

# Temperance

**TEXT:** Proverbs 16:32; Luke 21:34-36 (Spirit); Ecclesiastes 3:1-8 (Time); 1 Corinthians 9:25-27 (Desires); James 1:26; 3:2 (Tongue)

**KEY VERSE:** 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. — 1 Corinthians 9:25

Adam Clarke defines *temperance* as, “the proper and limited use of all earthly enjoyments, keeping every sense under proper restraint.” In reading 2 Peter 1:5-7, we find that this is another aspect of Christian character that God expects us to add to our spiritual life.

**1.** Proverbs 16:32 indicates that one needs to rule his spirit. Explain how you think this verse relates to temperance.

**2.** Looking at Luke 21:34, and using a dictionary, briefly define the following:

Overcharged

Surfeiting

Drunkenness

**3.** Read 1 Corinthians 6:19,20. Because of lack of temperance or lack of moderation, there are many things that could be done to defile the temple of God. For example, one may eat too much, or too little. Give other examples showing how the temple of God can be abused by extremes.

	4. Temperance for Christians involves moderation, not in sinful habits or wrongdoing, but in things that are lawful. Suggest how temperance could be exercised in the following areas:
	Use of time
	Control of appetites
	Use of money
	5. Temperance, or self-control, is discipline. Explain what you think Paul meant in 1 Corinthians 9:27.
	6. How do you “bridle” your tongue (James 3:2)? Controlling the tongue is more than eliminating the obvious sins of the tongue, such as lying or swearing. In what ways should a Christian be watchful or exercise control over his tongue? See Proverbs 10:19.
	7. Moderation in all aspects of our daily living will be possible if we can answer these questions in the affirmative. Pose a hypothetical question or situation that might confront one in your peer group, and make an application using the following questions.
	Will it glorify God? 1 Corinthians 10:31,32
	Can it be done for the Lord? Colossians 3:23,24
	Can it be done in Jesus’ name? Colossians 3:17
	How will it appear to others? 1 Thessalonians 5:22
	Would it hinder another Christian? Romans 14:21
	Does it involve the wrong company? 2 Corinthians 6:14,15
	Does it compromise my testimony? 1 Corinthians 6:12
	Is this God’s will for me? James 4:15,17
	Am I willing to face it in the Judgment? 2 Corinthians 5:10
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