

THE FRUIT OF THE SPIRIT

LESSON 08 - TEMPERANCE

Text: Galatians 5:22-23

Introduction:

1. The great battle of our lives here upon Earth is between the flesh and the Spirit.
2. Ultimately, this is a conflict over who will reign and rule in our lives – man (the flesh) or God (the Spirit).
3. When we choose to walk after the Spirit, we will bear His fruit in our lives.
4. “The fruit of the Spirit is love.”

I. The Definition of Temperance

- A. The Greek word for temperance means, “self control; the virtue of one who masters his desires and passions.”
- B. This principle of self-control is taught in both the Old and New Testaments.
 1. Proverbs 23:1-3; 25:16; 30:7-9
 2. Daniel 1:8-16
 3. Romans 13:4; 1 Corinthians 9:25-27
- C. It refers to moderation in some things and abstinence in others.

II. The Demonstration of Temperance

- A. Temperance is not just a desire to control one’s “lower nature;” rather, it is a desire to reach a higher state (cf. 1 Corinthians 6:12).
- B. The Christian practices self-control for several reasons.
 1. Because of the fear of God (Acts 24:25)
 2. Because it is a command of God (Romans 6:12)
 3. Because it reflects the life of the Lord (Galatians 5:24)
 4. Because it ensures one of Heaven (2 Peter 1:5-11)
- C. Temperance must be manifested in several important areas...
 1. Moderation - Ephesians 4:26, 29; Philippians 4:8
 2. Abstinence - 1 Corinthians 6:12
 3. Offenses - Romans 14:13-16
 4. Example - 1 Timothy 4:12
 5. Freedom - Romans 6:12-14; Proverbs 23:20-23
 6. Promises - Jeremiah 35:6-14; Matthew 5:37
- D. Consider how the fruit of temperance is produced in the Christian.
 1. It is good to be reminded about how the Holy Spirit produces fruit.
 2. Temperance serves as a fitting example of the process.
 3. After all, it is self-control.
 - a. This means that it is a virtue shaped by man himself.
 - b. If it were miraculously supplied by the Holy Spirit, it would not be self-control!
 - c. This does not mean that the Spirit has no part to play.
 - d. Temperance is produced by those who recognize their relationship with the Holy Spirit and allow it to serve as motivation to remain in submission to His word.
 4. The Holy Spirit works in the lives of Christians by means of His inspired word.

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- III. The Connection to Love
 - A. True temperance is motivated by love.
 - B. Commandments often produce a desire to rebel or disobey.
 - C. Commandments given out of love motivate one to submit and obey (cf. 1 Cor. 4:14-15; 2 Cor. 12:14-15; 1 Thes. 2:7-8, 11).
 - D. Thus, temperance is a demonstration of love.
 - 1. Love for God (John 10:9-10)
 - 2. Love for self (Eph. 5:28-30)
 - 3. Love for man (Gal. 5:6, 13, 14)
 - E. Temperance is love's victory!