

SELF-CONTROL

FRUIT OF THE SPIRIT (11 OF 12)

Latin translation is CONTINENTIA, while the Greek rendition of self-control is ENKRATEIA. The Greek word used in [Galatians 5:23](#) is EGKRATEIA, which means having command or "mastery over" (krat- as in "autocrat"), or possession of, "one's own behavior."

NEW AMERICAN BIBLE REFERENCES

[2 Peter 1:5-7](#) exhorts us to do just that: ""For this very reason, make every effort to supplement your faith with virtue, virtue with knowledge, knowledge with self-control, self-control with endurance, endurance with devotion, devotion with mutual affection, mutual affection with love."

CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

There are 2 references to SELF CONTROL in the CCC. Please click [HERE](#) to review them (available on line only).

Those listed below are taken from the Index:

none.