



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

Vessels of Honour Church, Inc.

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BIBLETOOLS.ORG TOPICAL STUDY ON THE WORD – “TEMPERANCE”

- We see a good example of self-control implied in Proverbs 25:28: "Whoever has no rule over his own spirit is like a city broken down, without walls." No specific Hebrew word in this sentence means "self-control," but "rule" certainly implies it. In its comments on this verse, the *Interpreter's Dictionary of the Bible* states:
- The picture is that of a city whose walls have been so nearly destroyed as to be without defense against an enemy; so is the man who has no restraint over his spirit, the source of man's passionate energies. He has no defense against anger, lust, and the other unbridled emotions that destroy the personality. (vol. 4, p. 267)
- Proverbs 16:32 shows a more positive side of self-control: "He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city." Here Solomon uses an entirely different word for "rule," but the sense of self-control remains. A comparison of the two proverbs reveals the great importance of self-control as both an offensive and defensive attribute.
- Undoubtedly, self-denial, self-sacrifice, and self-control are inextricably linked in Christian life; each is part of our duty to God. Yet human nature exerts a persistent and sometimes very strong force away from God, as Romans 8:7 clearly shows: "Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be." It is this force that each Christian must overcome. Controlling ourselves, denying human nature its impulse to satisfy its desire, and even sacrificing ourselves are necessary if we are to stop sinning as a way of life. When we add the concepts of self-denial and self-sacrifice to our understanding of self-control, we can see more easily how large a role self-control plays in the Bible.
- John W. Ritenbaugh

BIBLETOOLS.ORG TOPICAL STUDY ON THE WORD – “TEMPERANCE”

- The fruit of the Spirit are listed in Galatians 5:22-23. The last one Paul lists is self-control (NKJV) or temperance (KJV). A principle of interpretation we use when qualities like this are listed is that the most important comes first. However, *why* does Paul list them in this order? The list begins with "love" and ends with "self-control/temperance." Did Paul arrange this list in this order because it takes love to precipitate all the other characteristics, and if a person truly walks in the Spirit, the fruit will culminate in temperance?
- Possibly, but understood this way, self-control is not the least of the fruit of the Spirit but a major goal. Most of the time, we do not sin because we are in ignorance, but because we simply will not make the sacrifice to control ourselves. Were Adam and Eve in ignorance when they sinned? Of course not! They sinned because they did not control themselves to obey what they knew. If this principle were not so, God could not hold the uncalled, the spiritual Gentiles of this world, guilty based on natural law. Romans 2 makes it clear the uncalled know a great deal, but even with that knowledge, they still do not submit. Temperance is the fruit that, when applied to life, provides the right balance to glorify God.
- Temperance, in modern English, usually refers only to restraint toward alcoholic beverages, but the biblical application is much broader. The Greek word, *engkrateia*, is the noun form of a verbal root that means "strong in a thing; strength; power; dominion; having power over; being master of." Its true biblical application, then, is synonymous with "self-mastery" or "self-control." Paul uses it this way in relation to the general demeanor of a bishop in Titus 1:8: ". . . but hospitable, a lover of what is good, sober-minded, just, holy, self-controlled." He applies it to sex in 1 Corinthians 7:9: ". . . but if they cannot exercise self-control let them marry. For it is better to marry than to burn with passion." In 1 Corinthians 9:27, this word describes his discipline of his body in following this way of life.

BIBLETOOLS.ORG TOPICAL STUDY ON THE WORD – “TEMPERANCE”

- *Barnes' Notes* on Galatians 5:23, p. 388, comments:
- It denotes the self-rule which a man has over the evil propensities of his nature. Our word temperance we use now in a much more limited sense, as referring mainly to abstinence from intoxicating drinks. But the word here used is employed in a much more extended signification. It includes the dominion over all evil propensities, and may denote continence, chastity, self-government, moderation in regard to all indulgences as well as abstinence from intoxicating drinks. . . . The sense here is, that the influences of the Holy Spirit on the heart make a man moderate in all indulgences; teach him to restrain his passions, and to govern himself; to control his evil propensities, and to subdue all inordinate affection. . . . A Christian must be a temperate man; and if the effect of his religion is not to produce this, it is false and vain. . . . Nothing does more scandal to religion than such indulgences; and, other things being equal, he is the most under the influence of the Spirit of God who is the most thoroughly a man of temperance.
- John W. Ritenbaugh
Eating: How Good It Is! (Part Six)

BIBLETOOLS.ORG TOPICAL STUDY ON THE WORD – “TEMPERANCE”

Titus 2:1-6

- These instructions are an overall exhortation for the various age groups to hold to a sense of duty with regard to their conduct.
- But none of the instructions given here should be ignored simply because they are not addressed directly to an individual's sex or age group.
- For example, Paul says "girls should be discreet and modest."
- Does this mean, then, because it is addressed to girls that a fellow may be as indiscreet and immodest as he wants because he is male?
- Simply because the fellows are not mentioned does not excuse them from being discreet and modest as well.
- In an overall sense, God is telling all of us—parents, young people, male, female—to be sane, sober-thinking, serious about our responsibilities, exercising self-control, curbing our passions, and aiming for self-mastery.
- There is a proverb that teaches: "He that rules his spirit is better than he who takes a city."
- Ruling one's spirit involves self-discipline.
- Self-discipline is willing yourself to do the right, regardless of feelings. It may not be glamorous, but it is the stuff of life.

JohnW.Ritenbaugh

Sanctification and the Teens

WHATCHRISTIANSWANTTOKNOW.COM ON THE WORD – “TEMPERANCE”

- Self-control has been defined as the ability to control one’s emotions and behavior in the face of temptations and impulses.
- That’s a very good definition but If it’s truly “self” control that the Christian is attempting to do, then we’re all in deep trouble because we can’t even come to Christ without God’s help (John 6:44).
- If I am depending on my own “self” in controlling the same, then I can never truly hope to live a holy life that is pleasing to God.
- We know it’s important enough for King Solomon to write, “*A man without self-control is like a city broken into and left without walls*” (Prov 25:28).
- In the case of a person with no self-control, it’s their sensual pleasures and gratifying the flesh that they only care about; even if it hurts others, not to mention him,

Readmore:<https://www.whatchristianswanttoknow.com/a-bible-study-on-self-control/#ixzz6iyrBZskl>

TWO WORDS FROM WEBSTERS 1828 VERSION

FIRST WORD – “TEMPERANCE”

- TEMPERANCE
- 1. Moderation; particularly, habitual moderation in regard to the indulgence of the natural appetites and passions; restrained or moderate indulgence; as temperance in eating and drinking; temperance in the indulgence of joy or mirth. Temperance in eating and drinking is opposed to gluttony and drunkenness, and in other indulgences, to excess.
2. Patience; calmness; sedateness; moderation of passion. He calm'd his wrath with goodly temperance. [Unusual.]
- Temperance is commonly thought of as simple moderation. However, the Bible concept is much deeper.
- Temperance is the ability to moderate, or control, appetites, emotions, and attitudes. It is the capacity to resist sin. Furthermore, it is the ability to turn down opportunities for the excess of good things.
- 1 Corinthians 9:25–27
“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. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

BIBLICAL APPLICATION OF THE FIRST WORD “TEMPERANCE”

- **1 Corinthians 9:25–27**

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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			