

The Fruit of the Spirit

(Lesson 10)

Introduction:

1. "The fruit of the Spirit" consists of 9 characteristics listed in Galatians 5:22-23.
2. "Temperance" is the ninth of these special characteristics.
 - a. Temperance may be defined as "the virtue of one who masters his desires and passions, especially his sensual appetites."
 - b. Temperance is also known as "self-control."
 - c. Temperance is a sign of strength that pleases God (Proverbs 16:32; Romans 12:1-2).

Discussion:

I. THE BIBLE TEACHES CHRISTIANS TO PRACTICE TEMPERANCE

- A. Jesus implied that His followers must practice temperance in Matthew 7:13-14.
- B. Temperance is an essential part of Christianity (Acts 24:24-25).
 1. (vs.24) Paul spoke to Felix about "*the faith in Christ.*"
 2. (vs.25) As he did so, Paul showed Felix that one must practice temperance to be a Christian.
- C. Christians must practice temperance just as athletes (1 Corinthians 9:24-27).
 1. Athletes practice temperance to win "*a corruptible crown.*"
 2. Christians must practice temperance to receive "*an incorruptible crown.*"
 3. Temperance involves bringing our bodies into subjection to the Lord's will.
- D. Temperance is also one of the Christian graces (2 Peter 1:5-7).
 1. (vs.9) One who lacks these graces [including temperance] is blind.
 2. (vs.8, 10-11) Temperance is one the graces that will help a Christian to remain faithful so he can spend eternity with the Lord.
- E. Temperance is required of all Christians; however, the Scriptures make special reference to the older men (Titus 2:1-2).

II. THE BIBLE PROVIDES EXAMPLES OF TEMPERANCE BEING PRACTICED

- A. Joseph practiced temperance when he refused to commit adultery with Potiphar's wife (Genesis 39:7-12).
- B. Daniel practiced temperance when he refused to defile himself by eating the king's food and drinking his wine (Daniel 1:8-16).
- C. Jesus practiced temperance by refusing to give in to Satan's temptations (Matthew 4:1-11).
- D. We learn from Joseph, Daniel, and Jesus that hiding God's Word in the heart is one of the keys to practicing temperance (Psalm 119:11).