

**The Fruit from the Spirit**  
*Self-control, temperance (Gal. 5:23)*

**I.** What is ‘self-control’ as used in the Bible?

1. The term implies a self-generated ability; however, it is a divine enabling from the Holy Spirit.
2. **Self-control**, temperance KJV, **is the mental ability to overrule physical needs and desires, coming from one’s body, to maintain one’s spiritual service** (1 Cor. 9:27).

**II.** Paul as an example:

1. Paul’s motivation for keeping his body in subjection (1 Cor. 9:23-27).
  - 1) To gain a crown, run the race to win.
  - 2) To not become disapproved, failing to pass the test/race.
2. A partial list of Paul’s suffering physical abuse, written at about Acts Chapter 20. Which means he knew that there was much more to come his way (2 Cor. 11:23-28).
  - 1) “I more” a minister of Christ (v. 23 *cf.* 1 Cor. 15:9-10).
  - 2) “in labors more abundant” (v. 23).
    - i. Some did not labor.
    - ii. Yet claimed the fruits of Paul’s labor (2 Cor. 10:15-16).
  - 3) “in stripes above measure”—Gentle beatings (v. 23).
  - 4) “in prisons more frequently” (v. 23).
  - 5) “in *process of* deaths often” (v. 23 *cf.* 2 Cor. 4:11).
  - 6) “(40 – 1) stripes from the Jews, five times” (v.24).
    - i. About 200 sentenced, 195 delivered—3 thongs.
    - ii. None mentioned in the book of Acts.
  - 7) “three times beaten with rods” (v. 25).
    - i. Roman method.
    - ii. One time recorded (Acts 16:22-24).
  - 8) “stoned” (v. 24); at Lystra (Acts 14:19).
  - 9) “three times shipwrecked” (v. 25), 4<sup>th</sup> time Acts 27.
  - 10) “a night and a day in the deep sea” (v. 25).
  - 11) “in journeys often” (v. 26).
  - 12) “in perils from water” (v. 26).
  - 13) “in perils from robbers” (v. 26).
  - 14) “in perils from own countrymen” (v. 26).

- In Acts: Damascus (9:23); Jerusalem (9:29); Antioch in Pisidia (13:50); Iconium (14:5); Lystra (14:19); Thessalonica (17:5); Berea (17:13); Corinth (16:9).
- 15) “in perils from the Gentiles” (v. 26).  
In Acts: Iconium (19:1); Philippi (16:9); Ephesus (19:23).  
“in perils from the sea” (v. 26).
- 16) “in perils in the city” (v. 26).
- 17) “in perils in the wilderness” V. 26).  
Weather, wild beasts, hunger, shelter, *etc.*
- 18) “in perils among false brethren” (v. 26).
- 19) “in sleeplessness often” (v. 27).
- 20) Other persecutions (v. 27).

- III.** The promise to Christians who desire to live godly (2 Tim. 3:12).
1. All though currently in our society, persecution is mostly mental, there are many times when the body’s desires may interfere with Christian service.
  2. I am too tired to ...
  3. There is more of them than me, I think that I’ll be silent.
  4. My ??? hurts, I can’t ...
  5. I’d rather ???, than ...