

The Fruit of the Spirit Is Temperance

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Gal 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,
Gal 5:23 Meekness, temperance: against such there is no law.

I. Temperance [self-control; self-denial; the virtue of being the master over your desires]

A. Temperance stands firm for right—It is not swayed by Satan, sin, situation or self

Gen 3:1 Now the serpent...said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

B. Temperance is complete self-control—In spite of Satan, sin, situation or self

Mat 4:10 Then saith Jesus unto him, Get thee hence, Satan...

Php 4:11 ...I have learned, in whatsoever state I am, *therewith* to be content.

II. Initial point—Preachers and old men get their own individual commands

Tit 1:7 For a bishop (*preacher*) must be blameless, as the steward of God; not selfwilled, not soon angry, not given to wine, no striker, not given to filthy lucre;

Tit 1:8 But a lover of hospitality, a lover of good men, sober, just, holy, **temperate**;

Tit 2:2 That the aged men be sober, grave, **temperate**, sound in faith, in charity, in patience.

III. Lack of self-control in the heart is the core inward problem of fallen sinful man

Mat 23:25 Woe unto you, scribes and Pharisees, hypocrites! for ye make clean the outside of the cup and of the platter, but within they are full of extortion and excess (*lack of self-control; the Greek word that is opposite of temperance*).

Mar 7:21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

IV. There is a battle for right and wrong in the very core of a child of God

A. The nature of our old nature is to sin—The battle is against self

Gal 5:19 Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness,

Gal 5:20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

Gal 5:21 Envyings, murders, drunkenness, revellings, and such like...

B. The path to sin begins deep in the self

Jas 1:14 But every man is tempted, when he is drawn away of his own lust, and enticed.

Jas 1:15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

Jos 7:21 When I saw among the spoils...two hundred shekels of silver, and a wedge of gold of fifty shekels weight, then I coveted them, and took them; and, behold, they *are* hid in the earth in the midst of my tent, and the silver under it.

2Sa 11:2 And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman *was* very beautiful to look upon.

2Sa 11:3 And David sent and enquired after the woman. And *one* said, *Is* not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?

2Sa 11:4 And David sent messengers, and took her; and she came in unto him, and he lay with her; for she was purified from her uncleanness...

2Sa 11:5 And the woman conceived, and sent and told David, and said, I *am* with child.

2Sa 11:6 And David sent to Joab, *saying*, Send me Uriah the Hittite...

C. The battle is me—Against me—So that I might control me

Rom 7:18 For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but *how* to perform that which is good I find not.

Rom 7:19 For the good that I would I do not: but the evil which I would not, that I do...

Rom 7:22 For I delight in the law of God after the inward man:

Rom 7:23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

Rom 7:24 O wretched man that I am! who shall deliver me from the body of this death?

Rom 7:25 I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.

D. In and of the self—It is impossible to win the battle against self

Jas 3:7 For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind:

Jas 3:8 But the tongue can no man tame; *it is* an unruly evil, full of deadly poison.

E. When Paul preached temperance—Felix trembled—(This thing is serious)

Act 24:25 And as he reasoned of righteousness, **temperance**, and judgment to come, Felix trembled...

F. Through the power of God—(Even the fruit of the Spirit)—We can win the battle

2Co 10:4 (For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)

2Co 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;

2Co 10:6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

G. Spirit-given self-control in all things is how we win the battle over self in all things

1Co 9:25 And every man that striveth for the mastery is **temperate** in all things...

1Co 9:26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

1Co 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.

VI. Take control of self—So as to win the battle against self—So as to kill the old nature

Gal 5:16 *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Gal 5:17 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.

1Pe 2:11 Dearly beloved, I beseech *you* as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;

1Th 4:3 For this is the will of God, *even* your sanctification, that ye should abstain from fornication:

1Th 4:4 That every one of you should know how to possess his vessel in sanctification and honour;

1Th 4:5 Not in the lust of concupiscence (*a longing for what is forbidden*)...

Rom 7:8 But sin, taking occasion by the commandment, wrought in me all manner of concupiscence (*a longing for what is forbidden*)...

Col 3:5 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

Luk 9:23 And he said to *them* all, If any *man* will come after me, let him deny himself, and take up his cross daily, and follow me.

VI. Scriptural advice on how to use the fruit of temperance to attain self-control

A. The 'fruit' (*singular*) of the Spirit—The list is a cluster of traits that work as one

B. Self-control begins with a control of the heart that is within

Pro 4:23 Keep thy heart with all diligence; for out of it *are* the issues of life.

C. Self-control gets rid of what is on the outside that would battle against the inside

Mat 5:28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Mat 5:29 And if thy right eye offend thee, pluck it out, and cast *it* from thee...

D. Self-control from within—Makes rules for the outside

Job 31:1 I made a covenant with mine eyes; why then should I think upon a maid?

E. Self-control guards against anything that would tempt the inside or the outside

Rom 13:14 But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

F. Self-control recognizes potential for lack of self-control

1Co 7:4 The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.

1Co 7:5 Defraud ye not one the other, except *it be* with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency (*lack of self-control; the opposite of temperance*).

1Co 7:9 But if they cannot contain (*be temperate*), let them marry...

2Co 2:11 Lest Satan should get an advantage of us: for we are not ignorant of his devices.

G. Self-control makes Spirit-led choices as to the entire lifestyle

Php 3:7 But what things were gain to me, those I counted loss for Christ.

Php 3:8 Yea doubtless, and I count all things *but* loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them *but* dung, that I may win Christ,

1Pe 4:1 Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin;

1Pe 4:2 That he no longer should live the rest of *his* time in the flesh to the lusts of men, but to the will of God.

VII. Temperance is in one chain that begins in love—And in another that leads to love

Gal 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

Gal 5:23 Meekness, **temperance**: against such there is no law.

2Pe 1:3 According as his divine power hath given unto us all things that *pertain* unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

2Pe 1:4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

2Pe 1:5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;

2Pe 1:6 And to knowledge **temperance**; and to **temperance** patience; and to patience godliness;

2Pe 1:7 And to godliness brotherly kindness; and to brotherly kindness charity.

2Pe 1:8 For if these things be in you, and abound, they make *you that ye shall* neither *be* barren nor unfruitful in the knowledge of our Lord Jesus Christ.