

Temperance  
(Romans 12:1-2)

Introduction:

1. This morning we showed from Colossians 3 how the Lord's people are to "*seek those things which are above.*"
2. To accomplish this we must set our affection on the proper things.
  - a. We are to set our affection "*on things above.*"
  - b. We are not to set our affection "*on things on the earth.*"
3. This evening we are studying a closely related subject: "temperance."
4. Let us begin by showing that . . .

Discussion:

- I. "**TEMPERANCE**" IS AN ESSENTIAL PART OF CHRISTIANITY
  - A. This point is made very clearly in Acts 24:24-25.
    1. On this occasion Paul was in custody, but Felix the governor wanted Paul to tell him about "*the faith in Christ*" (vs.24).
    2. (vs.25a) Paul used a particular method as he talked with Felix -- Paul "*reasoned*" with the governor.
    3. Paul dealt with 3 subjects as he reasoned with Felix: "*righteousness, temperance, and judgment to come.*"
    4. The point: "*Temperance*" is an essential part of "*the faith in Christ.*"
    5. Unfortunately, Felix was not willing to practice "*temperance,*" and he put off doing what he knew he should do.
  - B. Christians must practice "*temperance*" to go to heaven (1 Corinthians 9:24-27).
    1. In these verses, Christians are compared to athletes who compete in a race.
      - a. To be successful, an athlete practices temperance.
      - b. An athlete practices temperance so he can win "*a corruptible crown.*"
    2. Why is it necessary for a Christian to practice "*temperance?*"
      - a. (vs.25b) A Christian practices "*temperance*" so he can receive "*an incorruptible*" crown.
      - b. (vs.27b) A Christian also practices "*temperance*" so his influence will be effective.
  - C. "*Temperance*" is part of "*the fruit of the Spirit*" (Galatians 5:22-23).
    1. We must understand that:
      - a. there is a negative side to "*temperance*" (Galatians 5:24)
      - b. there is a positive side to "*temperance*" (Galatians 5:25).
    2. The Bible teaches us to sow correctly because we will be rewarded accordingly (Galatians 6:7-8).

- D. "*Temperance*" is one of "the Christian graces" (2 Peter 1:5-7).
  - 1. Those who lack these graces do not please God (vs.9).
  - 2. Those who strive diligently to develop these graces will be blessed (vs.8, 10).
- E. These verses clearly show that "*temperance*" is an essential part of Christianity.
- F. To help us understand what "*temperance*" is, let us turn our attention to . . .

## II. SOME ILLUSTRATIONS (NEGATIVE AND POSITIVE)

- A. In a negative sense, the Bible tells us about a number of people who failed to practice "*temperance.*"
  - 1. (2 Samuel 11) David committed adultery with Bathsheba, and he paid a high price for a few moments of pleasure.
  - 2. Solomon got caught up in self-indulgence (Ecclesiastes 2:10), but he later realized that everything he had pursued was "*vanity and vexation of spirit*" (vs.11).
  - 3. These 2 men knew God's will, but they chose not to obey it.
- B. In a positive sense, the Bible also tells us about a number of people who practiced "*temperance.*"
  - 1. Joseph refused to commit adultery with Potiphar's wife (Genesis 39:7-12).
  - 2. Daniel refused to defile himself by eating the king's food and drinking the king's wine (Daniel 1:5, 8).
  - 3. Jesus refused to give in to Satan's temptations (Matthew 4:1-11).
  - 4. Joseph, Daniel, and Jesus knew God's will, and they chose to obey it -- this is the key to practicing "*temperance*" (Psalm 119:11).

### Conclusion:

- 1. See Romans 12:1-2.
- 2. These verses do not contain the word "*temperance.*"
- 3. However, these verses certainly teach us to practice "*temperance.*"
- 4. Are you presenting your body as "*a living sacrifice, holy, acceptable unto God?*" [This is what God wants you to do.]
- 5. Have you allowed yourself to be "*conformed to this world?*"
  - a. This is not what God wants you to do.
  - b. The way to overcome it is by "*renewing your mind.*"