

THE FRUIT OF THE SPIRIT: TEMPERANCE

TEMPERANCE: Possessing power, strong, having mastery or possession of; self-control. TEMPERANCE controls when self is out of control. Steady, balance. TEMPERANCE enables the saint of God to praise Him in discipline or testing, trials and the battles of life.

In the Book of Nehemiah, the walls of Jerusalem were broken down and "a city, in ancient days, without walls, had lost its sense of identity and all its defenses. It was prey to every kind of enemy, natural, as well as human". (The Fruit of the Spirit; John w. Sanderson). A life that lacks self-control is similar to a city with broken down walls because it lacks defense and every conceivable evil seeks to enter in. An uncontrolled body and an uncontrolled spirit is at risk for destruction and spiritual decay.

How to cultivate the fruit of Temperance (Consider the athlete's self-discipline code):

1. Aim- run to win
2. Follow training rules - deny self of things that will hinder your winning.
3. Constant, sustained effort - have a well-defined goal: an intelligent manner of life and continue pressing toward the goal.
4. Remember, "You are not your own. You are brought with a price"
(I Corinthians 6:19,20)
5. Remember to call every faculty into obedience to Christ, to the glory of God.
6. Allow the Holy Spirit's leading in reminding you of who you are, who God is, where you came from, and where you are headed.

How to Recognize Temperance

Look for persons who:

- * have control over their bodies and do not indulge in harmful activities
- * have control over their spiritual life.
- * do not exhibit pride in less than godly goals
- * are not defenseless, but is fully dressed in the armor of God
- * is not angry, envious or covetous
- * shows spiritual growth and maturity
- * has a passion to be Christ like.

ADDITIONAL SCRIPTURES:

Philippians 3:18, 19; Proverbs 16:32; Proverbs 25:28; Luke 15:11-13; I Corinthians