

Temperance, Self-Control

The parts of the word say, “power over oneself.” All the major philosophers placed great value on this characteristic. Paul used it in his speech before Felix, probably from the Greek philosophical point of view, then reasoned that judgment would come upon those who were not. This same self-control is both given by the Spirit and something in which we seek to abound.

In the early twentieth century, this term became the watch-word of the Prohibition movement, so became identified with not consuming alcoholic beverages. Hence, more modern translations have switched to self-control.

1466 *egkrateia* temperance

- Acts 24:25 Now as he [Paul] reasoned about righteousness, self-control, and the judgment to come, Felix was afraid and answered, “Go away for now; when I have a convenient time I will call for you.”
- Galatians 5:22 – 23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, gentleness, self-control. Against such there is no law.
- 2 Peter 1:5 – 7 But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love.

1467 *egkrateuomai* be temperate

- 1 Corinthians 7:9 If they [widows] cannot exercise self-control, let them marry.
- 1 Corinthians 9:25 and everyone who competes for the prize exercises self-control in all things. Now they do it to obtain a perishable crown, but we for an imperishable.

1468 *egkrates* temperate

- Titus 1:7 – 8 For an overseer must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to much wine, not violent, not greedy for money, but hospitable, a lover of what is good, sober-minded, just, self-controlled...