

## The Days Of The King The Virtue Of Temperance

1 Samuel 18:17-18 (ESV)

Then Saul said to David, "Here is my elder daughter Merab. I will give her to you for a wife. Only be valiant for me and fight the LORD's battles." For Saul thought, "Let not my hand be against him, but let the hand of the Philistines be against him." And David said to Saul, "Who am I, and who are my relatives, my father's clan in Israel, that I should be son-in-law to the king?"

What is Temperance?

Habitual moderation in the indulgence of appetites or passions.

Self-Control

Proverbs 16:32 (ESV)

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 25:28 (ESV)

A man without self-control is like a city broken into and left without walls.

Proverbs 25:16 (ESV)

If you have found honey, eat only enough for you, lest you have your fill of it and vomit.

Proverbs 23:1-3 (ESV)

When you sit down to eat with a ruler, observe carefully what is before you, and put a knife to your throat if you are given to appetite. Do not desire his delicacies, for they are deceptive food.

Temperance is the virtue that we want to avoid the most.

Acts 24:24-25 (ESV)

After some days Felix came with his wife Drusilla, who was Jewish, and he sent for Paul and heard him speak about faith in Christ Jesus. And as he reasoned

about righteousness and self-control and the coming judgment, Felix was alarmed and said, "Go away for the present. When I get an opportunity I will summon you."

Our sinful nature is such that our eyes are always bigger than our stomachs.

Philippians 3:18-21 (ESV)

For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

The Gospel of Jesus Christ gives us the ability to increase in virtue, not by taking away our desires, but by showing us the greater delight which comes from mastering them.

2 Timothy 1:6-7 (ESV)

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.

3 acts of self-control that will reveal your virtue in contrast with this world.

Temperance in how we play.

1 Peter 4:1-4 (ESV)

Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, so as to live for the rest of the time in the flesh no longer for human passions but for the will of God. For the time that is past

1 Peter 4:1-4 (ESV)

suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry. With respect to this

they are surprised when you do not join them in the same flood of debauchery, and they malign you.

Temperance in how we pay.

“Show me where a man spends his money and I will show you his god.”

– Martin Luther

1 Timothy 6:6-10 (ESV)

But godliness with contentment is great gain, for we brought nothing in the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.

Temperance in how we pay back.

Romans 12:17-21 (ESV)

Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” Do not be overcome by evil, but overcome evil with good.

Jesus is our example of self-control and the salvation for our lack of self-control.

2 Peter 1:3-8 (ESV)

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. For this very

reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.