

SCRIPTURES ON SELF CONTROL, DISCIPLINE

(as it relates to overcoming the bondage of compulsive overeating or eating when I am not physically hungry)

(*denotes my addition)

The bondage of compulsive overeating or eating when I am not physically hungry which leads to obesity is a part of the curse of the law. Jesus Christ has already redeemed me from everything that is a part of the curse of the law by becoming a curse for me. Therefore, I am free from compulsive overeating, eating when I am not physically hungry and the resulting obesity.

Galatians 3:13-14 KJ “Christ hath redeemed us from the curse of the law (*eating when not physically hungry; compulsive overeating**) being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: ¹⁴ That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith.

Matthew 19:26 KJ (Jesus speaking*) “With men this is impossible; but with God **all things are possible**.

Mark 9:23 KJ “Jesus said unto him, If thou canst believe, **all things are possible** to him that believeth.”

Philippians 4:13 KJ “¹³ I can do **all things** through Christ which strengtheneth me.”

1 Corinthians 6:19-20 AMP “Do you not know that **your body is the temple, the very sanctuary of the Holy Spirit Who lives within you**, Whom you have received as a Gift from God? **You are not your own**, ²⁰ You were bought with a price, purchased with a preciousness and paid for, made His own. So then, **honor God and bring glory to Him in your body.**”

1 Corinthians 3:16 AMP “¹⁶ Do you not know that **you are the temple of God** and that **the Spirit of God dwells in you?** ¹⁷ If anyone **defiles the temple of God** (*by willingly practicing sin**), **God will destroy him. For the temple of God is holy, which temple you are.**

(Note: God is NOT the “destroyer”. As in the Old Testament, because of Israel’s disobedience, rebellion and sin (an act of their ‘free will’) God passed judgment which allowed the enemy (the destroyer) access. It’s the same with us today. If you willing continue to ‘practice’ sin, (*eating when not physically hungry; compulsive overeating**) as an act of your ‘free will’ (John 8:32 AMP), you open the door and give the “destroyer” access to your life and your body, even though you are born-again. *)

Romans 12:1-2 KJ “I beseech you therefore, brethren, by the mercies of God, that ye **present your bodies** (*an act of your free will**) **a living sacrifice, holy, acceptable unto God, which is your reasonable service.** ² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” (*You renew your mind by the Word of God. How? 2 Corinthians 10:5, Romans 13:14**),

Romans 12:1 AMP “I appeal to you therefore, brethren, *and* beg of you in view of all the mercies of God, to **make a decisive dedication of your bodies, presenting all your members and faculties, as a living sacrifice**, (*again, an act of your free will**) **holy, devoted, consecrated and well pleasing to God, which is your reasonable, rational, intelligent service and spiritual worship.**”

***My body is the temple of God. Every time I resist and say “no” to my body when it craves food in the absence of true physical hunger, I am “presenting all my members and faculties” to God as a “living sacrifice”, which is my “reasonable service” and an act of “spiritual worship”.**

1 Corinthians 9:26-27 NKJ “²⁶ Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air. ²⁷ But I discipline my body and bring it into subjection, (*by NOT eating when I am NOT hungry; and refusing to give in to my flesh by compulsively overeating**) lest, when I have preached to others, **I myself should become disqualified.**”

AMP v27 “But like a boxer **I buffet my body**, handle it roughly, discipline it by hardships **and subdue it**, for fear **that (if I don’t “buffet” and “subdue” my body*) after proclaiming to others the Gospel and things pertaining to it, I myself should become unfit, not stand the test, be unapproved and rejected as a counterfeit.**” (*Teaching the Word, but then not obeying it will disqualify me from teaching the Word!**)

Living Bible v27 “Like an athlete I punish my body, treating it roughly, **training it to do what it should, NOT WHAT IT WANTS TO**. Otherwise I fear that after enlisting others for the race, I myself might be **declared unfit and ordered to stand aside.**”

John 8:32-34 AMP “And you will know **the Truth** (*the Word of God**), and **the Truth** (*the Word of God**) will set (KJ “make”) you free. ³³ They answered Him; We are Abraham’s offspring (descendants) and have never been in bondage to anybody. What do You mean by saying, ‘you will be set free?’ ³⁴ **Jesus answered** them, I assure you, most solemnly I tell you, **whoever commits and practices sin is the slave of sin.**” (*The KJ says “commiteth” sin. “Commiteth” is from the Greek word “prasso” #4238, meaning “perform repeatedly or habitually”. Even if you are born again, you can still be enslaved to sin! This is confirmed by Paul in Romans 6:16 below*.)*
For me, “sin” means eating when not physically hungry; compulsive overeating.)*”

Even though you are born-again, if you, as an act of your free will, give in and practice sin (continuing over and over, choosing to eat when not physically hungry; compulsive overeating) you will once again become a slave to eating when not physically hungry; compulsive overeating—even though, through Jesus Christ, you have already been set free from the power of sin and the curse!

Romans 6:12-18 AMP “¹² **Let not** (*do not allow, resist**) **sin** (*eating when not physically hungry; compulsive overeating**) **therefore rule as king in your mortal, short-lived, perishable bodies, to make you yield to its cravings and be subject to its lusts and evil passions** (*eating when not physically hungry; compulsive overeating**).”

¹³ “**Do not continue** (*stop**) **offering or yielding** (*as an act of your free will**) **your bodily members and faculties to sin** (*eating when not physically hungry; compulsive overeating**) **as instruments** (tools) **of wickedness. BUT** (*instead**) **offer and yield yourselves to God** (*a major key to overcoming eating when not hungry and compulsive overeating, Romans 6:16.**) as though you have been raised from the dead to perpetual life (*because in Jesus Christ, you have!**), and (*offer and yield**) your bodily members and faculties to God, **presenting them as implements of righteousness.**”

**When I have the urge or desire to eat when I am not physically hungry, or to compulsively overeat when I am full, I will resist it and instead, “offer and yield myself and that urge and desire to God” as a “living sacrifice” and as an act of my free will and as an act of “spiritual worship” by giving that craving over to God and asking Him in Jesus name to remove it. And if I do this, He will remove it—I have His promise on that!*

(“And whatsoever you shall ask in My name, that will I do, that the Father may be glorified in the Son.” John 14:13. Also, John 15:7; 17:23) And if I resist that urge or desire to sin by eating when I am not physically hungry or to compulsively overeat, it has no choice but to go! (James 4:7)

¹⁴ For **sin** (*eating when not physically hungry; compulsive overeating**) **shall not any longer exert dominion over you**, since now you are **not under Law** as slaves, but **under grace as subjects of God’s favor and mercy.**”

Psalm 119:11 AMP “Your Word have I hid in my heart that I might not **sin against You.**” The Hebrew word for “sin” that is used here is “chattaah” #2403 and it means “an offense, sometimes **habitual** sinfulness”. Doesn’t that sound like “habitually eating when not physically hungry or compulsive overeating? Yes! Therefore, if I continually keep this Word of God—these scriptures listed here, in my eyes and heart every day, I will not give in to eating when I am not hungry or compulsive overeating!”

***Romans 8:1-2 AMP** ^dTherefore there is now no condemnation, no adjudging guilty of wrong, for those who are in Christ Jesus, (in the Word*) who live and walk not after the dictates of the flesh, (because I am “in the Word”) but after the dictates of the Spirit. ²For the law of the Spirit of life which is in Christ Jesus, the law of our new being, has freed me from the law of sin and death.”

(In other words, once you have been set free from sin by being born-again through Jesus Christ, sin cannot force itself on you without your permission, but **YOU** can open the door to it by an act of your free will. And if you continually do that, you will become a slave of sin and in bondage to it. But you can avoid that by staying “in the Word” everyday!*)

Which means I don't have to sin (I don't have to eat when not physically hungry or compulsively overeat when I am full). If I give in to the urge and desire to eat when I am not physically hungry or compulsively overeat, I choose to do so of my own free will. I used to say “I can't help it”. The Lord showed me these scriptures and said “Yes you can! And the devil, or anybody else, cannot “make you do it” against your free will! But you must be “strong in Spirit”. How? By continuing every day “in the Word!” This “feeds” your Spirit and makes you “strong in Spirit”!

¹⁵ What then are we to conclude? Shall we **sin** (eating when not physically hungry; compulsive overeating*) because we live not under Law but under God's favor and mercy? Certainly not!”

WHY NOT?* Read the next verse:

¹⁶ **Do you not know that if you continually surrender yourselves to anyone** to do his will, (eating when not physically hungry; compulsive overeating*) you are the slaves of him whom you obey (eating when not physically hungry; compulsive overeating*. Even if you are born-again and already free from the power of sin.), whether that be to sin, (John 8:34 AMP) which leads to death, **OR** to obedience (**resisting and overcoming** eating when not physically hungry; compulsive overeating, as well as embracing God/Jesus, His Word, and all the He is.*) which leads to righteousness, right doing and right standing with God? (This works on the “good” side and the “bad” side. See Galatians 5:16 below.*)

Paul is giving us a simple formula that applies to anything:

If you continually surrender and give in to blank. You will become the slave of blank.
Therefore, resist blank. Just fill in the “blanks”.

In other words: “If you continually give in to or surrender to eating when not physically hungry or compulsive overeating, you will become the slave of eating when not physically hungry and compulsive overeating. Therefore, resist eating when not physically hungry or compulsive overeating!”

Therefore, if you don't want to become the slave of eating when not physically hungry and compulsive overeating, don't give in to it—**resist it!** If you are already enslaved to it and you want to be free of it, then start now and resist it. Fight it with everything in you. And then turn that urge and desire to eat when not physically hungry or compulsively overeat over to God, “**offer and yield it**” to Him, (Romans 6:13) ask Him to remove it, and because He is faithful to His Word, He will.* (John 14:13; John 15:7; 17:23)

(James 4:7 AMP “So be subject to God. **Resist the devil**, stand firm against him, and **he will flee from you.**”)

¹⁷ But **thank God**, though you were once slaves of sin (eating when not physically hungry; compulsive overeating*) you have become obedient with all your heart to the standard of teaching in which you were instructed and to which you were committed (the Word of God*).

¹⁸ And having been **set free from sin** (*eating when not physically hungry; compulsive overeating—Through Jesus Christ**) **you have become the servants of righteousness (to God and His Word*)**, of conformity to the divine will in thought, purpose, and action.

Romans 13:14 AMP “But clothe yourself with the Lord Jesus Christ (*the Word**) and **make no provision** (*don’t plan for it**) for **indulging the flesh** (*resist eating when not physically hungry; compulsive overeating**), **put a stop to (even*) thinking about the evil cravings of your physical nature** (*eating when not physically hungry; compulsive overeating**) **to gratify its desires, lusts.”**

(This includes continual thinking about, dwelling on, planning for or fantasizing about when, what, where and how much you are going to eat. I used to think about food and eating from time I got up in the morning until I went to bed at night. It was always in the back of my mind. I would think about being alone and eating any and everything I wanted. I realized that because I dwelled on it all the time my thinking about it was only perpetuating my bondage to compulsive overeating.

But because I started replacing those thoughts of food and eating with thoughts concerning the Word of God (which is what we are instructed in the Word to do) I eventually stopped “gratifying the cravings and desires” of the flesh where eating when not physically hungry or compulsive overeating was concerned!)*

Galatians 5:16 AMP “¹⁶ But I say, **walk and live habitually in the Holy Spirit, responsive to and controlled and guided by the Spirit; then** you will certainly **not gratify the cravings and desires** of human nature without God (KJ “lust of the flesh”) (*Eating when not physically hungry; compulsive overeating**).”

The Fruit of the Spirit includes “Self Control”

Galatians 4:22-24 AMP “But the fruit of the Holy Spirit, the work which His presence within accomplishes is love, joy, gladness, peace, patience, an even temper, forbearance, kindness, goodness, benevolence, faithfulness,²³ Gentleness, meekness, humility, **self-control, self-restraint, continence**. Against such things there is no law that can bring a charge.²⁴ And those who belong to Christ Jesus (the Messiah) have crucified the flesh, the godless human nature with its passions and appetites *and desires.*” (*Eating when not hungry; overeating**)

2 Timothy 1:7 AMP “For God did not give us a spirit of timidity, of cowardice, of craven and cringing and fawning fear, but He has given us a spirit of power and of love and of calm *and* well-balanced mind **and discipline and self-control.**”

2 Peter 1:5-7 AMP “⁵ For this very reason, **adding your diligence** (*and act of your will**) **to the divine promises** (*the Word**), **employ every effort in exercising your faith**** to **develop virtue** (excellence, resolution, Christian energy), and in exercising virtue **develop knowledge** (intelligence),

(Note: Proverbs 18:9 AMP “He who is loose and slack in his work is brother to him who is a destroyer and he who does not use his endeavors to heal himself is brother to him who commits suicide.”)**

⁶ And in exercising knowledge, **develop self-control, and in exercising self-control, develop steadfastness** (patience, endurance), and in exercising steadfastness develop godliness (piety),

⁷ And in exercising godliness, **develop brotherly affection, and in exercising brotherly affection, develop Christian love.**”