, we are speaking of restricting and prohibiting oneself from certain things to fulfill a self-selected goal. When we speak of denying the self(flesh--self-control), we are speaking of submitting to the Holy Spirit's leading and allowing God to lead. In essence, with self-denial, you(self) are(is) still in control because you choose what to deny yourself. However, when you deny the self(flesh--self-control), the Holy Spirit is in control, and you give up the driver's seat. For example, Judas showed self-denial by leaving his family to follow Jesus when he was called. Yet he never truly denied the self(flesh--self-control), and self(the flesh) eventually was led away by the love of money. By contrast, Peter had a poor time showing self-denial as he denied Jesus three times and even attacked the Roman soldier with a sword; however, Peter later denied the self(flesh), allowing God to fully control his life as he led the church starting on the day of Pentecost when the Holy Spirit came upon them.

Self-control is for the glory of God. The purpose of self-control is to bring God glory. The world and the devil will try to distract the child of God from the work of God. This is often done through temptations, trials, and tests. All three of these (temptations, trials, & test) can lead a child of God to act in a way which pulls us away from the purpose which God has for us. Through self-control, one is able to submit to the Holy Spirit so that self-restraint and self-mastery can allow us to walk in God's purpose. It was a lack of self-control that led David to commit adultery due to his passion for physical intimacy. A lack of self-control led Cain to murder his brother in rage due to his feelings of jealousy. And it was a lack of self-control that led Adam & Eve to eat the fruit, seduced by the desire to be like God. All of these examples led these individuals to step away at that moment from the purpose which God had for them.

It is only through removing self from the throne of our lives and allowing the Holy Spirit to be our Lord(master) that self-control can begin to be cultivated in our souls.

-Your brother in Christ, [WNL](#)

THOUGHT FOR THE WEEK

Self-control is not you controlling yourself, self-control is giving up control so that the Holy Spirit controls you.

PRAYER FOR THE WEEK

Dear God, thank you for being a God of self-control. Help me to step down from the throne of my life and allow you to rule as my Lord and my Savior. Help me to master my mind. Help me to master my actions. And help me to master my passions so that I can continue to walk in your purpose for my life. In Jesus name I pray, amen.



[CLICK HERE TO -- View Past Video Devotionals](#)

Click to [Unsubscribe](#)