

#9. self-control; ἐγκράτεια ἐγ = inner κρατος = strength/rule

- it is a general term to describe self-control and is evidence of Spirit empowerment, that one is walking by the Spirit and the desires of the flesh do not dominate.

Summary

1. This word literally means "strength inside."
2. This quality speaks then of a virtue that relates to continually making the decisions to walk by the Spirit which maintains the isolation of the sin nature so that no works of the flesh are manifested.
3. This self-control flows from knowledge of truth and leads to patient endurance in the midst of the pressures of life 2 Peter 1:6.
4. Paul compares this spiritual self-control to an athlete who makes the decisions to train himself physically to compete in the games 1 Cor 9:25.

Rabbit trail - 1 Cor. 9:25-27

9:25 "competes in the games"; ἀγωνίζομαι

And he says its going to take some self discipline if your to realize the goal and receive the prize.

- "exercises self control in all things"; ἐγκρατεύομαι

For the Greek athlete, he went through 10 months of strenuous, rigorous training for what? "They then do it to receive a perishable wreath, but we an imperishable."

If all this effort is put forth to gain something that will fade away, how much more should we agonize if you will for eternal reward??

- **9:26a** Paul draws a conclusion because we as believers run not for a perishable reward but for an imperishable.

"Therefore I run (keep on running) in such a way, as not without aim;"

- **9:26b** *"I box in such a way, as not beating the air;"*

"as not beating the air."

- **9:27 Demonstration of his own self-discipline.**

"but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified."

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There are four directions in which this "disqualified" points.

1. Is to Paul himself.

2. It points to many in the Corinthian church who are continually operating under sin natures' rulership, 3:1-3 men of flesh, babes in Christ, and therefore are limiting their spiritual growth, and impact for Jesus Christ.

3. It also points to what happened to Israel, which is described in Ch 10. (see 10:5)

4. It reveals what can happen to any one of us when we become sidetracked from our objective as believers which can be summarized by the phrase "whatever you do, do all to the glory of God." 10:31