

# TEMPERANCE (SELF CONTROL)

(Foundation Scriptures)

1. "But the fruit of the Spirit is temperance." (Galatians 5:23)
2. "A person without self-control is like a city with broken-down walls." (Proverbs 25:28)
3. "Whoever is patient has great understanding, but one who is quick-tempered displays folly." (Proverbs 14:29)
4. "All things are lawful for me, but I will not be brought under the power of any." (I Corinthians 6:12)
5. "A person's wisdom yields patience; it is to one's glory to overlook an offense." (Proverbs 19:11)
6. "He that is slow to anger is better than the mighty; and he that rules his spirit than he that takes a city." (Proverbs 16:32)
7. "All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize." (I Corinthians 9:25)

## WHAT IS TEMPERANCE?

Temperance (EGKRATELIA) means:

- ◆ Self-restraint in conduct
- ◆ Self-restraint in expression
- ◆ Self-restraint in appetites
- ◆ Self-restraint in life

## TEMPERANCE (Self-Control) is...

1. That fruit of the Spirit which enables me to place my self, body, tongue, appetites, etc. under the control of the Holy Spirit.
2. That fruit enabling me to be subject to and obey the promptings of the Holy Spirit.
3. That fruit which enables me to not allow people or circumstances to dictate my reactions to them.
4. That fruit which enables me to be calm, not blow up or yield when confronted with a temptation enticing me to do so.
5. That fruit which could make you or break you in your dealings with people and relationships.

## WHY IS TEMPERANCE SO IMPORTANT?

1. Because the world and the devil will take advantage of people without self-control. Evil will prey upon weak people with slogans like:
  - ◆ "If it feels good, do it."
  - ◆ "Take care of #1."
  - ◆ "Buy now and pay later."

- ◆ “Charge it and it’s yours today.”
- ◆ “Everybody’s doing it.”

2. Because a Christian out of control will be a slave to people, trials, bad habits, wasting time, T.V., idle chatter, people’s opinions, loose spending, etc.

### **REMEMBER...**

Hot fudge sundaes do not make you eat!  
 Alcohol does not make you drink!  
 Cigarettes do not make you smoke!  
 Your tongue does not make you gossip!  
 Money does not make you spend thrifty!  
 Irritating people do not make you lose your temper!

### **ILLUSTRATION**

Hot water does not produce a cup of tea for you. It simply brings out what is in the tea bag.

**Question:** What comes out of you when in hot water?

### **LOOKING UNTO JESUS UNDER CONTROL**

“The words that I speak are not my words, but My Father’s.”

“The works that I do are not my own, but My Father’s.”

“He that sees Me, sees the Father.”

“I came not to do my own will, but the will of My Father.”

- ◆ Jesus was never caught unawares, off guard or surprised, He was never manipulated by people or situations.

### **HOW DO YOU GET SELF-CONTROL?**

#### **The Great Motivation**

“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” (I Corinthians 9:24-27)

- ◆ Paul is referring to the Greek Olympic Games here.
- ◆ He explains how the one contestant would receive the prize as the victor.
- ◆ The prize for the athlete in these games was an olive-wreath crown.

- ◆ The only way this athlete could compete and win, was by; #1. practicing discipline and #2. obey the rules of the contest.
- ◆ The word “castaway” (V. 27) means “disapprove or disqualified”.
- ◆ At the Greek games, a herald would announce the rules, names of the contestants, names of the winners and also announce the names of those who were disqualified.
- ◆ Those who failed to obey the rules in training or in their performance were disapproved.

### **WHAT’S THIS HAVE TO DO WITH US?**

- ◆ Our crown or prize is not an olive wreath, but a crown that is incorruptible. (V.25)
- ◆ Because of the great consequences to our lifestyle, we must be temperate in all things. (V. 25)
- ◆ As an athlete strives (disciplines) to win, so you and I must discipline our bodies to win. (V. 25)
- ◆ Anyone who desires to please God and not become disqualified, will practice self-denial and complete obedience to the Holy Spirit’s promptings. (V.27).

### **HOW IS TEMPERANCE OBTAINED?**

1. By keeping eyes on the rules (the Word of God).
2. By keeping my eyes on the prize (incorruptible reward).
3. By remembering it is possible to come in first (yet be disqualified) because of breaking the rules.
4. By remembering that discipline in secret, qualifies me to perform in public.
5. By a willingness to sacrifice immediate gains for eternal rewards.
6. By giving up immediate pleasures for eternal joys.
7. By constantly feeding my spiritual man, and starving the carnal man who wants to dominate.

“Dear friends, I warn you as “temporary residents and foreigners” to keep away from worldly desires that wage war against your very souls.” (I Peter 2:11)

“For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live.” (Romans 8:13)

### **THE NATURE WE FEED IS THE NATURE THAT WILL BE IN CONTROL.**