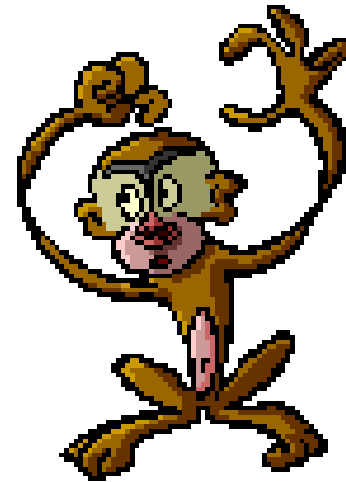


TEMPERANCE





What is it?

Temperance is:

Self- restraint

Moderation in indulging the
appetites and drink

Root Words in Temperance:

Temperate: Frame of mind; disposition

Moderation: avoiding extremes; calmness

Moderate: within reasonable limits

Restraint: control of emotions; reserve

Restrict: to keep within limits

Self-Control:

control of one's emotions, desires

Control:

to regulate

to exercise authority over

to restrain

Where does it come

from?

How can I

be temperate?



Galations 5:22, 23

Tells us what the fruit of the Spirit is.

One of the attributes is

TEMPERANCE

Galations 5: 24 – 25

Further tells us...

and *they that are Christ's*
have crucified the flesh with
the affections and lusts..

Philippians 4:5

Tells us...

“Let your Moderation (self-control) be known unto all men. ***The Lord is at hand.***”

Verse 13 says:

“I can do all things through ***Christ which strengtheneth me***”

3 JOHN 2 says...

“ Beloved, I wish above all things that thou mayest prosper and be in health even as thy soul prospereth.”

***HOW CAN
TEMPERANCE
HELP US?***

***True temperance teaches us to abstain
entirely from that which is unjurious,
and to use judiciously only healthful
and nutritious articles of food.***

Temperance by E.G. White page 3

- Control over appetite
- Control over alcoholic liquors
 - Control over tabacco
- Control over any substance that is harmful to God's temple.

Can be obtained through our Lord and
Saviour Jesus Christ

“a pure and noble life, a life of **victory over appetite and lust** is possible to everyone who will unite his (or her) weak, wavering, human will to the omnipotent, unwavering will of God.

» Temperance by E.G. White page 113

FINALLY...

**Temperance in all things has
more to do with our
restoration to Eden than
men realize...**

Ministry of Healing pg 98