

## Walking Worthy: The Power of Temperance

**Overview:** The will of God is carried out through the agency of Man. Man successfully carries out the will of God through temperance. Who prays? We do! Who reads and studies the Bible? We do! Who prays for the sick? We do! Who speaks the Word? We do! Who ministers to the lost? We do! Who edifies the Church of God? We do! All by the leading and power of the Holy Spirit.

### A. Why Is Temperance Important?

1. When you know God's will, conform your life to fulfil it.

Col 1:9-10 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; 10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;

2. The Word in a heart of distractions is unfruitful.

Mark 4:18-20 And these are they which are sown among thorns; such as hear the word, 19 And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful. 20 And these are they which are sown on good ground; such as hear the word, and receive it, and bring forth fruit, some thirtyfold, some sixty, and some an hundred.

3. Out-of-control desires lead to death.

Jas 1:12-15 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him. 13 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: 14 But every man is tempted, when he is drawn away of his own lust, and enticed. 15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

4. A living sacrifice calls us to temperance, dying to self.

Rom 12:1-2 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 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.

**Temperance:** Strong's G1466 (n) egkrateia: From G1468 self-control (especially continence) – temperance.

Strong's G1467 (v) egkrateuomai: To exercise self-restraint – self-control.

Strong's G1468 (adj) egkrates: Strong in a thing (masterful) self-controlled in appetite - temperate

### B. Temperance in the Word

1. Temperance is a crucial part of the Fruit of the Spirit.

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

2. Striving to be our best for God will require temperance.

1 Cor 9:24-25 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.

3. Temperance is a key character quality of an elder.

Titus 1:7-8 For a bishop must be blameless, as the steward of God; not self-willed, not soon angry, not given to wine, no striker, not given to filthy lucre; 8 But a lover of hospitality, a lover of good men, sober, just, holy, temperate;

**C. The Process of Developing Temperance – 2 Pet 1:5-10**

1. Faith → virtue → knowledge → temperance → patience...

2 Pet 1:5-8 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; 6 And to knowledge temperance; and to temperance patience; and to patience godliness; 7 And to godliness brotherly kindness; and to brotherly kindness charity. 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.

2. Faith – our trust in our Father for what he has done through Jesus, and our belief in who Christ is in us and therefore, who we are in Christ Jesus.

3. Virtue – stepping up to who we are in Christ with courage and conviction.

4. Knowledge – understanding what God has done for us and how to walk in it.

5. Temperance – using self-control to be a child of God and to take the steps and actions necessary to achieve God's will and destiny for our lives.

**D. Temperance in the Ending Days**

1. Exercise thyself unto godliness in the latter times.

1 Tim 4:6-12 If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained. 7 But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

2. What manner of person ought ye to be in all holy conversation and godliness.

2 Pet 10-11 But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up.

11 Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness.

3. The end of all things are near, be therefore sober.

1 Pet 4:7-8 But the end of all things is at hand: be ye therefore sober, and watch unto prayer. 8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.