



“ALIGNING WITH THE NINE”
***CORPORATE AND INDIVIDUAL GROWTH AND
DEVELOPMENT ON THE ATTRIBUTES OF THE HOLY GHOST***
CORPORATE FOCUS ON TEMPERANCE
Session Five

Vessels of Honour Church, Inc.

2020 – 2021

THERE ARE “3 – PARTS” TO TEMPERANCE

- Appetites - the desires of life – the cravings of our body and soul.
- **Food**
 - Proverbs 23:2 And put a knife to thy throat, if thou be a man given to appetite.
 - Proverbs 23:21 For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.
 - Hunger is a primal urge. Food is necessary for life and health. However, it is one of the most abused appetites. Stop eating more than you need.
 - This is a good area to begin practicing temperance.
- **Pleasure**
 - Some sins are intrinsically evil, while others are corruptions of God’s creation.
 - God gave us the pleasures of life. However, the good gifts of God become sin when experienced at the wrong time or with the wrong people.
 - Temperance protects of from sinful pleasure.
- **Sex**
 - 1 Corinthians 7:5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.
 - The pleasures of the marriage bed are a gift from God to those bound by the covenant of marriage. It is a terrible sin committed outside of marriage. The consequences of fornication and adultery far outweigh its pleasures.

THERE ARE “3 – PARTS” TO TEMPERANCE

• Liquor

- Proverbs 23:20 Be not among winebibbers; among riotous eaters of flesh:
- Proverbs 23:30–31 They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright.
- Proverbs 31:4 It is not for kings, O Lemuel, it is not for kings to drink wine; nor for princes strong drink:
- Many people use booze as an escape from reality. It is the cause of so much pain and heartache. The statistics are astounding. Some stats show alcohol and drugs are implicated in an estimated >80% of offenses leading to incarceration in the United States. Eliminate alcoholic beverages from your life.
- Control the urge to use substances to cope with difficulties. The grace of God is much more effective than drugs and alcohol.

• Rest

- Proverbs 6:6–9 Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest. How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?
- Rest and relaxation are necessary for life; however, if the desire for rest and comfort is not controlled it becomes laziness.
- God blesses hard work – 2 Thessalonians 3:10 For even when we were with you, we would give you this command: If anyone is not willing to work, let him not eat. ESV

THERE ARE “3 – PARTS” TO TEMPERANCE

- **Emotions** – powerful ways in which we experience the world. Feelings are fleeting and untrustworthy. You must learn to process them in productive ways, or you will live as a slave to them. With God’s help, we can process the destructive emotions and trade them for productive ones.
- Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.
- Ephesians 4:30–31 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:
- 1 Timothy 6:4 He is proud, knowing nothing, but doting about questions and strifes of words, whereof cometh envy, strife, railings, evil surmisings,
- Titus 3:3 For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another.

THERE ARE “3 – PARTS” TO TEMPERANCE

- **Attitudes** – your disposition toward life. How do you see life? Your perspective informs your behavior. How do you interact with others? Are you positive or negative? Hopeful or Cynical? Patient or Angry? Proud or Humble? Encouraging or Demoralizing? Joyful or Bitter? Happy for another’s success or Envious? Cheerful or Depressed?
- Attitude is your approach to life. It is your mindset and mood dictated by your beliefs. Your attitude determines your altitude. You cannot control your circumstances, but you can control your spirit.
- Proverbs 16:18 Pride goeth before destruction, and an haughty spirit before a fall.
- Proverbs 16:19 Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.
- Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.
- Proverbs 25:28 He that hath no rule over his own spirit. Is like a city that is broken down, and without walls.
- Romans 13:13 Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in

ASSESSING YOUR *IMPROVEMENT* ON TEMERANCE

TEMPERANCE	I WILL STOP DOING	I WILL KEEP DOING	I WILL START DOING
FOR MYSELF			
FOR VOH			
BROAD BODY OF CHRIST			
AS BEING "IN" THIS WORLD BUT NOT "OF" THIS WORLD			

LET'S NOW CHANGE OUR LIFE, MINISTRY, AND WORLD BY ALIGNING IN THE STRENGTH OF TEMPERANCE!

- **Temperance is a Bible word that every Bible Christian should know, understand, and develop as part of the fruit of the Holy Spirit.**
- **It is the Spirit-empowered ability to control, appetites, emotions, and attitudes.**
- **It is the capacity to resist sin.**
- **It is the ability to turn down opportunities for the excess of good things.**
- **Temperance will help you say “no” to the sins, temptations, and distractions of this life so you can reach your potential for God and fulfill your purpose for life.**
- **Make Temperance a priority and reap the blessings of being more like the Master.**

LET'S NOW CHANGE OUR LIFE, MINISTRY, AND WORLD BY ALIGNING IN THE STRENGTH OF TEMPERANCE!

- **In this final assessment of this course, list all three parts of temperance: APPETITES, ATTITUDES, AND EMOTIONS**
- **Which ones are your greatest struggle points?**
- **Which ones seem to come easier for you to master and keep under subjection?**
- **If you were going to teach on one part of temperance, which would you choose and why?**
- **If you were to attend a seminar on one part of temperance, which would you choose and why?**
- **How much have you grown in the other 8 attributes by working as a body fitly joined together and focused on the 9th attribute temperance?**
- **General feedback for this course and format are welcomed as we continue to strive to minister to all learning styles and every member of our church family and the broader Body of Christ!**

ASSESSING YOUR BAROMETER ON TEMERANCE

TEMPERANCE	I WILL STOP DOING	I WILL KEEP DOING	I WILL START DOING
FOR MYSELF			
FOR VOH			
BROAD BODY OF CHRIST			
AS BEING "IN" THIS WORLD BUT NOT "OF" THIS WORLD			



“ALIGNING WITH THE NINE”
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CORPORATE FOCUS ON TEMPERANCE
CONCLUSION

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