

Prescriptions for the Soul – Self-Control

Here are a number of Bible verses that deal with self-control. Each one is preceded by a very short explanation of the main point in the verse. Take 2 in the morning and 2 at night until your symptoms clear up.

- Read them
- Think them through and pray about them
- Apply them to your life
- Memorize the best ones

When you have time, look them up and read the chapter they came from to get even more context.

Here God clearly values mental and spiritual strength over physical ability

- Proverbs 16:32 Better a patient person than a warrior, one with self-control than one who takes a city.

A person who lacks self-control is easily hurt by their own appetites and by other people

- Proverbs 25:28 Like a city whose walls are broken through is a person who lacks self-control.

The study of self-control is uncomfortable to many people so they avoid what they need the most

- Acts 24:25 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

1. *The Bible teaches self-control over our sex lives.*
 2. *We should avoid temptation in the parts of our lives we are learning to control*
 3. *Realize that there is a real devil who hates God and tries to hurt people by tempting them.”*
- 1 Corinthians 7:5 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.

All people struggle to control their urges to do harmful things. Asking for God's Spirit to strengthen you is a tremendous step towards self-control

- Galatians 5:19-23 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like... ²² But the fruit of the (God's) Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

In the workplace and the home, self-control is a prerequisite for promotion into leadership positions

- 1 Timothy 3:2 Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach,

As we learn about self-control, God warns us to distance ourselves from people who are out of control

- 2 Timothy 3:2-5 People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, ³ without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, ⁴ treacherous, rash, conceited, lovers of pleasure rather than lovers of God— ⁵ having a form of godliness but denying its power. Have nothing to do with such people.

The Bible has many lists of right and wrong behaviors. Most people admire and feel comfortable around a person with self-control

- Titus 1:8 Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.

At any age, we can always improve ourselves and cooperate with God as he grows self-control in us. The elderly are not excused from exercising self-control

- Titus 2:2 Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

*When this was written, almost 2,000 years ago, most marriages were arranged and the couples were often not in love. The Bible says they should learn to love each other. **Self-control is necessary in order for love to grow***

- Titus 2:4-5 ... urge the younger women to love their husbands and children, ⁵ to be self-controlled and pure, to be busy at home, to be kind... so that no one will malign the word of God. Similarly, encourage the young men to be self-controlled...

Our love and appreciation for God and all he has done for us is our primary motivation for learning self-control

- Titus 2:12 (The blessings and favor that God gives us) teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age

God wants us to have a fulfilled, effective, and productive life. And he forgives past mistakes so they won't cling to us. Self-control is one of the great character traits that God builds into believers.

- 2 Peter 1:5-9 ...make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ⁹ But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

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