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Greek Strong's Dictionary with all the Synonyms inserted into the definitions.

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 $1467 + contain + for the \ mastery \ is \ temperate +/\ . \ egkrateuomai \ \{eng-krat-yoo'-om-ahee\}; \ middle \ voice \ from \ 1468 + temperate +/\ ; \ to \ exercise \ self-restraint \ (in \ diet \ and \ chastity): --can([-not]) \ contain, \ be \ temperate \ .$