

Temperance to the T

Acts 24:25; Gal. 5:23; 2 Pet. 1:6

Introduction:

- A. “Temperance” used only in three verses in King James Version.
 - 1. A “fruit of the spirit” and a “Christian grace.”
 - 2. “Self-control” in most other translations.
- B. “Self-control” is a Christian’s constant battle (cf. 1 Cor. 9:27 - see NKJ)
- C. If master three T’s of Temperance we will master self-control.

Discussion:

I. Our Tempers.

- A. A quick temper is never good (cf. Tit. 1:7; Jas. 1:19-20)
- B. Controlled anger can be useful.
 - 1. Jesus showed anger with purpose (Mark 3:4-5; cf. Matt. 21:12-13).
 - 2. Commanded to be angry and sin not. (Eph. 4:26).
 - 3. Can show displeasure with sin.
 - 4. Can prod us to speak and act against wrong-doing.
- C. Uncontrolled anger is most destructive.
 - 1. To self.
 - a. Character – uncontrolled anger opposite to Christian character (Eph. 4:30, 31)
 - b. Reputation.
 - c. Spirituality (Col. 3:5-10)
 - 2. To others.
 - a. Leads to violent words and deeds (Matt. 5:32).
 - b. Drives people away from us.

II. Our Tongues.

- A. Tongues can both bless and curse (Jas. 3:9).
- B. Uncontrolled tongue is a curse.
 - 1. Untamable and dangerous – requires constant control (Jas. 3: 3-10).
 - 2. Unbridled tongue makes religion vain (Jas. 1:26)
 - 3. Gossips and busybodies stand condemned (1 Tim. 5:13; 1 Pet. 4:15; Prov. 26:20-22).
 - 4. Talking too much often leads to sin (Prov. 10:19; Jas. 1:19).
- C. Controlled tongue can be a blessing.
 - 1. Can minister grace to the hearer (Eph. 4:29).
 - 2. Can enhance all good relationships.
 - 3. Can save the lost (Acts 11:14).
 - 4. Can reprove, rebuke, correct those needing it (2 Tim. 4:2)

III. Our Temptations.

- A. Temptation calls for self-control to avoid yielding.
- B. Temptation is not sin, but can lead to it (Jas. 1:14-15)
- C. Temptations has many varieties (Jas. 1:12).
 - 1. The wilderness lusting (1 Cor. 10:6; Num. 11:4-5).
 - 2. Temptation to commit all common sins.
 - 3. Temptation to neglect duty for personal gain or pleasure.
 - 4. Temptation sleep in or other pleasure at service time.

Conclusion:

- A. How much temperance or self-control do you have?
- B. Need to pray and work daily to keep ourselves under control and directed toward God.