

New Mount Zion M.B. Church



*140 West Maple Street
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**New Mount Zion M.B. Church Bible
Class**

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***“Understanding The Fruit of The Spirit”
9th Fruit***

The word “temperance” means “self-control.” This is a governing of one’s desires. The word temperance (enkrateia) means self-control in all things, and it was used to describe the person who had powerful passions but kept them under control. Temperance is the ability to pursue the important over the urgent, rather than to be always impulsive or uncontrolled.

Biblical Meaning

It means being able to master your own desires and passions, to not be a puppet, or led by your own desires and passions!

It is an INTERNAL restraint, as opposed to having to have an external restraint. Look at 1Cor 9:24-27

Like in Olympics and athletics. To win a race, the runner, as with athletes must be under control – not staying up till all hours, eating junk food, and sleeping most of the day.

There is a regime, and control of diet, and sleeping patterns.

We live in a society today that is out of control financially, physically, emotionally, and morally. People are emotionally out of control. When you are sitting at a stop light, if the light turns green, and you don't go in three seconds, the man behind you will turn red. People almost think it is normal to become violent when you get upset.

We are morally out of control. Kill a bald eagle and you will spend up to 7 years in prison but murder an unborn baby and it's called pro-choice. When someone gets caught cheating on a test or cheating on their spouse, their excuse is "everybody's doing it."

Too many people live their life out of control and don't even know it. The Bible describes being out of control as "the works of the flesh." You see, as a Christian, you are either controlled by the flesh or the Spirit. The question is, "Who is in control of your life?" The fruit of the Spirit is temperance or self-control.

1st Corinthians 9:25 - As a Christian, we should strive to have self-control in all things. 1st Corinthians 6:12 - Temperance is total abstinence from all things forbidden and moderation in things permissible

We Need “Temperance – Self Control”

Physically: our body (1 Cor. 6:19-20) As a believer, our physical bodies are the temple of God. We should take care of God’s temple to the best of our ability. We are to glorify God in our body for they are God’s (1 Cor. 6:19-20). That means what we eat, and drink should glorify God (1 Cor. 10:31). Proverbs 13:25 – Most people eat to live; some people live to eat (gluttony). Sadly, many are more concerned about what grade fuel they put into their automobile than what kind of fuel they put into their own body.

Mentally: our thoughts (Phil. 4:8) Not only should we be self-control in what we do outwardly but also what we think inwardly. It has been well-said that “self-control of our thoughts means entertaining in our minds only those thoughts that are acceptable to God.” It is both refusing to admit sinful thinking and focusing our minds on that which is good and pleasing to God. This is an exercise in discipline! The wrong thinking must be rejected (II Corinthians 10:5). The right thinking must be both received and ruminated (Phil. 4:8)

*Emotionally: our attitude (Prov. 25:28)
You can learn to exercise control over
your emotions, or they will exercise
control over you. We need to learn self-
control over our actions and reactions.
This means getting a grip on your
attitude. Proverbs 25:28*

Temperance is the bringing of all of you, under the sovereign control of Jesus Christ (Mt 16:24; Rom 12:1,2)

Sober (1Pet 1:13) – not under any other control than Christ! (fully aware, and under control)

***Abstinence – the ability to say, “No Thank You!”
Even when your flesh says, OH PLEASE!***

Opposites of Temperance

*Being out of control, Being intoxicated,
Drunk, or if on drugs, HIGH,
Excessiveness, extra, Gluttony, Violent,
wrathful, losing your temper, These are
the opposites of Temperance.*

Self cannot ever be satisfied!

All people who attempt to abstain from any sin is doomed to fail, just as if you tried to abstain from food, or even air – it will ultimately bring about your ruin, not salvation!

What we need is a PERSON moving into our life who can ENABLE us to live above our failures and defeats!

(2Tim 1:7)

Fear drives us to react haphazardly, and out of control, whereas a sound-mind is the ability to choose who is in charge of each situation

Is “yourself” going to control you? “Self” will only create more problems. Our desire should be for the Savior to control us. He knows what to do, and will direct your steps (James 1:5)

Temperance is Something that must be Worked at (2Pet 1:5,6)

Like a garden needs a lot of work to produce vegetables, and fruits, so also does the garden of your heart need to be constantly weeded and nurtured so that THIS fruit can be added to your table at dinner time. It comes with effort, time, patience, and Jesus!

A good example of Temperance (Dan 1:8-16)

Daniel and his three friends are tempted to live like the world (world's music, world's fashions, world's attitudes, etc.), but they choose to submit themselves to living like God told them to. They did not react with their pride, but in surrender to God's word, His will, His Law!

They abstained from the king's food. Notice that it is NOT moderation, but abstinence. They did not CONTROL their participation. They totally abstained from it

5 Things to bring under Christ's Control

- *Your tongue (Pro 29:11; James 1:19; 3:10) It needs to be under the control of the Holy Spirit. Can you say that it is even 1% of the time?*
- *Your thoughts (2Cor 10:4-5; Gen 6) Bring them under the control of the word of God, and direction of the Holy Spirit of God – minute by minute*
- *Your temper/anger (Pro 16:32; 25:28) – this is what every one of us need. The only reason why Jesus is NOT in control of our anger is because we really don't WANT Him to take control. We wouldn't get the revenge we so love.*
 - *Your thirst – your passions, and desires (Rom 13:13,14)*
- *Your trade. This has everything to do with your purpose or career? Has it been brought to the feet of Jesus, and laid there to see what God would transform it into?*

Our Dilemma.

You are either going to: Continue as you are, struggle on with little or no success, or surrender to the only person in this universe who can SAVE you, and FREE you from sin. If the Son therefore shall MAKE YOU FREE, ye shall be FREE INDEED!