

West Valley Church of Christ – July 19, 2026

18604 Lower Buckeye Rd.
Goodyear AZ 85338
wvcochrist.com

Mailing Address:
8223 North 171st Lane
Waddell, AZ 85355

Sunday Bible Study: 9:30 a.m.
Sunday Worship: 10:30 a.m.
Wednesday Devotional: 6:00 p.m.

FRUIT OF THE SPIRIT(10)

We have been exploring the list of fruit of the Spirit mentioned in Galatians 5:22-23. We have tried to digest and apply from the Bible the fruit called love, joy, peace, patience, kindness, and goodness. In this article we will consider the last fruit in the inspired list called “self-control.” The original Greek word translated “self-control” is ENKRATEIA. The King James Version translates the original word “temperance.” The word “temperance” as used in the King James Version can be summed up by a person demonstrating self-control. That’s why the New King James Version, the English Standard Version, and a number of other Bible translations translates the original word “self-control.” The idea of self-control or temperance carries the idea of being disciplined. Self-control as a fruit involves a discipline in our thoughts and actions and includes both mind and body. 1 Peter 1:13-14, “Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance.” To prepare our minds for action as translated from the original Greek text means to be “clear-headed” or to have a “disciplined mind.” We discipline our lives with the purpose of growing and maturing our faith.

Clark Tatum