

# Self-Control

Sabbath Workshop 5/20/2006

## **Proverbs 25:28**

“A man who has no control over his own spirit is like a broken down city without a wall.”

## **Galatians 5:18-26**

“But if you are led by the Spirit, you are not under Torah. And the works of the flesh are well-known, which are these: adultery, whoring, uncleanness, indecency, idolatry, drug sorcery, hatred, quarrels, jealousies, fits of rage, selfish ambitions, dissensions, factions, envy, murders, drunkenness, wild parties, and the like of which I forewarn you, even as I also said before, that those who practice such as these shall not inherit the reign of Elohim.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, trustworthiness, gentleness, self-control. Against such there is no Torah. And those who are of Messiah have impaled the flesh with its passions and the desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another.”

## **2 Timothy 3:1-7**

“But know this, that in the last days hard times shall come. For men shall be lovers of self, lovers of money, boasters, proud, blasphemers, disobedient to parents, thankless, wrong-doers, unloving, unforgiving, slanderers, without self-control, fierce, haters of good, betrayers, reckless, puffed up, lovers of pleasure rather than lovers of Elohim, having a form of reverence but denying its power. And turn away from these! For among them are those who creep into households and captivate silly women loaded down with sins, led away by various lusts, always learning and never able to come to the knowledge of the truth.

**2 Peter 1:1-8**

“Shim'on Kepha (Simon Peter), a servant and emissary (apostle) of Messiah, to those who have obtained a belief as precious as ours by the righteousness of our Elohim and Saviour Messiah: Favour and peace be increased to you in the knowledge of Elohim and of our Master, as His Mighty-like power has given to us all we need for life and reverence, through the knowledge of Him who called us to esteem and uprightness.

Through these there have been given to us exceedingly great and precious promises, so that through these you might be partakers of the Mighty-like nature, having escaped from the corruption in the world, caused by lust. And for this reason do your utmost to add to your belief uprightness, to uprightness knowledge, to knowledge self-control, to self-control endurance, to endurance reverence, to reverence brotherly affection, and to brotherly affection love. For if these are in you and increase, they cause you to be neither inactive nor without fruit in the knowledge of our Master Yeshua Messiah.”

**1 Corinthians 7:1-9**

“And concerning the matters you wrote to me: It is good for a man not to touch a woman. But because of whoring, let each one have his own wife, and let each woman have her own husband. Let the husband render to his wife what is her due, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another except with agreement for a time, to give yourselves to fasting and prayer. And come together again so that Satan does not try you because of your lack of self-control.”

### **Genesis 3 ~ Eve's Lack Of Self Control**

1. Eve lacked self-control and fell into temptation. What was she tempted by?

---

---

2. What was the result of Eve's sin? \_\_\_\_\_

---

---

3. Who else was affected by Eve's lack of control? \_\_\_\_\_

---

---

4. How can we maintain self-control in difficult situations? \_\_\_\_\_

---

---

5. Name others in Scripture who suffered due to their lack of self control. \_\_\_\_\_

---

---