

**Temperate in All Things**

# What Is Temperance?

“And as he reasoned of righteousness, **temperance**, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee” (Acts 24:25).

“Meekness, **temperance**: against such there is no law.”

Galatians 5:23

“And to knowledge **temperance**; and to temperance patience; and to patience godliness” (II Peter 1:6).

# What Is Temperance?

**“But a lover of hospitality, a lover of good men, sober, just, holy, temperate” (Titus 1:8).**

**“That the aged men be sober, grave, temperate, sound in faith, in charity, in patience” (Titus 2:2).**

# What Is Temperance?

**The practice or habit of restraining oneself in provocation, passion, desire, etc.; rational self-restraint.**

**Keeping due measure, self-restrained, moderate.**

**Moderate and self-controlled as regards the indulgence of appetites or desires; abstemious, sober; continent.**

**Tempered, not excessive in degree; moderate.**

# What Temperance Is Not

- **The Temperance Movement sought to eliminate alcohol.**
- **It is not total abstinence as teetotalers say against wine.**
- **Temperance may involve abstinence, but not usually.**
- **It is rather self-discipline, moderation, and restraint.**
- **Total abstinence in an allowed thing is intemperance!**

# Temperance Defined By God

**24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.**

**25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.**

**26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:**

**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.**

**I Corinthians 9:24-27**

# Corruptible Temperance - 1

- **Athletes are self-disciplined in every part of their lives.**
- **They ... eat ... sleep ... and train ... by a precise formula.**
- **They avoid and reject the luxury and pleasure of others.**
- **They deny their body or mind begging for compromise.**
- **They perform their skill by restrained and directed force!**

# Corruptible Temperance - 2

- **All they get is a corruptible crown or medal of some sort.**
- **They get temporary praise until someone else wins.**
- **As they age their ability declines all the way to zero!**
- **Before God in Judgment Day their skill is worth nothing!**
- **Their crowns or medals were burned up with fervent heat!**

# What Is Temperance?

- **Slow down!**
- **Stop! Does that fit my goals?**
- **Do not do that – it is not allowed!**
- **Remember to do this at the right time!**
- **Let them go – they are not winners!**
- **Being like everyone else is to be a loser!**
- **Purpose in your heart what you will do in advance!**
- **Train with the best to avoid the compromise of losers!**
- **Those who stay will be champions! (Bo Schembechler)**

# Temperance in Sleep

- **Solomon warned not to love sleep (Pr 20:13).**
- **You should not sleep as much as you want.**
- **Life wastes when you sleep past your need (Pr 6:9-11).**
- **Too much sleep destroys athletes and Christians.**
- **Too much sleep hurts work, school, chores, Bible, etc.**

# Temperance in Speech

- **James saw the tongue like training beasts (Jas 3:1-12).**
- **You should be swift to hear – slow to speak (Jas 1:19).**
- **Hasty speech puts you lower than a fool (Pr 29:20).**
- **A fool can look smart by silence, but he can't (Pr 17:28).**
- **Restrain haste, many words, sarcasm, folly, jesting, etc.**

# Temperance in Haste

- **Haste makes waste = he that hasteth sinneth (Pr 19:2).**
- **There is no virtue in speed unless running 100 meters!**
- **Wisdom and prudence require caution and carefulness!**
- **Examine the hasty and see what it has gotten them.**
- **Haste of spirit exalts folly – slow down! (Pr 14:29).**

# Temperance in Time

- **Redeeming the time is a commandment (Ep 5:16; Col 4:5).**
- **To redeem time you must give up things that take time.**
- **If Paul could say it was high time, what of us (Rom 13:11)?**
- **I fear and worry about those of you with no time urgency.**
- **Those of you with the least to do get the least done. Why?**

# Temperance in Marriage

- **Your marriage is important – so sacrifice things for it.**
- **Both spouses must allocate scarce time for each other.**
- **Pride and selfishness must be hated and denied to love.**
- **Neither spouse has any right to bitterness or withdrawal.**
- **Not children or anything else can be allowed to creep in.**

# Temperance in School

- **Youth – your schooling is important – so be a champion!**
- **Remember Daniel and how he rose to the top of Babylon.**
- **A syllabus can be dangerous – unless you do things early!**
- **Start each semester with discipline ... then keep it up.**
- **It is your future ... the highest per-hour you will ever earn.**

# Temperance in Married Children

- **Marriage separates children: both must leave each other.**
- **Parents must restrain interference by affection or advice.**
- **Of course children will do things wrong ... like you did!**
- **You hurt your family by pressing your “advice” on them.**
- **You hurt your family by pressing “attendance” with you.**

# Temperance in Employment

- **Froward masters are dealt with by temperance and faith.**
- **Others may pace themselves, but you should be diligent.**
- **Early to work, ready to work, and job finished should rule.**
- **Deny yourself the purloining you see all the others doing.**
- **Hold back – do not criticize bosses to others or to them.**

# Temperance in Wine

- **Wine is a mocker and will relax you to folly (Pr 20:1).**
- **Deception to over-confidence shows you a fool (Pr 20:1).**
- **Look not on wine with excessive affection (Pr 23:31).**
- **The love of wine will also lead you to poverty (Pr 21:17).**
- **Temperance stops drinking long before drunkenness.**

# Temperance in Food

- **Gluttony is an equal sin to drunkenness in the Bible.**
- **Young men are tempted to eat for folly than for need.**
- **Riotous eaters of flesh (burgers) are like drunkards.**
- **Eat at the right time for strength, not excess (Ec 10:17).**
- **Put a knife to your throat if given to appetite (Pr 23:2).**

# Temperance in Anger

- **Anger is a violent passion against a person or thing.**
- **Slow anger is better than a mighty conqueror (Pr 16:32).**
- **Slow to wrath is great understanding and righteousness.**
- **If angry, never sin by it; if angry, get rid of it by sundown.**
- **Get away from angry people or influences (Pr 22:24-25).**

# Temperance in Offences

- **Can you be self-disciplined when others offend you?**
- **It will happen, and God will see that it does happen.**
- **Charity suffering long ... is not easily provoked ...**
- **Charity thinketh no evil ... beareth all ... endureth all.**
- **Glorious men defer anger and ignore offences (Pr 19:11).**

# Temperance in Criticism

- **Curse not rulers in thought or your bedroom (Ec 10:20).**
- **God hates backbiting, slander, talebearing, whispering.**
- **Charity believes and hopes all things (I Cor 13:7).**
- **Sowing discord is one of the things God hates (Pr 6:19).**
- **Gideon and Samson are in Heb 11 ... can you do likewise?**

# Temperance in Pleasure

- **Our generation is pleasure-obsessed; athletes ignore it.**
- **Do you love pleasure more or less than God (II Tim 3:4).**
- **You will be fruitless, choked by thorny ground (Luk 8:14).**
- **Love of pleasure – fun – will make you poor (Pr 21:17).**
- **Playing should only occur when all duties are done.**

# Temperance in Spending

- **The wise have much ... fools spend too much (Pr 21:20).**
- **Your desire for some spending is absolutely meaningless.**
- **Your habit for some spending is absolutely meaningless.**
- **You can only afford it if all financial duties are complete.**
- **You must discipline your mind to see cost in every choice.**

# Temperance in Advice

- **When others respect and want your advice, they will ask.**
- **Unless someone is rubbing Buddha, let them enjoy life.**
- **It is a shame Paul had to oppose busybodies in the N.T.**
- **Only fools answer a matter before hearing it (Pr 18:13).**
- **Wise men study answers; fools quickly respond (Pr 15:28).**

# Temperance in Believing

- **Only fools believe everything they hear (Pr 14:15).**
- **There are more lies today than ever by the Internet.**
- **Prove all things ... believe nothing but facts (I Thess 5:21).**
- **Noble men would even prove the apostle Paul (Acts 17:11).**
- **Beware ... you can find “proof” for everything today.**

# Temperance in Spirit

- **Moods are your lack of personal discipline to rule them.**
- **Moods are not God ... not Fate ... not circumstances ...**
- **Moods are your sinful flesh showing its ugliness.**
- **Not ruling your spirit leaves you defenseless (Pr 25:28).**
- **Haste allowed in your spirit proves you a fool (Ec 7:9).**

# Temperance in Career/Finances

- **Haste to be rich will get you in sinful trouble (Pr 28:20,22).**
- **Diligently doing a boring job beats ideas (Pr 12:11; 28:19).**
- **Saving to invest capital will harness an ox (Pr 14:4).**
- **Quit a job to make less in a trade leading to much more.**
- **Patiently keep the fig tree until it is sold to you (Pr 27:18)!**

# Temperance in Entertainment

- **Do you read or watch things that are good for your soul?**
- **Daily temptations like these have never faced Christians.**
- **The inputs in your life must be ruled by temperance.**
- **Things that allow temptation to sin should be avoided.**
- **Your free time is to be ruled for your eternal crown.**

# Temperance in Children

- **Temperance is one of the most crucial traits for success.**
- **Children have none, so they must be trained to learn it.**
- **They never need anything they want when they want it.**
- **They need to learn your likes and schedule, not theirs.**
- **Every opportunity to teach self-control is nearly priceless.**

# Temperance of Joseph

- **He rejected the example or pressure of older brothers.**
- **He denied bitterness and served Potiphar faithfully.**
- **He denied the strange woman at a cost for duty to God.**
- **He denied bitterness and served faithfully in prison.**
- **He denied revenge and forgave his wicked brothers.**

# Temperance of Daniel

- **He rejected bitterness for Babylonian treatment of him.**
- **He purposed in his heart not to compromise for the king.**
- **He denied fear to tell kings painful truth three times.**
- **He did not fear capital punishment regarding prayer.**
- **He fasted for three weeks and got his last, great vision.**

# Temperance in General

- **Recall “C” character traits – temperance is required.**
- **Recall public decorum – only temperance can do it.**
- **Recall men with a great cause – all choices were for it.**
- **Progress requires change – change requires discipline.**
- **Putting God first and others second needs temperance.**

# Temperance Summary

- **It is an important part of godliness and earthly success.**
- **It is self-discipline to rule your impulses for godliness.**
- **It is the commitment to duty that always does right.**
- **It is a methodical, consistent, constant trait of winners.**
- **Do not be hasty, impulsive, or spastic in any part of life.**

# Temperance Suggestions

- **Slow down ... haste is worthless and dangerous.**
- **The Christian life is not a sprint ... it is a marathon.**
- **Think before any action ... does this action fit my goals?**
- **Reduce your goals to manageable chunks of daily duties.**
- **Ask God for it, and be a disciplined soldier for Christ.**

# For Further Study

- [Your Body Is the Lord's](#)
- [Is Jesus Lord?](#)
- [Running Scared](#)
- [Forgotten Sins](#)
- [Proverbs 25:28](#)
- [Holiness](#)
- [Proverbs 16:32](#)
- [Sojourning Here in Fear](#)
- [Grow Up!](#)