

# YEAR OF GROWTH

## TEMPERANCE WEEK 1

### EXPLANATION

#### Definitions:

The Greek word used in 1 Peter 1:6 means “self-control.” Thayer defines it as: “The virtue of one who masters his desires and passions, especially his sensual appetites.” It comes from a word that means, “having power over” or “mastering, controlling, curbing, or restraining.”

The Greek word for ‘temperance’ is found here and in Acts 24:25 and Galatians 5:23. The word for ‘temperate’ is found in 1 Corinthians 9:25; Titus 1:8; and 2:2. Neither of these English words are found in the Old Testament; however, there are many examples of temperance throughout the Bible.

#### Day One – Sunday

Reflect on the previous lessons concerning faith, virtue, and knowledge. It is in our faith and to our faith that we are to add temperance. Think upon the definitions of the words that God used to describe temperance. Pray for wisdom in understanding this characteristic. Pray for strength as you prepare for this study.

#### Day Two – Monday

##### Galatians 5:22-23

Temperance is one of the characteristics that make up the Fruit of the Spirit. It becomes a part of one’s life when he is “led of the Spirit” (5:18), lives “in the Spirit” (5:25), and walks “in the Spirit” (5:25). These phrases refer to obeying and following the Gospel of Christ, which is inspired by the Holy Spirit. This is in contrast to the “works of the flesh” (5:19-21) – all of which demonstrate a lack of self-control. To develop temperance, one must know and obey the Gospel.

#### Day Three – Tuesday

##### Acts 24:24-27

Temperance is something that can be taught. Paul reasoned with Felix about self-control. The word for ‘reasoned’ means, “To discuss, to say thoroughly, to converse, or to argue.” Of course, as Paul reasoned of temperance he was preaching the Gospel.

Note that temperance is linked with righteousness and judgment to come. To be made righteous, one must obey the Gospel – including repenting of one’s sins. To be ready for the Day of Judgment, one must cease the practice of sin. This demands self-control in obeying the Gospel.

Day Four – Wednesday**Titus 2:1-6**

Temperance is a requirement even into maturity and old age. The fact that it is commanded indicates that maintaining self-control is a lifelong challenge. Yet, it is necessary in the life of a Christian.

The older men are to be an example and an encouragement to the younger. Thus, they must demonstrate a life of seriousness and soundness. As experience is gained in living a life of obedience, temperance should be a resulting characteristic.

Day Five – Thursday**Titus 1:5-9**

Temperance is also a requirement for elders of the Lord's church. Elders have the responsibility of overseeing and shepherding the local congregation. They do this both by their instruction and their example. Thus, they must live a life that demonstrates self-control. This would be necessary in their own temptations to sin, their tests and trials, and their dealings with others. A man who is not in control of himself cannot be trusted with control over others.

Day Six – Friday**I Corinthians 9:24-27**

Temperance is essential to living the Christian life. Paul compared the life of a Christian to running a race or competing in the games. Those who do such understand the role of discipline and self-control in striving for victory. Likewise, the Christian must possess temperance to be victorious in his spiritual life. In comparison, the stakes are much higher in the spiritual struggle. One is fighting for the salvation of his or her soul! Thus, like Paul, we bring our bodies "into subjection" and maintain self-control.

Day Seven – Saturday**I Corinthians 7:7-9**

The same word for 'temperate' in 1 Corinthians 9:25 is translated as "contain" here. Paul taught that due to difficult circumstances present in Corinth it might be wise or beneficial to be unmarried. However, he understood that to do so would demand great self-control. If they were unable to restrain themselves, Paul instructed that they should marry.

Temperance involves mastering one's fleshly desires. This means that they should be channeled and used in the way that God has designed. The sexual relationship is not sinful in marriage. Yet, outside of marriage, one must maintain self-control.