> No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
>
> *— 1 Corinthians 10:13*

Book: New Testament / 1 Corinthians
Topics: self-control, addiction, desires, devil, reliability, temptation

Interpretation:
1 Corinthians 10:13 is a verse that holds a great promise for those who face trials and temptations in their lives. *The Apostle Paul* wrote this letter to the Corinthians to encourage them to remain steadfast in their faith and resist temptations.

In this promise, Paul reminds us that God is faithful and gives us the help we need to withstand any trials and temptations that come our way.

Divine and human

The verse begins by pointing out that there is no trial that is beyond human ability. That is, all the trials and tests we face have a human dimension. This does not mean that our trials are necessarily small or insignificant, but *our Creator* knows our capabilities and what we can endure.

This verse also reminds us of God’s faithfulness. He will never leave us alone in the face of temptation. He will give us the help we need to overcome them. Even when we feel completely overwhelmed, we can trust that God will help us.

God’s grace in trial

The end of the verse is especially encouraging. It tells us that God will provide a way out to endure the trial. This does not mean that God will immediately deliver us from the trial, but that He will give us the grace and strength to overcome it. Sometimes God’s grace comes in simple ways, like the presence of a friend who listens and encourages us, or reading a verse that strengthens us.

Other times, God’s grace comes in the form of a clearer answer or a sign that is easier to understand. But God is always faithful to His promise, and He will help us experience the victory He offers us.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.
> *— 1 Corinthians 7:5*

Book: New Testament / 1 Corinthians
Topics: self-control, devil, marriage, sexuality

Interpretation:
1 Corinthians 7:5 calls us to consider the importance of communication in our marriage relationship. *Paul* calls us not to deny each other except by mutual consent and only for a limited time to seriously devote ourselves to prayer.

Prayer as a tool for strengthening marital relationships

Our marriage requires dedication, time, and effort. In this verse, Paul calls us to recognize the importance of prayer as a tool for strengthening our marriage relationship. Prayer is an expression of our faith and helps us strengthen our connection with God.

When we spend time in prayer, we work together as a couple to maintain our connection to His divine purpose. In this sense, it is not just a break from sexual activity, but a pause to focus on our spouse and our relationship with God.

Temptation and sexual intemptence

Paul reminds us that prolonged abstinence from sexual intercourse can lead to temptation and sexual intemperance, which can distance us from God’s will for our lives and our marriage relationship. Lack of communication can become a problem in our marriage relationship, which can lead to unnecessary misunderstandings and emotional alienation between spouses.

This is why sexual communication is so important in a marriage relationship. Honest and open discussions about our sexual and emotional needs can be the key to maintaining a strong and healthy marriage.

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> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.
> *— 1 Corinthians 9:25*

Book: New Testament / 1 Corinthians
Topics: self-control, Eternal life, reward

Interpretation:
In *1 Corinthians 9:25, Paul* uses a sports metaphor to explain the importance of perseverance and virtue in the life of a Christian. Just as an athlete restrains himself from everything to achieve victory in a competition, we must strive and restrain ourselves from everything that could derail us from our path to salvation.

It is interesting to note that Paul mentions that athletes strive to obtain a corruptible crown, a temporary and material reward that wears out and loses its value over time. However, as Christians, we strive to obtain an incorruptible crown, a heavenly reward that does not fade or lose its value over time.

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> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.
> *— 1 Corinthians 9:27*

Book: New Testament / 1 Corinthians

Topics: self-control, body, judgment

Interpretation:
The Apostle Paul wrote 1 Corinthians to address several important issues in the church in Corinth. In chapter 9, Paul talks about his ministry and how he worked hard to preach *the gospel* despite not receiving financial compensation.

He uses his own life as an example to the Corinthians, saying that he adapted to the local culture and gave up his rights to regain what he had lost. Paul also compares his ministry to athletes who work hard to win a prize.

What does it mean to “no, I strike a blow to my body and make it my slave”?

The verse in question, *1 Corinthians 9:27*, is the logical conclusion to Paul’s previous argument. He makes it clear that his ministry is not for selfish gain, but to preach the gospel out *of love for Christ*. As the chapter progresses, he begins to reflect on how we should live a balanced life so that we are not tempted and focused on serving God.

When Paul says, *“I strike a blow to my body and make it my slave,”* he is referring to the discipline, self-control, and self-denial that a true Christian must practice. This means that we are not to allow our fleshly desires to rule over us, but rather to subdue and control them in order to serve God. Just as athletes train hard and discipline themselves to win, Christians must also be disciplined in all areas of their lives.

Avoid self-deception

Paul is afraid of being led astray and away from God’s purpose by giving in to purely human desires. That is why he says, *“so that after I have preached to others, I myself will not be disqualified for the prize.”* Paul recognizes that being a teacher of others is a great responsibility, as your actions can negatively influence people and lead them astray from the path of salvation.

This verse can also inspire us to consider our own self-deception. It is easy to justify our own mistakes, but we must not allow ourselves to be undermined. We must be honest with God and ourselves and take steps to correct the negative behaviors we have.

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> It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God.
>
> — *1 Thessalonians 4:3-5*

Book: New Testament / 1 Thessalonians
Topics: self-control, body, desires, Holiness, sexuality

Interpretation:
The verses in question, *1 Thessalonians 4:3-5*, tell us about God’s will for our lives: *our sanctification*. Our primary job as Christians is to draw close to God and live in obedience to His commands. And here it becomes clear that a major part of that is turning away from fornication.

Before we talk about how these verses can help us in our daily lives, it’s important to define what is meant by fornication. Fornication is any sexual activity outside of marriage, whether between an unmarried couple or in a marriage in which one party is unfaithful.

This type of behavior is not approved by God, since His design for sexual relations is that they occur only in the context of marriage. Therefore, we are called to turn away from it and remain pure.

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> So then, let us not be like others, who are asleep, but let us be awake and sober.
>
> — *1 Thessalonians 5:6*

Book: New Testament / 1 Thessalonians
Topics: self-control, safety, end times

Interpretation:
1 Thessalonians 5:6 is a Bible verse that talks about the importance of watchfulness and sobriety in the Christian life. In the context of this verse, the Apostle *Paul* is talking about the coming *of the Lord*

Jesus and is calling the Thessalonians to be ready for His return.

Watchfulness means being attentive and aware of what is happening around us. It also means being prepared for anything that may happen in the future. *Being sober* means having a balanced and reasonable approach to life, avoiding excess, extravagance, and lack of control.

In the context of *1 Thessalonians 5:6*, watchfulness and sobriety are closely related to the coming of Jesus. Paul is saying that Christians should be ready for the coming of the Lord at any time, so they should watch for signs and maintain a balanced approach to life.

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> Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?
>
> *— 2 Corinthians 13:5*

Book: New Testament / 2 Corinthians
Topics: self-control, faith, Jesus, seeking

Interpretation:
2 Corinthians 13:5 calls us to examine ourselves to see if we are in the faith and to test ourselves. It is important to understand that in this passage the Apostle *Paul* is speaking to the Christians in Corinth who were under the influence of false teachers and erroneous teachings. He is reminding them of the importance of standing firm in the faith and not straying from the truth.

Who Christians Are?

Christian faith is faith in *Jesus Christ*, *the Son of God* and *the Savior of the world*. Christian faith is a personal commitment to Christ, not just a set of beliefs. Christian faith depends on the grace of God, not on any good works or merit we can do. Christian faith is based on the Bible, which is *the Word of God*. The Bible is a record of human history and contains God's divine revelation and His plan for the salvation of mankind.

Our Self-Image

2 Corinthians 13:5 is an invitation to self-evaluation. When we examine ourselves, we can see whether we are truly in the faith or whether we are straying from the truth. Self-assessment also helps us identify our weaknesses and strengths so that we can take steps to improve our Christian lives. Self-assessment also helps us reflect on our relationship with God and our spiritual life. We can evaluate whether we pray enough, read the Bible, and live our lives according to biblical principles.

Life in Christ

To be in faith means to have a personal relationship with Jesus Christ. It means to believe in Him and everything the Bible teaches us about Him. It also means to follow *Jesus'* teachings and live our lives according to biblical principles. To be in faith means to *trust God* and depend on Him at all times. It means to have confidence that *Jesus Christ is the only way to salvation and eternal life*.

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> Watch out that you do not lose what we have worked for, but that you may be rewarded fully.
>
> *— 2 John 1:8*

Book: New Testament / 2 John
Topics: self-control, reward, work

Interpretation:
Our actions and decisions have consequences, both in our present life and in the future. This verse from *2 John* emphasizes the importance of taking care of ourselves, of our actions, so that we do not lose the fruits of our labor, but receive the full reward.

In a society that often places more emphasis on outward appearance and the constant pursuit of material happiness, the message of this verse is especially important. Finding ourselves involves deep introspection, an awareness of our own values, our priorities, and our actions. It is easy to get carried away by the flow, by what others are doing and thinking, but to receive the full reward, we must be true to ourselves and the principles that guide us.

Losing the fruits of our labor is a feeling of disappointment. This can happen for many reasons: due to inattention to detail, due to not putting forth our best efforts, due to acting selfishly or unethically, etc. *The call of this verse is to be aware of our actions, to make decisions accordingly, and to strive every*

day not to lose what we have sown.

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> For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.
> *— 2 Peter 1:5-7*

Book: New Testament / 2 Peter
Topics: self-control, faith, goodness, love, neighbor, relationships

Interpretation:
Faith is one of the fundamental pillars of our Christian life, but often we focus so much on it that we forget that there are other things we must also develop in order to have a full life in God.

Virtue

The concept of virtue has been around since ancient times and refers to the moral qualities of a person that make them worthy of respect and admiration. In this sense, we can understand that when we are called to add virtue to our faith, we are being called to be people who not only believe in God, but also demonstrate His values ??and principles in their daily lives.

Prudence

Once we understand the importance of adding virtue to our faith, these verses encourage us to continue growing and to add knowledge. In this sense, we can understand that knowledge means not only knowing more about God and His word, but also having practical and applied knowledge about how to live in this world in accordance with God’s values ??and principles.

Self-Control

However, knowledge alone is not enough. We also need self-control. This means having self-control and the ability to make decisions based on what we believe is right, rather than just doing what we feel like doing at the time. Self-control is a virtue that can be applied to all areas of our lives, from how we

manage our finances to how we treat others.

Patience

But how do we develop self-control? One way is by practicing patience. Patience can be elusive, especially in our modern society where instant gratification is constantly sought. Patience allows us to wait and persevere even in difficult times. It allows us to be committed to our goals despite obstacles and setbacks.

Godliness

Godliness is respect and devotion to God. It is an extremely important quality in our lives because it helps us maintain the right perspective on life and guides us in our decisions. Godliness also helps us understand that we are not alone in this world, but have a direct connection with God, who loves us and always guides us.

Brotherly Love

Brotherly affection, which means love and loyalty to our brothers in faith. This virtue calls us to love other Christians deeply and sincerely, as if they were members of our own family. Brotherly affection calls us to loyalty and love for our community of faith. We are to show mutual affection and concern, to encourage one another and to support one another in difficult times. Brotherly love encourages us to always be supportive, to help those who need our help, and to build a strong and united community in the love *of Christ*.

Love

Love, which is the culmination and goal of all the other virtues. Love is the greatest commandment that *Jesus* left us and the clearest proof that we are His disciples. Love is the highest of Christian values, because God himself is love. The experience of God's love enables us to love others deeply and selflessly and helps us to imitate the perfect compassion and mercy of *our Lord Jesus Christ*.

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> For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

> — *2 Timothy 1:7*

Book: New Testament / 2 Timothy
Topics: self-control, fear, love, Spirit, strength, weakness

Interpretation:
2 Timothy 1:7 is a powerful statement of the nature *of the Spirit* that God has given to all believers. According to this statement, God has not given us a spirit of fear; in other words, God does not want us to live in fear, uncertainty, or dread in the face of life's trials. Instead, God has given us a spirit of power, love, and self-control. What does this mean for us as believers?

A Spirit of power

The first characteristic mentioned in this verse is the power that God has given to believers in *His Spirit*. This is not a temporary or worldly power, but a spiritual power that enables us to face life's trials with confidence and strength. This power *of God's Spirit* enables us to overcome situations that would otherwise be impossible for us.

For example, when we face difficulties in our interpersonal relationships, the power of the Spirit enables us to not give in to hatred or anger, but to face the conflict with love and a positive attitude.

Spirit of love

The second characteristic mentioned is the love that God has poured into our hearts through His Spirit. This love is not ordinary human love, but divine love that is unconditional and eternal.

It is a love that surpasses all understanding and causes us to love others as God has loved us. With the Spirit of love, we can love those who have hurt or harmed us, return good for evil, and extend grace and forgiveness to those who do not deserve it.

Spirit of self-control

The third characteristic mentioned is self-control. Self-control refers to the ability to control our thoughts, emotions, and behavior. The Spirit of God helps believers have self-control and not be slaves to fleshly impulses and desires. This means that we can resist temptation, avoid bad decisions, and do what is right even when it is difficult.

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> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
>
> — *Ephesians 6:12*

Book: New Testament / Ephesians
Topics: self-control, devil, evil, heaven, Spirit

Interpretation:
Ephesians 6:12 is an important reminder that our struggle in this life is not only against what we can see and touch in the physical world, but that there is also a spiritual battle in which we are constantly engaged.

What does it mean that we "do not wrestle against flesh and blood"?

When we speak of *"flesh and blood"* in this context, we are talking about the purely physical, the tangible, and the visible. That is, our enemy is not people we can see with our eyes, nor are they beings we can defeat simply by physical force.

What are "principalities, powers, and rulers of the darkness of this world"?

These terms refer to evil forces that operate in the spiritual world and influence the physical world. According to the Bible, Satan and his fallen angels have some authority in this world. Principalities and powers are dominions and powers that rule over certain areas of this world, while the rulers of darkness in this world are in the same category of evil beings.

What are "the spiritual forces of evil in the heavenly realms"?

These are fallen angels who work with Satan and operate in other dimensions, in what are called *"heavenly regions."* These spiritual regions are not necessarily a physical place, but rather a spiritual dimension that overlaps with our physical world.

Thoughts on spiritual warfare

This verse reminds us that we should not focus on fighting with our brothers and sisters or even the society in which we live. Instead, we must realize that the real battle is spiritual, and any form of hostility we experience in our daily lives is the result of forces operating in the spiritual realm.

As we recognize the nature of our struggle, we must also understand that our weapons are not physical, but spiritual. We need to arm ourselves with the powerful spiritual tools that God has placed

at our disposal: *prayer, the Word of God, and the work of the Holy Spirit in our lives*.

We must be very careful not to underestimate the reality of spiritual struggle, even in our daily lives. We often think that the things that happen to us are simply the result of physical circumstances, when in fact there is something deeper behind many of the things that happen.

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> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
> *— Galatians 5:22-23*

Book: New Testament / Galatians
Topics: self-control, blessing, gentleness, goodness, law, Spirit

Interpretation:
In Galatians, we find wonderful verses in *Galatians 5:22-23* that tell us about the fruits of the Spirit. According to the Apostle *Paul*, these virtues describe the work of *the Holy Spirit* in our lives.

Love

Love is the first fruit mentioned on this list, and the most important of all. *Jesus* taught us that love is the greatest virtue, which is why love is mentioned in so many parts of the Bible. Love is more than just a feeling, it is a choice we make every day to love others as ourselves, even when they don't deserve it.

Joy

Joy is the happiness we feel in our hearts because of the blessings God has given us. This fruit of the Spirit is not just a passing or temporary happiness, but a deep joy that comes from the presence of God. This joy is not dependent on our circumstances, but on our relationship with God.

Peace

The peace that the Spirit gives us is an inner calm that can only come from knowing that we are in God's will. Despite the trials and tribulations we may face in our lives, the peace that the Spirit gives us allows us to move forward, trusting that God is in control.

Forbearance

Patience is a fruit of the Spirit that allows us to endure life's challenges and difficulties with joy. This virtue reminds us that God has a perfect plan for our lives and that we should not lose patience when things don't go as we expect.

Kindness

Kindness is a fruit of the Spirit that leads us to be kind and gentle toward others, even when they don't deserve it. Kindness allows us to put others' needs before our own and reminds us that every person is valuable and worthy of love.

Goodness

Goodness is a fruit of the Spirit that moves us to do good to others, even in small ways. This virtue reminds us that every act of kindness, no matter how small, has a huge impact on people's lives.

Faithfulness

Faith is trusting God and His plan for our lives. Faith encourages us to believe in what we cannot see and to trust that God is in control.

Gentleness

Gentleness is the humility and submissiveness that are essential to healthy relationships with God and others. Meek people are able to tolerate insults and criticism without becoming angry. Meekness also helps us to receive correction wisely and to correct ourselves when necessary. Meekness makes us like *Christ*, who was an example of meekness and humility.

Self-control

Temperance allows us to control our impulses and desires, avoiding temptation and sin. Temperance helps us be responsible for our bodies, emotions, and thoughts. Contrary to what some believe, temperance does not mean a life without pleasure, but rather a life with healthy and balanced limits. Temperance teaches us to enjoy the good things in life without falling into excesses and addictions.

The relationship between the Law and the virtues

The Bible verse *Galatians 5:23* also says that there is no law against these virtues. This means that there is nothing in God's law that contradicts them, but rather, the Law supports them. God's law calls us to be humble and self-controlled people because this promotes peace and justice in society.

The Law also reminds us of our need for God’s grace and forgiveness. When we are tempted to lose control or act arrogantly, the Law reminds us that we need God’s help and strength to do what is right. The fruits of the Holy Spirit can only be developed through a heart transformed by God and filled with His love.

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> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.
> *— James 1:19*

Book: New Testament / James
Topics: self-control, anger, listening, speaking

Interpretation:
The book of James is one of the most practical and applicable texts in the entire Bible. In it, the author gives us very useful advice for our daily lives, helping us to be better people and honor God in everything we do. In this sense, the verse we are discussing is especially important, as it speaks of the need to be patient and prudent in our words and actions.

Quick to listen

The first piece of advice this verse gives us is to be “quick to listen.” This means that we should be willing to listen to others and pay attention to what they say. In an increasingly polarized world, where we often limit ourselves to listening only to what already confirms our beliefs, this advice is more relevant than ever. We must learn to listen with empathy and be open to the ideas of others, even if we do not always agree with them.

Slow to speak

The second piece of advice this verse gives us is to be “slow to speak.” This means that we should think carefully before we speak, rather than just speaking for the sake of it. Often our words can hurt others, even if we don’t mean to. We should take the time to think about what we want to say and choose our words carefully. By doing so, we will show respect for others and avoid unnecessary conflict.

Slow to become angry

The third and final piece of advice this verse gives us is to be “Slow to become angry.” This means that we should control our emotions and avoid impulsive reactions to difficult situations. When we allow anger to get the better of us, we lose the ability to think clearly and may say or do things that we will later regret. Therefore, we must learn to control our anger and respond to conflicts calmly and peacefully.

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> I made a covenant with my eyes not to look lustfully at a young woman.
> — *Job 31:1*

Book: Old Testament / Job
Topics: self-control, covenant, desires, sexuality, thoughts

Interpretation:
Job 31:1 presents *Job's* reflections on the need to keep his eyes pure. Job refers to the covenant he made with his eyes and wonders how he could look upon a young virgin. This passage teaches us the importance of moral behavior and avoiding temptations that could threaten our integrity.

What does it mean to "make a covenant with the eyes"?

The expression "making a covenant with the eyes" implies a personal commitment we make to avoid malicious or extraneous glances that could lead to sinful thoughts or actions. In other words, it refers to controlling our instincts and desires to avoid succumbing to temptation.

Why is it important to keep our eyes pure?

Keeping our eyes pure is important because they are the gateway to our hearts and minds. What we see influences our thoughts and actions, so it could be said that our eyes are a reflection of our inner selves. If we fill our eyes with immoral or sinful images, we risk defiling our hearts and becoming distant from God's will.

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translating the language. *Matthew 7:7-8*

> Fools show their annoyance at once, but the prudent overlook an insult.
> — *Proverbs 12:16*

Book: Old Testament / Proverbs
Topics: self-control, anger, wisdom

Interpretation:
In *Proverbs 12:16*, we find wise instruction about managing our emotions, particularly anger. This verse tells us about two types of people: foolish and prudent. A fool, according to God's Word, is someone who instantly expresses his anger in any situation, while a prudent person, on the contrary, ignores insults and, therefore, controls his emotional impulses.

Who are fools?

In the Bible, fools are those who act without thinking about the consequences of their actions and those who do not use wisdom in making decisions. In the context of this verse, fools are those who allow anger to guide their actions and words.

Anger, although a natural emotion, can push people to impulsive actions that they often regret later. Therefore, it is important to learn to control ourselves and not allow emotions to take over us.

Prudence is the key to controlling emotions

This verse also tells us about prudence as the key to controlling emotions. Prudence is the ability to think before acting or speaking. Wise people do not give in to anger, but think before acting and analyze the situation to make the best decision.

So prudence helps us control our emotions, think before acting, and prevents us from falling into the trap of anger. When we stop and reflect, we realize that anger is often not the best response to a situation and can look for other alternatives to solve the problem.

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> Better a patient person than a warrior, one with self-control than one who takes a city.
>
> — *Proverbs 16:32*

Book: Old Testament / Proverbs
Topics: self-control, patience, peace

Interpretation:
The book of Proverbs is rich in wisdom and contains practical teachings that can be applied to everyday life. *Proverbs 16:32* is no exception, as it teaches us the importance of self-control.

The verse begins, **“Better a patient person than a warrior.”** Here we are told that it is more valuable for us to control our anger and not let our emotions control us in the moment of anger or frustration. Being strong does not mean being aggressive or cruel, but rather having self-control and the inner strength to dominate our emotions.

The verse continues, **“one with self-control than one who takes a city.”** This is about the importance of controlling our thoughts and emotions, even in stressful or difficult situations. A person who can control his spirit is stronger than one who can take a city, because he controls himself and his actions.

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> The tongue has the power of life and death, and those who love it will eat its fruit.
>
> — *Proverbs 18:21*

Book: Old Testament / Proverbs
Topics: self-control, blessing, Fruitfulness, speaking

Interpretation:
The Bible repeatedly mentions the importance of controlling our words because they can have a significant impact on our lives and the lives of others. *Proverbs 18:21* illustrates this well.

What does this verse mean?

This verse teaches us that our tongue can have serious consequences, both positive and negative. It is a powerful tool, but it must be used wisely.

If we cultivate a loving and constructive tongue, we will live a fruitful life and enjoy its benefits. But if we use our tongue carelessly and harmfully, we will reap misery and negativity.

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> Like a city whose walls are broken through is a person who lacks self-control.
> — *Proverbs 25:28*

Book: Old Testament / Proverbs
Topics: self-control, desires

Interpretation:
The Book of Proverbs is known for its wise counsel and practical approach to everyday life. *Proverbs 25:28* provides a vivid example of what happens when we fail to control our emotions and desires and allow them to take over. Instead of being strong and secure, our inner life is like a broken city, bereft of protection and stability.

Meaning of the verse

At a basic level, this verse reminds us of the importance of self-control. Life can be overwhelming, and emotions such as fear, anxiety, sadness, and anger have the potential to wreak havoc on our mental and emotional well-being. If we're not careful, we can allow these emotions to rule our lives, leading to poor decisions and negative relationships.

This verse encourages us to take proactive steps to prevent such emotions from dominating our lives. It's important to be aware of our emotions and find healthy ways to express them. Mastering the spirit does not mean suppressing or ignoring emotions, but rather learning to manage them effectively and positively.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when

translating the language. *Matthew 7:7-8*

> Fools give full vent to their rage, but the wise bring calm in the end.
> — *Proverbs 29:11*

Book: Old Testament / Proverbs
Topics: self-control, anger, wisdom

Interpretation:
Proverbs 29:11 tells us about the importance of controlling our emotions and behavior. This verse shows us the difference between a wise person and a foolish person when it comes to dealing with anger.

A wise person is one who has self-control and knows how to calm down in conflict situations. Instead, a foolish person allows their emotions to take control, which can lead to inappropriate and harmful behavior.

This verse can be very helpful for those who have difficulty controlling their emotions during conflict. It teaches us that we cannot allow our emotional reactions to dictate our behavior. Instead, we must take control of our feelings and respond wisely to difficult situations. This verse also teaches us the importance of being patient and tolerant in conflict situations.

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> Do not turn to the right or the left; keep your foot from evil.
> — *Proverbs 4:27*

Book: Old Testament / Proverbs
Topics: self-control, evil, following, righteousness

Interpretation:
The book of Proverbs is rich in practical wisdom and timeless advice that helps believers live righteous and just lives. In verse 27 of chapter 4, we are called to turn not to the right hand or to the left, but to keep our feet from evil.

Do not wander

The first part of the verse is a warning not to wander in life. It is a call to focus on our path and not to be distracted by extraneous things. When we stray from the path, we can end up in a place we do not want to be, where we are farther from God.

Stay on the right path

The second part of the verse speaks of the need to stay on the right path. This means that we must make a conscious and deliberate decision to turn away from evil and toward goodness and truth.

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> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
> *— Romans 12:2*

Book: New Testament / Romans
Topics: self-control, Blameless, life, obedience, transformation, world

Interpretation:
In *Romans 12:2, Paul* tells Christians not to follow the rules and customs of the world. Instead, they are to renew their minds and focus on the will of God. Paul not only tells them what to do, he shows them how to do it: *by renewing their minds*.

Renewing your understanding

Renewing your understanding is an ongoing process in the Christian life. The Bible tells us that we are to be transformed by the renewing of our minds *(Ephesians 4:23)* and that we are to bring every thought into captivity to the obedience of *Christ (2 Corinthians 10:5)*.

In other words, we are to change our thinking and our views so that we are more in line with God's will. This is not an easy process, since often our thoughts and views are contrary to God's thoughts and views. However, if we are willing to do this, God will help us.

The Bible tells us that God's Word is living and active, able to penetrate the depths of our being and discern our thoughts and attitudes *(Hebrews 4:12)*. With the help of *the Holy Spirit and God's Word*, we can renew our minds and draw closer to God's will.

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> For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.
> *— Titus 2:11-12*

Book: New Testament / Titus
Topics: self-control, addiction, grace, righteousness, Salvation, world

Interpretation:
The Grace of God is a key concept in the Bible, defined as divine love and mercy expressed *through the sacrifice of Jesus Christ on the cross*. That is, through the Grace of God, those who accept Jesus as their Savior will be able to receive forgiveness of their sins and receive the gift of eternal life in heaven.

Being godly is not simply about performing religious acts, but rather living in fellowship with God and according to His teachings. In other words, being godly means living justly and ethically and treating others with love and compassion. We must live by God’s teachings and follow His commandments.

Giving up ungodliness and worldly desires is not an easy task, since we are all susceptible to various incentives that the world offers us. However, it is important to remember that seeking happiness through ephemeral pleasures is a trap that many fall into. True and lasting happiness can be found by following God’s way and finding peace and satisfaction in our relationship with Him.

By living sober, righteous, and godly lives, we can be a witness to others and show that living according to God’s teachings is not only theoretical but also practical. When we live this way, we show that we are true followers of Christ and make a positive difference in our environment.

However, we must remember that living a godly life does not mean that we will not make mistakes. We are all human and make mistakes, but it is important to acknowledge our mistakes and seek God’s forgiveness and guidance to move forward. Instead of becoming discouraged when we fail, we should

remember that God loves us and is always ready to forgive.

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