




1

***Introductory Thoughts***

**Over the past several weeks we have investigated the “Fruit of the Spirit.”**

**Warren Wiersbe reminds us,**

***“We must remember that this fruit is produced to be eaten, not to be admired and put on display. People around us are starving for love, joy, peace and all the other graces of the spirit. When they find those qualities in our lives, they know that we have something they lack. We do not bear fruit for our own consumption; we bear fruit that others might be fed and helped, and that Christ might be glorified.”***



2

### ***Power Over Self***

**Simply put, temperance is self control.**

**Plato went a step further and called it self mastery.**

**Temperance is used when talking about athletes.**

***1 Corinthians 9:25***

**Peter lists it in what we call the Christian graces.**

***2 Peter 1:6***



3

### ***Control Given to God***

**Temperance as it relates to God is having the ability to overcome your own desires and giving Him complete control.**

**It is a victory over fleshly desires.**

***1 John 2:16 – Galatians 2:20 – Luke 14:25-33***

**Who is in control of your life?**



4

## ***Self Control Before Others***

**Matthew 5:16**

**Romans 14:7**

**William Barclay says that temperance or self control is to "Live and walk in the world, and yet to keep his garments unspotted from the world."**

**The world we live in desperately needs self control.**

**Being civil to others is part of demonstrating self control.**



5

## ***Closing Thoughts***

**It is time for us to stop asking if others are uncivil or if others are lacking in self control.**

**We want to examine our own lives. It's that different life that we talk about. Because we belong to Christ, we are different from those around us.**

**Will you give control of your life to Him today?**



6