

## YT Video- What Is Self-Control?

By Yirmeyah Tan, 22 July 2023

### Text [KJV unless otherwise indicated]

**TLV Gal 5:22** *But the fruit of the Ruach is love, joy, peace, patience, kindness, goodness, faithfulness,*

*Gal 5:23 gentleness, and **self-control**—against such things there is no law.*

*Gal 5:24 Now those who belong to Messiah **have crucified the flesh with its passions and desires.***

### I. **Self-control**

- a. The 9<sup>th</sup> fruit of the Spirit
- b. The KJV uses the word “temperance”.
- c. The Meriam-Webster Dictionary defines temperance as:

*“1: moderation in action, thought, or feeling: RESTRAINT.*

*2a: habitual moderation in the indulgence of the appetites or passions*

*b: moderation in or abstinence from the use of alcoholic beverages”*

- d. The Greek word behind the translation is:

### **G1466: egkrateia**

Thayer Definition:

- 1) *self-control (the virtue of one **who masters his desires and passions, especially his sensual appetites**)*

- e. the more accurate definition is “self-control”.
- f. Does this mean the act of controlling oneself or
- g. Controlling the “Self-life”?

### II. **What is the Self that needs to be controlled?**

- a. Thayer’s Definition informs us that self-control is “*the virtue of one who masters his desires and passions, especially his sensual appetites*”.
- b. Gal 5:24 tells us that “*Now those who belong to Messiah **have crucified the flesh with its passions and desires.***”

### III. **War Between The Flesh & Spirit**

**TLV Gal 5:16** *But I say, walk by the Ruach, and you will not carry out the desires of the flesh.*

*Gal 5:17 For **the flesh sets its desire against the Ruach, but the Ruach sets its desire against the flesh—for these are in opposition to one another, so that you cannot do what you want.***

**G4561:** sarx

Thayer Definition:

- 1) flesh (the soft substance of the living body, which covers the bones and is permeated with blood) of both man and beasts
- 2) the body
  - 2a) the body of a man
  - 2b) used of natural or physical origin, generation or relationship
  - 2b1) born of natural generation
  - 2c) **the sensuous nature of man**, “the animal nature”
    - 2c1) without any suggestion of depravity
    - 2c2) **the animal nature with cravings which incite to sin**
    - 2c3) the physical nature of man as subject to suffering
  - 3) a living creature (because possessed of a body of flesh) whether man or beast
  - 4) **the flesh, denotes mere human nature, the earthly nature of man apart from divine influence, and therefore prone to sin and opposed to God**

G480: antikeimai

### **Thayer Definition:**

- 1) to be set over against, opposite to
- 2) to **oppose, be averse to** withstand

**Note:** the flesh & the Holy Spirit are opposed to each other

## **IV. The Flesh is the Carnal Mind**

**Rom 8:5** For **they that are after the flesh do mind the things of the flesh**; but they that are after the Spirit the things of the Spirit.

**Rom 8:6** For **to be carnally minded is death; but to be spiritually minded is life and peace.**

**Rom 8:7** Because **the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.**

**Rom 8:8** So then they that are in the flesh **cannot please God.**

- a. Walking after the flesh is having a carnal mind.
- b. The carnal mind is at enmity with God.
- c. It is not and cannot be subject to the Law of God
- d. Those in the flesh cannot please God.
- e. This is why we have to renew our minds:

**Rom 12:2** And be not conformed to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.

## **I. Need To Deny Self**

**Mat 16:24** Then said Jesus unto his **disciples**, If any man will come after me, **let him deny himself, and take up his cross, and follow me.**

**Mat 16:25** For **whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.**

**Mat 16:26** **For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?**

**G533: *aparneomai***

*Thayer Definition:*

1) to deny

1a) to affirm that one has no acquaintance or connection with someone.

1b) **to forget one's self, lose sight of one's self and one's own interests**

- a. Forget one's self and one's own interests.
- b. Cross: the place of death. The Roman convicts had to carry their own cross on which they were to be nailed to death.

**Rom 8:13 For if ye live after the flesh, ye shall die but if ye through the Spirit do mortify the deeds of the body, ye shall live.**

**1Co 15:31 I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.**

- c. The choice is between putting the flesh to death or suffer the second death [eternal damnation]
- d. The "self" mentioned here is the fleshly nature, the carnal self.
- e. This is the requirement for being a disciple of Christ.
- f. Preserve your fleshly life: you will lose eternal life.
- g. Crucify your flesh and you will have eternal life.

**Gal 5:24 Now those who belong to Messiah have crucified the flesh with its passions and desires.**

- h. The soul is at stake: it is worth more than the whole world.

## **II. Leanness of Soul**

***Psa 106:13 They soon forgot his works; they waited not for his counsel:***

***Psa 106:14 But lusted exceedingly in the wilderness, and tempted God in the desert.***

***Psa 106:15 And he gave them their request; but sent leanness into their soul.***

- a. Do not pray to satisfy the lusts of the flesh.
- b. You may be granted the prayer but at the cost of your soul:

- a. Leanness:

**H7332: *râzôn***

*BDB Definition:*

1) leanness, scantness, wasting

1a) leanness

1b) **wasting (of disease)**

1c) scantness (of measure)

**Note:** LXXE [Septuagint] has it as “fulness”. Indeed, if we are full of the things of this world our soul will languish.

**Example** of leanness of soul: the Prodigal Son asked for his inheritance and ended up in the pigsty.

### III. The Essence of Sin

*Gen 3:4 The serpent said to the woman, “You most assuredly won’t die!*

*Gen 3:5 For God knows that when you eat of it, your eyes will be opened and you will be like God, knowing good and evil.”*

*Gen 3:6 Now the woman saw that the tree was good for food, and that it was a thing of lust for the eyes, and that the tree was desirable for imparting wisdom. So she took of its fruit and she ate. She also gave to her husband who was with her, and he ate.*

*Gen 3:7 Then the eyes of both of them were opened and they knew that they were naked; so, they sewed fig leaves together and made for themselves loin-coverings.*

**1Jn 2:15** *Love not the world, neither the things that are in the world. If any man loves the world, the love of the Father is not in him.*

**1Jn 2:16** *For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.*

- a. Adam & Eve fell for the lust of the eyes, flesh and pride of life [“you will be like god”]
- b. Sin is the satisfaction of the flesh

### IV. Excluded from entering the Kingdom of Heaven

**Gal 5:19** *Now the works of the flesh are manifest, which are these, Adultery, fornication, uncleanness, lasciviousness,*

*Gal 5:20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,*

*Gal 5:21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that **they which do such things shall not inherit the kingdom of God.***

**The word “do” in the Greek is:**

**G4238:** *prassō*

*Thayer Definition:*

1) to exercise, **practice**, to be busy with, carry on

1a) to undertake, to do

2) to accomplish, perform

2a) **to commit**, perpetrate.

3) to manage public affairs, transact public business

3a) to exact tribute, revenue, debts

4) to act

### V. Corruption Or Everlasting Life

*TLV Gal 6:8 For the one who sows in the flesh will reap corruption from the flesh. But the one who sows in the Ruach will reap from the Ruach eternal life.*

**VI. Question**

*Joh 6:26 Jesus answered them and said, Verily, verily, I say unto you, **Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.***

*Joh 6:27 **Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life,** which the Son of man shall give unto you: for him hath God the Father sealed.*

**Which category are You?**

- a. Are you seeking material blessings from Him or are you seeking to be His disciple?**
- b. Do you trust and obey Him?**
- c. Do you accept the afflictions that are meant to make you conform to His image and likeness?**
- d. Do you complain that your fleshly desires are not met?**
- e. Are your prayers to get what you want or what YAHWEH wills for you?**