

# YEAR OF GROWTH

## TEMPERANCE WEEK 2

### EXAMPLES

#### Old Testament:

There are many examples of men and women of temperance in the Old Testament. We will focus on several who help us to understand the nature and action of self-control.

#### Day One – Sunday

Reflect on the definitions of the words that God used to describe temperance. Think back over the previous lessons. Read again the passages that you have written. Recall the verses you have memorized. Focus on the meaning of temperance and prepare to explore Bible examples of both.

#### Day Two – Monday

##### **Genesis 39:1-21**

As studied previously, Joseph is a great example of virtue. However, his resistance of the advances of Potiphar's wife demonstrates tremendous temperance. In this same situation, many would seek to justify their giving in to the desires of the flesh. Joseph showed self-control because he would not sin against his master or his God. In fact, an important lesson is learned here: self-control is actually God-control! When God controls one's heart, the individual will control his or her flesh.

#### Day Three – Tuesday

##### **Genesis 4:1-8**

In contrast to Joseph, Cain is an example of a lack of temperance. He refused to offer God what had been commanded. He grew angry when his offering was rejected. Then he directed his anger toward his innocent brother, Abel. Because he refused to allow God to have control of his heart, Cain showed no control of himself.

#### Day Four – Wednesday

##### **Numbers 14:11-21**

Moses is another example of great temperance. When the children of Israel had reached the border of the Promised Land, they believed the report of the ten wicked spies and rebelled against God. Yet, in spite of all the ways they had mistreated him, Moses pled with God for mercy and forgiveness toward Israel. Self-control includes selflessly seeking what is best for others.

Day Five – Thursday**Numbers 20:1-12**

Moses is also an example of a man who failed to exercise temperance. When the Israelites complained about a lack of water, God commanded Moses to speak to the rock and water would be provided. However, Moses used his rod to strike the rock twice. Perhaps he was angry or exasperated with the people. Maybe he was momentarily lifted up with pride. But, in this action, Moses did not practice self-control.

This serves as a warning to all. Temperance must be maintained in all situations. Though not always easy, it serves as a demonstration of true Christian character.

Day Six – Friday**1 Samuel 24:1-7**

On two occasions (cf. 1 Samuel 26:1-12) David had the opportunity to kill King Saul. David had been anointed by Samuel to be the new King of Israel. Saul had been pursuing him for many months seeking to kill him. Yet, David showed himself to be a man of temperance. He understood that Saul was still “the Lord’s anointed” and would not harm him. Self-control involves loving one’s enemies, even when they seek your harm.

Day Seven – Saturday**Ecclesiastes 1:13-18**

For all his wisdom, Solomon became a man without temperance. In fact, he “gave his heart” to every fleshly, carnal, and sinful desire of man. Anything the flesh desired he indulged in it. The result of his experiment was despair – viewing life as only “vanity and vexation of spirit.” Yet, in the end, he came to the proper conclusion and learned the true meaning of life.

*“Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil”* (Ecclesiastes 12:13-14).