WALKING WITH TEMPERANCE

**DATE: 3/2/2016 Wed.**

**TEXT: Galatians 5:22, 23**

**INTRODUCTION**

We now come to the 9th and last virtue in our list describing those Believers who Walk in the Spirit

**Galatians 5:16 –** ***“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh”***

Our lives, should be such, that we honor God

We ought to be a people of Faith

**Hebrews 11:6 *– “But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him”***

The last virtue described as the Fruit of the Spirit is …

***“Temperance”***

Temperance is a word not used much anymore

Temperance is having control over fleshly desires and impulses

According to Webster it is, “*habitual moderation in regard to the indulgence of the natural appetites and passions”*

Paul uses this word in **I Cor. 7:2-9** in regards to controlling fornication

In **I Cor. 9:25** he uses this word to illustrate how an athlete has control over his desires during training

This word carries the idea of *self-control*

It is having the character and ability to endure temptation without yielding to it

In our context it is the whole being … body, soul, and spirit under subjection to the Holy Spirit

Many of our problems today are related to a lack of self-control

The reason is because Self-control is only possible when we are under the Holy Spirit’s Control

**Ephesians 5:18 –** ***“And be not drunk with wine, wherein is excess; but be filled with the Spirit;”***

Many people feel their lives are out of control

They are overwhelmed by pressures and circumstances

**Proverbs 25:28 –** ***“He that hath no rule over his own spirit is like a city that is broken down, and without walls”***

Christians would be wise to seek the fullness of the Holy Spirit in order to possess the strength needed to develop self-control

Let’s stand to read God’s Word and then pray

And think on this thought tonight

**“Walking with Temperance”**

**vs. 22, 23**

**~~~Prayer~~~**

**I. TEMPERANCE “EXPLAINED”**

Temperance has 2 Facets …

**A. ‘Discretion’**

Discretion *knows when to do the right thing at the right time*

This quality helps us to practice integrity at the crucial moment of choice

Integrity is the quality of possessing and adhering to, high moral principles (Living Righteously)

***“Steadfast”*** - *Constant; firm; resolute; not fickle or wavering*

**I Corinthians 7:37 *– “Nevertheless he that standeth stedfast in his heart, having no necessity, but hath power over his own will, and hath so decreed in his heart …”***

**I Corinthians 15:58 –*“Therefore, my beloved brethren, be ye stedfast, unmoveable, …***

***… always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord”***

**Proverbs 3:21-23 *– “My son, let not them (these) depart from thine eyes: keep sound wisdom and discretion:” “So shall they be life unto thy soul, and grace to thy neck” “Then shalt thou walk in thy way safely, and thy foot shall not stumble”***

**Titus 2:1, 2 *– “But speak thou the things which become sound doctrine:” “That the aged men be sober, grave, temperate, sound in faith, in charity, in patience”***

Discretion comes from foresight / the ability to think ahead, thru / plan out

The best way to get it is by faith / heeding God’s warnings (What does God’s Word say?)

Other times we get it thru experience / which is not the best way (That’s if they get it at all)

**‘Discretion’**

The 2nd Facet is …

**B. ‘Discipline’**

Discipline is *order and control, a controlled behavior, a conscious control over one’s lifestyle, training to ensure proper behavior*

Successful athletes make choices to practice when no one else does

**I Corinthians 9:24 *– “Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain”***

**I Corinthians 9:25-27 …**

Discipline …

**1.** In our Homes

It takes Discipline to raise our children consistently

Most Christians equate Discipline to Corporal correction

But Discipline isn’t always toward the child

The self-control might be for us

**Ephesians 6:4 –** ***“And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord”***

We think, we can just beat it out of them

**Ill.** A College professor named Coleridge was once talking to a man who told him that he did not believe in giving little children any religious instruction whatsoever. His theory was that the child’s mind should not be prejudiced in any direction, but when he came to the years of discretion he should be permitted to choose his religious opinions for himself. Coleridge a godly man, said nothing, but after a while asked his visitor if he would like to see his garden.

The man said he would, and Coleridge took him out to see it. When they arrived the man saw nothing but weeds growing and commented; “Why this is not a garden! There is nothing but weeds here” “Well you see” said Coleridge, “I did not wish to infringe upon the liberty of the garden in any way, I was just giving the garden a chance to express itself and to choose its own production.”

Then Discipline …

**2.** In our Churches

As the Apostle Paul taught Timothy

**II Timothy 4:1-4 …**

He explained that it takes Temperance to keep a church going in the Right Direction

**TEMPERANCE “EXPLAINED”**

**II. TEMPERANCE “EXPERIENCED”**

Experience can be a great teacher, but is not always the best way

I think it is a lot better to Heard and Heed the Word of God

Doing that will save someone a whole lot of heartache

**A. A Controlled ‘Thought’ Life**

**Proverbs 23:7a –** ***“For as he thinketh in his heart, so is he:”***

**II Corinthians 10:5 *– “Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”***

The word ***“imaginations”*** means *thoughts or fantasies against the truth of Christ or the revealed will of God*

America today is living in a fantasy world!

**A Controlled ‘Thought’ Life**

Can /Will lead to a …

**B. A Controlled ‘Physical’ Life**

**I Corinthians 9:27 – *“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway”***

**1.** The Flesh always Fights against the Spirit

**Galatians 5:16, 17 *– “This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh” “For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would”***

**2.** The Flesh was Defeated at Calvary

**Romans 6:11-16 …**

**TEMPERANCE “EXPLAINED”**

**TEMPERANCE “EXPERIENCED”**

**III. TEMPERANCE “EXEMPLIFIED”**

So how can we develop Temperance going Forward?

**A. Admit your Weaknesses**

**James 1:14-16 …**

Most people won’t, they are just too proud

**B. Forget your Past**

**Philippians 3:13, 14 – *“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,” “I press toward the mark for the prize of the high calling of God in Christ Jesus”***

**Ill.** When children are learning to walk they fall all the time. But no one says “Well they just aren’t meant to walk” do they?

**C. Believe God can Bring Change**

Your Beliefs Control your Behavior

**Romans 12:2 –** ***“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God”***

**Philippians 4:13 –** ***“I can do all things through Christ which strengtheneth me”***

**D. Become Accountable**

That is one of the purposes God has built into the church

**Ecclesiastes 4:12 *– “And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken”***

Most people are too busy being critical, and not merciful

Most people are too proud to subject themselves to someone else

**E. Avoid Temptation**

The Flesh likes to take the path of least resistance

**I Corinthians 10:13 –** ***“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it”***

Keys to avoiding Temptation

**1.** Knowing the Word of God

**Psalm 119:11 –** ***“Thy Word have I hid in mine heart, that I might not sin against thee”***

**Psalm 119:130 *– “The entrance of Thy words giveth light; it giveth understanding unto the simple”***

**2.** Prayer

**Matthew 26:41 –** ***“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak”***

**3.** Remember Jesus Defeated Sin & Satan for us

**Romans 5:8 –** ***“But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us”***

How we respond to Satan’s worldly allurements is a great indicator as to just how much the love of Jesus Christ occupies our hearts

**4.** Don’t go to the places that may lead you to sin

**I Thessalonians 5:22 –** ***“Abstain from all appearance of evil”***

**I Corinthians 15:33 –** ***“Be not deceived: evil communications corrupt good manners”***

The word ***“communications”*** is referring to *companionship*

In other words, Bad company corrupts good character

We need to guard our Eye and Ear gates

**F. Depend on God’s Power**

**Philippians 2:13 – *“For it is God which worketh in you both to will and to do of His good pleasure”***

Walking in the Spirit consists of not only Trying but also Trusting!

**CONCLUSION**

The secret to Self-Control is Christ’s Control

A continuous conscience awareness of Christ’s Presence and Control

By living under the Holy Spirit’s Influence in our life …

We Exemplify Temperance to those living around us

The end of **v. 23** says – ***“against such there is no Law”***

The spiritual Life is not something we contrive, but it is something God gives

May we set our heart to Walk in the Spirit that we might not fulfill the lusts of the Flesh

May we live to please God

**TEMPERANCE “EXPLAINED”**

**TEMPERANCE “EXPERIENCED”**

**TEMPERANCE “EXEMPLIFIED”**