

## Define “Self-Control”

For this section you will need to use a Strong’s Concordance, or an internet resource such that serves the same purpose as “Strong’s.” If you need help with this, please talk to David or one of the elders.

- I. What definition does the English dictionary give for self-control? \_\_\_\_\_  
\_\_\_\_\_
- II. In Galatians 5:23 which Greek word is translated as self-control? \_\_\_\_\_
  - a. What is the Strong’s number for this word? \_\_\_\_\_
  - b. What is the definition of this word? \_\_\_\_\_  
\_\_\_\_\_
  - c. Find three other places where this word is used:
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
    - iii. \_\_\_\_\_
- III. In 2 Timothy 1:7 which Greek word is translated as self-control? \_\_\_\_\_
  - a. What is the Strong’s number for this word? \_\_\_\_\_
  - b. What is the definition of this word? \_\_\_\_\_  
\_\_\_\_\_
  - c. Find two other places where this word is used:
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
- IV. In 2 Timothy 3:3 which Greek word is translated as self-control? \_\_\_\_\_
  - a. What is the Strong’s number for this word? \_\_\_\_\_
  - b. What is the definition of this word? \_\_\_\_\_  
\_\_\_\_\_
  - c. Find one other places where this word is used: \_\_\_\_\_
- V. Having studied these passages, is the English definition of Self-Control adequate? \_\_\_\_\_

Interestingly enough, although the concept of self-control is so very important to our Christian lives, the word “self-control” does not appear often in the Bible. While we could study every passage that infers the need for or the use of self-control, for the purposes of this packet we will only be studying the passages that specifically mention self-control. Because of this, we will be studying more of the context of each passage we analyze in this packet.

## **In Conjunction with Spiritual Maturity**

- I. Study 1 Corinthians 9:19-27 to answer the following questions:
  - a. Which verse specifically mentions self-control? \_\_\_\_\_
  - b. Which Greek word is translated as self-control here? \_\_\_\_\_  
\_\_\_\_\_
  - c. In this verse who is practicing self-control? \_\_\_\_\_
  - d. For what reason are they practicing self-control? \_\_\_\_\_  
\_\_\_\_\_
  - e. Is Paul using this verse as a main point or an illustration? \_\_\_\_\_
  - f. In verse 19 what did Paul make himself? \_\_\_\_\_
  - g. Why did he do this? \_\_\_\_\_
  - h. In verses 20-22 did Paul says that he became a number of different things, what are they?
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
    - iii. \_\_\_\_\_
    - iv. \_\_\_\_\_
  - i. Why did Paul do this? \_\_\_\_\_  
\_\_\_\_\_
  - j. What is the connection between Paul doing this and the self-control he mentions in the next verse? \_\_\_\_\_  
\_\_\_\_\_
  - k. What illustrations does Paul use in this section? i. \_\_\_\_\_  
ii. \_\_\_\_\_ iii. \_\_\_\_\_
  - l. What reason does Paul give for why he practices self-control? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- II. Spend some time in Galatians 5:16 - 6:5 to answer these questions:

- a. By this point we should be very familiar with Galatians 5:16-26, which covers the Deeds of the Flesh and the Fruit of the Spirit. Please describe, in general, how self-control is essential to this section: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b. In Galatians 6:1, what is supposed to be done with a person who is caught in a trespass? \_\_\_\_\_
- c. Who is supposed to do this? \_\_\_\_\_
- d. Give two specific areas in which self-control is absolutely necessary when following this command. Describe what must be under control:
  - i. \_\_\_\_\_  
\_\_\_\_\_
  - ii. \_\_\_\_\_  
\_\_\_\_\_
- e. According to Galatians 6:3, in what way could we be deceiving ourselves? \_\_\_\_\_
- f. So, over what aspect of ourselves must we exercise self-control? \_\_\_\_\_  
\_\_\_\_\_

III. Study Titus 1:5-16 before answering these questions:

- a. What verse mentions self-control (“disciplined” in some translations)? \_\_\_\_\_
- b. In this section, who is it that must be self-controlled? \_\_\_\_\_
- c. In what way is self-control absolutely necessary in order to fulfill the command given in verse 9? \_\_\_\_\_  
\_\_\_\_\_
- d. Give one example from verses 10-16 as to why self-control would be necessary for elders: \_\_\_\_\_  
\_\_\_\_\_
- e. In what way do the people discussed in verses 10-16 show a lack of self-control? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

IV. Read through 2 Peter 1:3-11 to answer these questions:

- a. Which verse mentions self-control? \_\_\_\_\_
- b. What has God granted to us in His divine power? \_\_\_\_\_  
\_\_\_\_\_
- c. Through what was this granted? \_\_\_\_\_  
\_\_\_\_\_
- d. Of what can we become partakers? \_\_\_\_\_
- e. Verse 5 begins with “for this reason.” To what is this referring? \_\_\_\_\_  
\_\_\_\_\_
- f. According to verses 5-7, should our faith stand alone as our only Christian attribute? \_\_\_\_\_
- g. What verse tells us the reason for why it is so important for us to add these attributes to our faith? \_\_\_\_\_
- h. And why is it so important to add these attributes to our faith? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- i. If we practice these qualities we will never \_\_\_\_\_. (Verse 10)
- j. What does verse 11 tell us will be the result if we do as this passage has taught? \_\_\_\_\_  
\_\_\_\_\_

## Self-Control over Our Sexual Desires

This may seem like a slightly awkward subject, but it is an important aspect of living a pure life. All of the passages that specifically mention Self-control in relation to our sexual desires are found in **1 Corinthians 7:1-16**, thus this section of our study sheet will only cover that series of verses.

- I. How many occurrences of “self-control” are in 1 Corinthians 7? \_\_\_\_\_
- II. What is the Strong’s number for the Greek word translated “self-control” in verse 5? \_\_\_\_\_
  - a. What is the definition of this word? \_\_\_\_\_  
\_\_\_\_\_
  - b. (extra credit) Find one other place in the New Testament where this word is used. Please record the passage and the way the word is translated. \_\_\_\_\_

- III. What reason is given for why each man should have his own wife and each woman should have her own husband? \_\_\_\_\_
- IV. What should husbands and wives not deprive each other of? \_\_\_\_\_
- a. What is the one acceptable reason given to deprive each other? \_\_\_\_\_
- b. Can this be a decision that one person makes without consulting the other? \_\_\_\_\_
- c. For what amount of time is it acceptable to stay apart? \_\_\_\_\_
- d. What must happen when this time is up? \_\_\_\_\_
- e. What reason is given for why it is so important not to deprive one another? \_\_\_\_\_
- V. What is the Strong's number for the Greek word translated "self-control" in verse 9? \_\_\_\_\_
- a. What is the definition of this word? \_\_\_\_\_
- VI. To whom does Paul say that it is good for them to remain unmarried like he is? \_\_\_\_\_
- a. What condition does he give for when they should marry? \_\_\_\_\_
- b. Paul says that it is better to marry than to do what? \_\_\_\_\_
- c. From this, we can surmise that Paul was skilled at exercising self-control over what? \_\_\_\_\_
- VII. In what ways would self-control be necessary to fulfill the command given in verses 10-11? \_\_\_\_\_
- VIII. In what ways would self-control be necessary to fulfill the command given in verses 12-16? \_\_\_\_\_
- IX. What is the desired outcome of the instructions given in verses 12-16? \_\_\_\_\_

## Specifically Referring to Women

This section is by no means politically correct, but no one said that Bible study would be politically correct. This section will cover only **1 Timothy 2:8-15** which mentions self-control multiple times.

- I. Which verses mention self-control (might be sobriety, moderation discreetly, or self-restraint)? \_\_\_\_\_
- II. According to verse 8 what should men do in every place? \_\_\_\_\_
  - a. With what attitude should they do this? \_\_\_\_\_
  - b. Does this attitude apply **exclusively** to the physical position of prayer? Please explain why or why not: \_\_\_\_\_  
\_\_\_\_\_
- III. According to verses 9-10 what should women do? \_\_\_\_\_
  - a. With what attitude(s) should they do this? \_\_\_\_\_  
\_\_\_\_\_
  - b. Do the attitudes listed in verses 9-15 refer **exclusively** to the actual clothes women wear? Please explain why or why not: \_\_\_\_\_  
\_\_\_\_\_
- IV. What is the Strong's number for the Greek word translated "self-control" or "sobriety" or "moderation" in verse 9? \_\_\_\_\_
  - a. What is the definition of this word? \_\_\_\_\_  
\_\_\_\_\_
- V. Different Bible translations give slightly different views on this passage. Please read verse 9 in the NKJV and in the ESV (use an online resource such as biblegateway.com or blueletterbible.com if necessary) and describe the difference in the ways this verse is rendered: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- VI. What is the Strong's number for the Greek word translated "modesty" in the NKJV? \_\_\_\_\_
  - a. What is the definition of this word? \_\_\_\_\_  
\_\_\_\_\_

- VII. What is the Strong's number for the Greek word translated "propriety" in the NKJV? \_\_\_\_\_
- a. What is the definition of this word? \_\_\_\_\_
- VIII. According to verse 10, in what way should women who profess godliness adorn themselves? \_\_\_\_\_
- a. Does this describe the clothes a woman puts on or the attitude of the heart? \_\_\_\_\_
- IX. To whom should a woman (or a man) bring glory with every aspect of their lives? \_\_\_\_\_
- X. **Apart from clothing**, the modesty that this passage describes is important in what other areas of life? \_\_\_\_\_
- XI. Having studied these things, what is the obvious external indication of a truly godly woman who adorns herself with good works? \_\_\_\_\_
- XII. The attitude described in verses 9-10 are essential to the commands given in verses 11-12 in what way: \_\_\_\_\_
- XIII. To support the command given in verses 11-12, Paul refers back to what? \_\_\_\_\_
- XIV. Who should continue in self-control (sobriety in the KJV) according to verse 15? \_\_\_\_\_
- XV. In what other attributes should they continue? \_\_\_\_\_

## Self-control Contrasted with Negative Attributes

Sometimes seeing a contrast can give us a clearer image of what we are studying.

This section will provide a few negative attributes that clearly show what self-control is **not**, thus allowing us to more clearly see what self-control truly is.

- I. Study 2 Timothy 1:1-14 and answer the following questions:
  - a. Whose sincere faith did Paul remember? \_\_\_\_\_
  - b. In whom did this faith first dwell? \_\_\_\_\_
  - c. What did Paul want him to fan into flame? \_\_\_\_\_
  - d. What is the Strong's number for the Greek word translated as self-control in this section? \_\_\_\_\_
  - e. What is the definition for this word? \_\_\_\_\_  
\_\_\_\_\_
  - f. What good attributes are mentioned alongside self-control?
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
  - g. What negative attribute is contrasted with these three? \_\_\_\_\_
    - i. What is the Strong's number for the Greek word use here? \_\_\_\_\_
    - ii. What is the definition of this Greek word? \_\_\_\_\_  
\_\_\_\_\_
  - h. Please explain how this negative attribute might be manifested in Timothy's life according to the information given in verses 8-14: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  - i. Please explain how self-control (and the other positive attributes listed) would help to combat this negative attribute in Timothy's life according to the information given in verses 8-14: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  - j. In 2 Timothy 2:1-7 what direct application is given for how self-control (and the other good attributes that we listed) should be used? \_\_\_\_\_  
\_\_\_\_\_



II. Study 2 Timothy 3:1-17 to answer these question:

- a. In what verse is self-control mentioned? \_\_\_\_\_
  - i. What is the Strong's number Greek word is translated "self-control" here? \_\_\_\_\_
  - ii. What is the definition of this word? \_\_\_\_\_
  - iii. Is this a good attribute or a bad one? \_\_\_\_\_
- b. Who would person show this attribute? \_\_\_\_\_
- c. How specifically will these people act according to this section?  
\_\_\_\_\_  
\_\_\_\_\_
- d. What historic examples are given of people who opposed the truth? \_\_\_\_\_
- e. What will happen to all those who live a godly life in Christ? \_\_\_\_\_
- f. What will evil people and imposters do? \_\_\_\_\_
- g. In contrast to what these sinful people were doing, what should Timothy do (look for "as for you" or "but you")? \_\_\_\_\_
- h. In what way is self-control necessary to fulfill this command? \_\_\_\_\_
- i. What can make Timothy (and us) completely ready for the work that needs to be done? \_\_\_\_\_
- j. Does this apply to us today as well? \_\_\_\_\_