

Temperance/Self-control

And every man that striveth for the mastery is temperate in all things. I Corinthians 9:25a

-No Christian can hope to be all that God wants him to be if he does not practice self-control in every area of life.

For a bishop must be blameless, as the steward of God; not selfwilled, not soon angry, not given to wine, no striker, not given to filthy lucre; But a lover of hospitality, a lover of good men, sober, just, holy, temperate; Titus 1:7-8

-The pastor is to be the spiritual example in the church and part of that example is self-discipline. Sadly, this is overlooked by many pastors, especially in the area of eating.

But speak thou the things which become sound doctrine: That the aged men be sober, grave, temperate, sound in faith, in charity, in patience. Titus 2:1-2

-With age should come the learned behavior of self-discipline.

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. Galatians 5:22-23

-A fleshly life will not exhibit temperance. A Christian who is truly walking in the Spirit will exhibit self-control.

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. II Peter 1:5-8

-Temperance is an unavoidable part of sanctification and increasing in the knowledge of Christ.

He that hath no rule over his own spirit is like a city that is broken down, and without walls. Proverbs 25:28

-A man with no self-control in the area of his temper is wide open for the attacks of Satan just as an un-walled city is open to the enemy.

When thou sittest to eat with a ruler, consider diligently what is before thee: And put a knife to thy throat, if thou be a man given to appetite. Proverbs 23:1-2

-God's people are commanded to control their appetites and not to do so is sin.

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. Galatians 5:16-17

-Walking in the Spirit will involve exercising temperance. A lack of temperance will battle with the working of the Spirit in a person's life.