
Temperance

- The natural man places no restraints upon his lifestyle—he consumes himself with the excesses of life.
 - The natural man drinks to his heart's content.
 - The natural man feasts until he is sick and then feasts some more.
 - If there is a vice worth being called a vice, the natural man engages it.
- The spiritual man, however, exercises self-control.
 - He understands that if he gives himself to any addiction it is sin.
 - Romans 6:16
 - 2 Peter 2:19
- Not to be excessive in the enjoyments of life
 - Greediness is an excessive desire for wealth (including money or property); it is a lack of contentment.
 - Many in our society today have the inner demon of greediness.
 - They must have this item or that; they must make more money; they must have more “toys.”
 - Greediness can so blind a person that it makes enemies out of friends and families.
 - It will cause us to go back on promises, lie, and steal.
 - 1 Timothy 6:9-10
- Not to be immoderate in the enjoyments of life
 - Sexual lust is a tremendous problem in our society today.
 - It is an inner demon of many.
 - Giving oneself over to impure thoughts will eventually lead to impure actions.
 - The evil of pornography only exacerbates the problem in our society today.
 - Matthew 5:28

- The bible teaches that there is a proper place for such desires, namely, in marriage.
 - 1 Corinthians 7:2
- Godly women and men will be considerate of the fleshly desires of the opposite sex and dress in modest apparel.
 - 1 Timothy 2:9
- We can fight the inner demon of sexual lust by being faithful to our spouses and by dressing appropriate around others.
- Self-control is the management of our desires by the spirit so as to fulfill God's purposes.
- Humans are out of control
 - We must confess, "It is my life that is out of control."
 - James 1:14-15
 - Galatians 5:19-21 – Works of the Flesh
 - Jesus said our sins come from our heart – Mark 7:21-23
 - A life that is dominated by fleshly desires is a life that is out of control.
- God is in control
 - We must confess, "God is in control."
 - All things were created to serve God's purposes
 - Romans 11:36
 - Consider King Nebuchadnezzar in Daniel 4:28ff.
 - Today, God controls through the gospel – 1 Corinthians 1:26-31.
 - Will we let Him take control of our lives?
- We can regain control with Jesus and the Spirit
 - Romans 8:13
 - Romans 13:14
 - Galatians 5:16-18

- 2 Timothy 1:7
- The Purpose of Self-Control
 - Mankind has a purpose!
 - Matthew 22:37-40.
 - Jesus came to bring the abundant life
 - John 10:10
 - The sooner we get in line with God's purposes, the better off we will be.
- Conclusion
 - Proverbs 25:28
 - 1 Corinthians 9:25
 - In order to have self-control in our lives we must realize . . .
 - What is out of control – our own desires.
 - Who is in control – God.
 - How God has given us self-control – Jesus and the spirit.
 - Why we need self-control – to fulfill God's purposes.