

“The Fruit of the Spirit is Temperance”

Gal. 5:22-23

Introduction

- I. To finalize our monthly study of the fruit of the Spirit, we now study temperance/self-control.
- II. Contrary to what some believe, we can help ourselves and choose not to engage in sinful activities.
- III. We need to understand that if we neglect temperance/self control then we are out of control.

Discussion

- I. My sin is my fault.
 - A. When we neglect the fruit of the Spirit, then we are prone to produce the works of the flesh (Gal. 5:19-21).
 - B. Like or not, the devil has never made me do it (James 1:13-16).
 - C. Jesus explained from whence my sins arise (Mark 7:21-23).
- II. I can control myself.
 - A. While it is true that we will sin from time to time, sin does not have to be our regular way of life (1 John 1:6-8; Rom. 6:12-14; 8:12-14; 13:11-14; Titus 2:11-12; Gal. 5:16).
 - B. Moses is a great example of using temperance/self control and a lack of temperance/self control (Heb. 11:24-26; Num. 20:8-12).
 - C. Paul is a great example of temperance/self control (1 Cor. 9:24-27).
 - D. Temperance/self control is not only a part of the fruit of the Spirit, but is also one of “the Christian graces” (2 Pet. 1:5-7).
 - E. Temperance is a requirement for bishops/elders (Titus 1:8).
- III. How does God describe those with a lack of temperance/self control (Prov. 25:16, 28).

Conclusion

- I. Every Christian should strive for temperance/self control.
- II. When we neglect to practice temperance/self control, then we neglect to produce the fruit of the Spirit.