

YEAR OF GROWTH

TEMPERANCE

WEEK 3

EXAMPLES

Old Testament:

There are many examples of men and women of temperance in the New Testament. Of course, Jesus is the greatest example of all. 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

Luke 2:40-52

Even as a young man, Jesus knew that He must “be about my Father’s business.” He was growing and maturing both physically and spiritually. His knowledge of God’s Word and plan was increasing. Yet, when His parents returned to take Him home to Nazareth, He went with them and “was subject unto them.” Jesus was not a “rebellious teenager,” but submitted to the authority of His parents. Thus, He demonstrated self-control – even at an early age.

Day Three _____ – Tuesday

Matthew 4:1-11

Jesus exemplified temperance when He was tempted by the devil. He maintained control of His physical appetites. He manifested humility when tempted to give in to pride or ambition. He was willing to face a difficult road instead of compromising Truth for a life of ease. By His temperance, Jesus was “in all points tempted like as we are, yet without sin” (Hebrews 4:15).

Day Four _____ – Wednesday

Matthew 26:47-54

Jesus showed great self-control in allowing himself to be arrested. He could have called “more than twelve legions of angels!” Yet, He submitted to the plan of God for the salvation of man.

Day Five – Thursday**1 Peter 2:19-25**

Jesus demonstrated temperance as an example for His disciples to follow. When He was reviled (reproached, vilified, abused), He did not return in kind. When He suffered at the hands of men, He did not threaten or retaliate. Instead, He placed His trust in the righteous judgment of God. Thus, He left “an example, that ye should follow his steps.”

Day Six – Friday**Acts 21:26-32**

Paul showed self-control when he was assaulted in Jerusalem by the Jews of Asia. They attacked and beat him in an effort to kill him! Yet, Paul used this as an occasion to preach the Gospel. Instead of seeking revenge or even justice, Paul sought to save the souls of his enemies (22:1ff). He controlled his fleshly emotions and focused on the spiritual opportunity available to him.

Day Seven – Saturday**Romans 9:1-5**

Paul demonstrated temperance in his continual efforts to preach the Gospel to his enemies. His desire for the salvation of his Jewish brethren was so great that he would continue to reach out to them even when they rejected him, arrested him, and sought to kill him. His heart was like that of his Lord, denying self to save others.