

Can I Help It?

Galatians 5:22-26

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law. 24 And they that are Christ's have crucified the flesh with the affections and lusts. 25 If we live in the Spirit, let us also walk in the Spirit. 26 Let us not be desirous of vain glory, provoking one another, envying one another.

Galatians 5:22-26 (WNT) The Spirit, on the other hand, brings a harvest of love, joy, peace; patience towards others, kindness, benevolence; 23 good faith, meekness, self-restraint. 24 Against such things as these there is no law. Now those who belong to Christ Jesus have crucified their lower nature with its passions and appetites. 25 If we are living by the Spirit's power, let our conduct also be governed by the Spirit's power. 26 Let us not become vain-glorious, challenging one another, envying one another.

Galatians 5:22-26 (CEV)

God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, 23 gentle, and self-controlled. There is no law against behaving in any of these ways. 24 And because we belong to Christ Jesus, we have killed our selfish feelings and desires. 25 God's Spirit has given us life, and so we should follow the Spirit. 26 But don't be conceited or make others jealous by claiming to be better than they are.

Temperance. Greek: engkrateia (G1466), self-control; a moderation in the indulgence of the appetites and passions

The word group ἐγκρατ- takes its sense from the stem κρατ-, which denotes power or lordship, and which expresses the power or lordship which one has either over oneself or over something.

ἐγκρατής means one who has a status of power or rule, who has power over something, whether this power be factual or spiritual.

Genesis 4:1-8 (KJV) 1 And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD. 2 And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground. 3 And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. 4 And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: 5 But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. 6 And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen? 7 If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him. 8 And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.

Daniel 1:8-16 (KJV) 8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. 9 Now God had brought Daniel into favour and tender love with the prince of the eunuchs. 10 And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. 11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, 12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. 13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. 14 So he consented to them in this matter, and proved them ten days. 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. 16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

Romans 13:14

But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

1 Corinthians 9:25-27

And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. 26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: 27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Philippians 4:5

Let your moderation be known unto all men. The Lord is at hand.

1 Thessalonians 5:6-8

Therefore let us not sleep, as do others; but let us watch and be sober. 7 For they that sleep sleep in the night; and they that be drunken are drunken in the night. 8 But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.

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Titus 2:1-3

But speak thou the things which become sound doctrine: 2 That the aged men be sober, grave, temperate, sound in faith, in charity, in patience. 3 The aged women likewise, that they be in

behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things.

Titus 2:11-12

For the grace of God that bringeth salvation hath appeared to all men, 12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world.

2 Peter 1:5-10

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; **6 And to knowledge temperance; and to temperance patience; and to patience godliness; 7 And to godliness brotherly kindness; and to brotherly kindness charity. 8 For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. 9 But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins.

10 Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall

Love:

5 times John confesses that he is loved by God. What are you confessing. He was so developed in knowing God's love for him that he had no fear and Satan could not kill him even though he tried hard. John was exiled to the Isle of Patmos for 5 years, received one of the greatest revelations from the Lord, and then returned to Ephesus to pastor and torment Satan some more... God's love never fails!

1 John 4:18

There is no fear in love; but perfect love casteth (flushes) out (all) fear: because fear hath torment. He that feareth is not made perfect (fully developed/mature) in love.

1 John 2:5

But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him.

1 John 4:12

No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us.

John 13:23

Now there was leaning on Jesus' bosom one of his disciples, whom Jesus loved.

John 19:26

When Jesus therefore saw his mother, and the disciple standing by, whom he loved, he saith unto his mother, Woman, behold thy son!

John 20:2

Then she runneth, and cometh to Simon Peter, and to the other disciple, whom Jesus loved, and saith unto them, They have taken away the Lord out of the sepulchre, and we know not where they have laid him.

John 21:7

Therefore that disciple whom Jesus loved saith unto Peter, It is the Lord. Now when Simon Peter heard that it was the Lord, he girt his fisher's coat unto him, (for he was naked,) and did cast himself into the sea.

John 21:20-24

Then Peter, turning about, seeth the disciple whom Jesus loved following; which also leaned on his breast at supper, and said, Lord, which is he that betrayeth thee? 21 Peter seeing him saith to Jesus, Lord, and what shall this man do? 22 Jesus saith unto him, If I will that he tarry till I come, what is that to thee? follow thou me. 23 Then went this saying abroad among the brethren, that that disciple should not die: yet Jesus said not unto him, He shall not die; but, If I will that he tarry till I come, what is that to thee? 24 This is the disciple which testifieth of these things, and wrote these things: and we know that his testimony is true.