

VERSES ON SELF-CONTROL

Genesis 20:6 6 Then God said to [Abimelech] in the dream, Yes, I know that you have done this in the integrity of your heart, and it was I who kept (ךשך) you from sinning against me. Therefore I did not let you touch her.

Genesis 43:31 31 Then [Joseph] washed his face and came out. And controlling (אפק) himself he said, Serve the food.

Genesis 45:1 1 Then Joseph could not control (אפק) himself before all those who stood by him. He cried, Make everyone go out from me. So no one stayed with him when Joseph made himself known to his brothers.

1 Samuel 25:39 39 When David heard that Nabal was dead, he said, Blessed be Yahweh who has avenged the insult I received at the hand of Nabal, and has kept back his servant from wrongdoing. Yahweh has returned the evil of Nabal on his own head.

Proverbs 10:19 19 When words are many, transgression is not lacking, but whoever restrains (ךשך) his lips is prudent.

Proverbs 17:27 27 Whoever restrains (ךשך) his words has knowledge, and he who has a cool spirit is a man of understanding.

Proverbs 25:28 28 A man without self-control (מעצור) is like a city broken into and left without walls.

Proverbs 29:11 11 A fool gives full vent to his spirit (פלךךחזו), but a wise man quietly holds it back.

Isaiah 42:14 14 For a long time I [Yahweh] have held my peace. I have kept still and restrained (אפק) myself. Now I will cry out like a woman in labor. I will gasp and pant.

Jeremiah 14:10 10 Thus says Yahweh concerning this people: They have loved to wander thus. They have not restrained their feet. Therefore Yahweh does not accept them. Now he will remember their iniquity and punish their sins.

Acts 24:25 25 And as [Paul] reasoned about righteousness and self-control (ἐγκράτεια) and the coming judgment, Felix was alarmed and said, Go away for the present. When I get an opportunity I will summon you.

1 Corinthians 7:5-9 5 Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer. But then come together again, so that Satan may not tempt you because of your lack of self-control (ἐγκράτεια). ...9 But if they cannot exercise self-control (ἐγκράτεια), they should marry. For it is better to marry than to burn with passion.

1 Corinthians 9:24-27 24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises *self-control* (ἐγκρατεύομαι, pres.) in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly. I do not box as one beating the air. 27 But I *discipline* (ὕποπιάζω, pres.)¹ my body and *keep it under control* (δουλαγωγέω, pres.),² lest after preaching to others I myself should be disqualified.

Galatians 5:16 16 But I say, walk by the Spirit, and you will not *carry out the desires* of the flesh (καὶ ἐπιθυμίαν σαρκὸς οὐ μὴ τελέσητε (aor.)).³

Galatians 5:22-23 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, *self-control* (ἐγκράτεια). Against such things there is no law.

1 Thessalonians 5:6-8 6 So then let us not sleep, as others do, but let us keep awake and be *sober* (νήφω). 7 For those who sleep, sleep at night, and those who get drunk, are drunk at night. 8 But because we belong to the day, let us be *sober* (νήφω), having put on the breastplate of faith and love, and for a helmet the hope of salvation.

1 Timothy 2:9 9 ...Likewise also that women should adorn themselves in respectable apparel, with modesty and *self-control* (σωφροσύνη), not with braided hair and gold or pearls or costly attire....

1 Timothy 2:15 15 Yet she will be saved through childbearing—if they continue in faith and love and holiness, with *self-control* (σωφροσύνη).

1 Timothy 3:2 2 Therefore an overseer must be above reproach, the husband of one wife, sober-minded, *self-controlled* (σώφρων), respectable, hospitable, able to teach....

2 Timothy 1:6-7 6 For this reason I [Paul] remind you [Timothy] to fan into flame the gift of God, which is in you through the laying on of my hands, 7 for God gave us a Spirit not of fear but of power, love, and *self-control* (σωφρονισμός).⁴

2 Timothy 3:3 3 ...Heartless, unappeasable, slanderous, *without self-control* (ἀκρατής), brutal, not loving good....

2 Timothy 4:5 5 As for you, always be *sober-minded* (νήφω), endure suffering, do the work of an evangelist, fulfil your ministry.

¹ “[T]o put under strict discipline, *punish, treat roughly, torment*, also fig. (cp. Aristoph., Fgm. 541 πόλεις ὑποπιασμένα) **1 Cor 9:27** (of the apostle’s self-imposed discipline. But the expr. is obviously taken fr. the language of prize-fighting vs. 26; on the virtue of self-control cp. X., Mem. 2, 1, 1; 5)” (BDAG, 1043).

² “Paul makes a slave out of his body, i.e. he directs it for useful service” (BDAG, 259).

³ “ἐπιθυμίαν σαρκὸς τελεῖν carry out what the flesh desires, satisfy one’s physical desires” (BDAG, 997).

⁴ “[E]xercise of prudence, moderation, self-discipline, prudence” (BDAG, 987)).

Titus 2:2 2 Older men are to be *sober-minded* (νηφάλιος), dignified, *self-controlled* (σώφρων), sound in faith, in love, and in endurance.

Titus 2:4-6 4 ...And so train the young women to love their husbands and children, 5 to be *self-controlled* (σώφρων), pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled. 6 Likewise, urge the younger men to be *self-controlled* (σωφρονέω).

Titus 2:11-12 11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live *self-controlled* (σωφρόνως),⁵ upright, and godly lives in the present age....

1 Peter 1:13 13 Therefore, preparing your minds for action, and being *sober-minded* (νήφω), set your hope fully on the grace that will be brought to you at the revelation of Jesus Messiah.

1 Peter 4:7 7 The end of all things is at hand. Therefore be *self-controlled* (σωφρονέω) and *sober-minded* (νήφω) for the sake of your prayers.

1 Peter 5:8 8 Be *sober-minded* (νήφω). Be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

2 Peter 1:2-11 2 May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. 3 His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, 4 by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. 5 For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, 6 and knowledge with *self-control* (ἐγκράτεια), and *self-control* (ἐγκράτεια) with endurance, and endurance with godliness, 7 and godliness with brotherly affection, and brotherly affection with love. 8 For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Messiah. 9 For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins. 10 Therefore, brothers and sisters, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall. 11 For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Messiah.

⁵ “[P]ert. to being prudent, soberly, moderately, showing self-control” (BDAG, 987).