

## ADDING TO YOUR FAITH (3)

### TEMPERANCE

(2Peter 1:5-8 KJV)

(5) And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; (6) And to knowledge temperance; and to temperance patience; and to patience godliness; (7) And to godliness brotherly kindness; and to brotherly kindness charity. (8) For if these things be in you, and abound, they make {you that ye shall} neither {be} barren nor unfruitful in the knowledge of our Lord Jesus Christ.

#### I.) Introduction: Definitions;

New Testament History G.L.Reese, p.853

"Self-control" is from the Greek *`eqkrateia* ("controlled power"), and it means to control of **master the passions and desires of the body.**"

ACT 24:25 As Paul discoursed on righteousness, **self-control** and the judgment to come, Felix was afraid and said, "That's enough for now! You may leave. When I find it convenient, I will send for you."  
(NIV)

MacKnight on the Epistles, J.MacKnight p.163

"The word translated **INCONTINENCY**, properly signifies the **want of the government of one's passions and appetites.**"

p.631

"This virtue consists in a confirmed **HABIT of governing all the affections, passions, and appetites of our nature, in a proper manner, by placing our affections on proper objects, by restraining our angry passions, and by gratifying our appetites in moderation.** Where this virtue subsists, temptation can have little influence."

1CO 7:5 Defraud ye not one the other, except it be by consent for a season, that ye may give yourselves unto prayer, and may be together again, that Satan tempt you not because of your **INCONTINENCY**.  
(ASV)

1CO 7:9 But if they **CANNOT CONTROL THEMSELVES**, they should marry, for it is better to marry than to burn with passion.  
(NIV)

1CO 7:37 But the man who has **SETTLED THE MATTER IN HIS OWN MIND**, who is **UNDER NO COMPULSION** but **HAS CONTROL OVER HIS OWN WILL**, and who has **MADE UP HIS MIND** not to marry the virgin - this man also does the right thing. (NIV)

1TH 4:4 that each of you should learn to **CONTROL HIS OWN BODY** in a way that is holy and honorable, (NIV)  
5 not in passionate lust like the heathen, who do not know God;

2TI 3:6 They are the kind who worm their way into homes and gain control over **WEAK-WILLED WOMEN**, who are loaded down with sins and are swayed by all kinds of evil desires, (NIV)

## I.) Self-Control a "Fruit of the Spirit."

### A.) Paul's method of gaining control is by

#### 1.) Walking by the Spirit;

(Galatians 5:16-25 ASV)

(16) But I say, **walk by the Spirit, and ye shall not fulfil the lust of the flesh.** (17) For the flesh lusteth against the Spirit, and the Spirit against the flesh; for these are contrary the one to the other; that ye may not do the things that ye would.

(18) But if ye are **led by the Spirit**, ye are not under the law.

(19) Now the works of the flesh are manifest, which are {these}: fornication, uncleanness, lasciviousness, (20) idolatry, sorcery, enmities, strife, jealousies, wraths, factions, divisions, parties, (21) envyings, drunkenness, revellings, and such like; of which I forewarn you, even as I did forewarn you, that they who practise such things **shall not inherit the kingdom of God.**

(22) But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, (23) meekness, self-control; against such **THERE IS NO LAW.**

#### Standard Bible Commentary, J.W. McGarvey p283

"The Christian is under the guidance of the Spirit, and **the Spirit continually prompts him** to imitate the Father who has adopted him, and the Christ who has died for him. Now, anyone who **submits himself to the guidance of the Spirit**, will not yield to those lusts of the flesh which he

knows are displeasing to God. But he will be tempted to yield to those lusts, for there is an inner conflict forever waged within him in which the flesh contends with the Spirit, and the Spirit with the flesh, each desiring to constrain the man to fulfill its will. And thus it comes about that you may not do things that you would, for there are two wills within you, and one or other of them must be subdued and disappointed.

## 2.) "crucifying the flesh."

(24) And they that are of Christ Jesus have **CRUCIFIED THE FLESH WITH THE PASSIONS AND THE LUSTS THEREOF.** (25) If we live by the Spirit, by the Spirit let us also walk.

## B.) How do we do that??

Standard Bible Commentary, J.W. McGarvey p283

By as much as the Spirit triumphs over us, by that much are we freed from feeling the presence of the law. So long as we have two wills we are sensible of the conflict, and so of the restraint of the law, but when our nature is merged with the will of the Spirit, so that there is but one will within us, then we lose all consciousness of restraint. We attain to that true rule of liberty which Augustine condenses in the saying: "Love God, and do what you please." God himself leads a life of perfect righteousness, yet **God can never be said to be under law. HE KNOWS NO LAW BUT HIS OWN CHOICE, but HIS CHOICE IS EVER RIGHTEOUSNESS because of the perfect holiness of His character.** So the Christian should strive to bring his own will into such perfect accord with the will of the Spirit that he does not feel the constraint of law resting upon him."

## III.) The Importance of the Quest for Self-Mastery;

Moving up to that higher rung on the moral ladder

### A.) Three things to remember;

Sin, Sex, and Self-Control, Norman Vincent Peale, p.199f

**Attitude, Decision, Action**

#### 1.) An Attitude of Caring;

a.) **You DO have an effect on others!!**

"You have to care about life, about people, about yourself.

**You have to be truly concerned about your place in the moral state of things. You have to believe that what you do and what you are really matter, and matter deeply.** Only then will this quest for self mastery begin to seem so urgent and important that you know you must undertake it, no matter how difficult it may be.

#### **b.) Poor Self-Esteem**

"Psychiatrist Dr. Blanton tells that in his practise, he finds a tendency to self-disparagement, a lack of self-esteem, to be the most common problem that he has to deal with. All too often such people do not bother to try to control or improve themselves because they feel they are nobodies, that whether they are good or bad or indifferent makes no real difference, that they can't affect the world in which they live anyway, so why try?"

#### **c.) You can make a BIG difference!!!**

What dreadful nonsense! Every word you utter, every deed you do, yes, every thought you think- has an effect somewhere. **EACH OF US IS THE CENTER OF A WEB OF INTERPERSONAL RELATIONSHIPS THAT NEVER ENDS.** And as communications improve, as distances shrink, the potential impact of one person on many others becomes stronger all the time

## **2.) The Decision is This:**

**a.) You must make up your mind to shift your control center from OUTSIDE TO INSIDE.**

**b.) From OUTSIDE control to "SELF" control!!!**

"This is not just any decision; it is the all-important decision, because once you have made it, it tends to release the power you need to carry it out.

"How does this decision release power in you? It does it by eliminating the fears and resentments and blocks and frustrations that are always associated with rules and restrictions when they are imposed from without.

Psychiatrists say that all of us carry over some of this resentment from childhood, when we had to accept parental regulations and

commands and corrections all the time. They add that if we keep on living solely by external rules, always being controlled by fear of punishment or fear of authority, some of this anger keeps smoldering in us, blocking growth and expansion, dampening creativity.

We are suddenly free. We are able to act as we should, not because we are afraid not to, but because we want to! This decision to be ruled by yourself is the difference in being controlled by fear and being controlled by your own free choice. The former limits, confines, deadens. The latter liberates, frees, strengthens.

Somewhere, somehow, each of us must find the determination and intelligence to shift from a kind of sullen, resentful submission to external controls to a cheerful acceptance of inner controls that no longer seem restrictive because we chose to live by them.

**Try it right now as you sit listening to this lesson.**

### **3.) EXAMPLE: Child Discipline,**

**PURPOSE?? to forever impose your will on them all their lives till they die!?**

DISCIPLINE is not something that can be rightfully done for a person. It is something that a person does to himself.

**PARENTS teach children how to discipline themselves.**

by forcing them to do right until the day comes when they see for themselves the value of right and begin to do right on their own.

**THEY have moved from PARENTAL-CONTROL to "SELF-CONTROL"**

How many times have you heard some one blame their parents for their own decision not to attend church by whining "when I was a child my parents forced me to go to church."

**Was the parent wrong to take the child to church?**

Of course NOT!

What is the problem?

This person has never moved from outside to inside control.

### **3.) Action;**

You may see the importance of changing certain things in your life, you may make up your mind to change, but nothing significant is going to happen until you act!

(John 13:17 NKJ)

(17) "If you know these things, happy are you if you do them.

It isn't enough just to have wisdom in your head; you must put it into action in your life.

Mere knowledge of the importance of inner control is not sufficient, **YOU MUST DEMONSTRATE IT.**

Every great endeavor begins with a thought, but the thought must be followed by a visible act.

Before this day is out, do something specific and concrete that will demonstrate your determination to change yourself and your life for the better.

Pay a debt. Heal a broken relationship. End a Quarrel. Offer an apology. Pray for someone-outloud. Visit someone who is sick, or a shut-in. Restrain yourself from buying something you had planned to buy for yourself and give the money to charity instead.

Do it, not from a fear of punishment or hope of reward, but simply because you **WANT TO DO IT!**

The Conscience

The work of the Spirit upon the conscience

Let your conscience be your guide

Must follow lead of conscience **EVEN WHEN WRONG**

Seared conscience

