

YEAR OF GROWTH

TEMPERANCE

WEEK 4

EXERCISE

How To Grow in Temperance:

It is important to understand the meaning of temperance and to see examples of this characteristic in Scripture. Yet, it is also important to do the work necessary to have and to develop self-control. Our focus will be on passages that teach what one must do to have and to grow in temperance.

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

Galatians 2:16-21

Self-control begins with “God-control.” In spite of all he had while living under the Law of Moses, Paul determined to allow God to control his life. He crucified the old man to the Old Law and his old way of life. Instead, he lived by the faith of the Son of God. Choosing to follow God’s way and to live God’s lifestyle will produce temperance.

Day Three _____ – Tuesday

Romans 6:12-18

Self-control is also “Word-control.” The Christian allows his life to be guided by the Holy Spirit through His revealed Word. By submitting to the Word of God – obeying from the heart the form or pattern of doctrine – one will gain temperance. Thus, he will become a servant of righteousness rather than a slave to sin.

Day Four _____ – Wednesday

Matthew 16:21-26

Self-control is ultimately self-denial. One must be willing to deny his own will to follow the Lord’s way. This must be done no matter the cost or sacrifice – even if it means taking up the cross. By saying, “No!” to self, one will develop temperance.

Day Five – Thursday**I Corinthians 9:24-27**

Self-control requires discipline, exercise, and practice. Paul compares it to competing in the games. One does not become a great athlete without training. Likewise, one cannot be a strong disciple without practicing that which is taught in Scripture. Obedience will produce temperance.

Day Six – Friday**Matthew 10:32-39**

Self-control is aided by godly influences in one's life. The Christian must choose his friends and companions wisely. No one should be allowed to influence the child of God to leave his Lord. Good fellowship can strengthen temperance (cf. Prov. 22:24-25).

Day Seven – Saturday**I Corinthians 6:9-11**

Self-control is strengthened by warnings about the dangers of neglecting it. Without temperance, hunger becomes gluttony, sexual desire becomes fornication, anger becomes hate or murder, need becomes greed, rest becomes laziness, and responsibility becomes worry. These sins cause a soul to be lost and lead to eternal punishment. Let us all strive to grow stronger in temperance.