

**Definition from Merriam - Webster**

**- Definition of SELF-CONTROL**

**: restraint exercised over one's own impulses, emotions, or desires.**

- **The 10 Commandments List,**
- You shall have no other gods before Me.
- You shall not make idols.
- You shall not take the name of the LORD your God in vain.
- Remember the Sabbath day, to keep it holy.
- Honor your father and your mother.
- You shall not murder.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet.

- <sup>23</sup> Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. <sup>24</sup> Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.
- <sup>25</sup> “All this I have spoken while still with you. <sup>26</sup> But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. <sup>27</sup> Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
- John 14:23 – 27.(NIV)