



# *SELF- CONTROL*

“He that hath no rule over his own spirit is like a city that is broken down, and without walls.”

Proverbs 25:28

“But a lover of hospitality, a lover of good men,  
sober, just, holy, temperate;”

Titus 1:8

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

2 Timothy 1:7

“But the end of all things is at hand: be ye therefore sober, and watch unto prayer.”

1 Peter 4:7

“He that is slow to anger is better than the mighty;  
and he that ruleth his spirit than he that taketh a  
city.”

Proverbs 16:32

“And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness;”

2 Peter 1:5-6

“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.”

1 Corinthians 9:27



“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”

1 Corinthians 10:13

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:”

1 Peter 5:8

“Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.”

Romans 12:19

“A fool uttereth all his mind: but a wise man  
keepeth it in till afterwards.”

Proverbs 29:11

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 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.”

Romans 12:1-2

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

Titus 2:11-12

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:”

James 1:19

“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.”

1 Corinthians 9:25



“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.”

2 Peter 1:5-7

“For the wrath of man worketh not the  
righteousness of God.”

James 1:20

“A righteous man falling down before the wicked  
is as a troubled fountain, and a corrupt spring.”

Proverbs 25:26

“Death and life are in the power of the tongue:  
and they that love it shall eat the fruit thereof.”

Proverbs 18:22

“Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.”

1 Corinthians 7:5

“He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.”

Isaiah 53:7

“I can do all things through Christ which  
strengtheneth me.”

Philippians 4:13

“A fool’s lips enter into contention, and his mouth calleth for strokes. A fool’s mouth is his destruction, and his lips are the snare of his soul.”

Proverbs 18:6-7



“But the fruit of the Spirit is love, joy, peace,  
longsuffering, gentleness, goodness, faith,  
Meekness, temperance: against such  
there is no law.”

Galatians 5:22-23