

G R E A T B I B L E W O R D S

*Temperance*

Introduction: We often see the words temperance, temperate, and self-control in the Bible. We also read in several places that we need to control our temper. What does that mean? Why is this last thing mentioned as a fruit of the Spirit? Let's study this great Bible word together...

Discussion:

**I. Who Should Practice Temperance?**

- A. Husbands & Wives Should Practice Temperance (**I Corinthians 7:5**)
- B. Single Christians Should Practice Temperance (**I Corinthians 7:9**)
- C. Athletes Should Practice Temperance (**I Corinthians 9:25**)
- D. Young Women Should Practice Temperance (**I Timothy 2:9**)
- E. Preachers Should Practice Temperance (**I Timothy 4:12**)
- F. Elders Should Practice Temperance (**Titus 1:8**)
- G. Older Women Should Practice Temperance (**Titus 2:1**)
- H. Older Men Should Practice Temperance (**Titus 2:2**)
- I. Young Men Should Practice Temperance (**Titus 2:6**)

**II. What Does It Mean To Practice Temperance?**

- A. The Temperance of the Holy Spirit Removes Our Fear (**II Timothy 1:6-7**)
- B. The Temperance of the Holy Spirit Fuels Us With Power (**John 14-16**)
- C. The Temperance of the Holy Spirit Provokes Us To Love (**I Corinthians 13**).

**III. Why Should We Practice Temperance?**

- A. Temperance Establishes Our Perspective (**I Thessalonians 5:5-8, Matthew 26:41, I Corinthians 10:12-13, Ephesians 6:18-20**)
- B. Temperance Ignites Our Spiritual Flame (**I Peter 4:7, 5:8, I Thessalonians 5:19**)
- C. Temperance Equips Us For Spiritual Warfare (**John 4:24, 16:5, Romans 8:1-38, Ephesians 3:16-20, Titus 3:5**)

**IV. When Should We Practice Temperance?**

- A. Temperance Will Be Hardest When You Face Adversity (**II Timothy 3:1-5, Job 1-42**)
- B. Temperance Will Be Hardest When You Feel Alone (**Deuteronomy 31:8, Zephaniah 3:17, Matthew 20:28**)
- C. Temperance Will Be Hardest When You Are Surrounded By Sin (**Romans 8:13, Colossians 3:5, 8-9, Galatians 3:27, Colossians 3:10-14**)

Conclusion: We need to re-evaluate what we are doing, why we are doing it, and how it should be improving our life. Paul hopes that we will live in the Spirit and walk in the Spirit! It's time to bear fruit! Are you ready to obey God's will? Are you ready to show temperance? Do you need to repent of your lack of self-control? Let's share this wonderful word with others!