

*these are contrary the one to the other: so that ye cannot do the things that ye would.* GALATIANS 5:16-17

*For it is God which worketh in you both to will and to do of his good pleasure.* PHILIPPIANS 2:13

CONCLUSION: \_\_\_\_\_

\_\_\_\_\_

*\*Go to [gabrielruhl.com](http://gabrielruhl.com) to listen to previous lessons.*

### APPLICATION MOMENT:

Is there an area God spoke to you about this morning that you need temperance?

\_\_\_\_\_

\_\_\_\_\_

What is something you could do to increase your temperance?

\_\_\_\_\_

\_\_\_\_\_

Who could be an accountability partner for you?

\_\_\_\_\_

\_\_\_\_\_



His Design | March 17, 2019 | Week 11

### Lesson: THE FRUIT OF TEMPERANCE

*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.* GALATIANS 5:22-23

INTRODUCTION: \_\_\_\_\_

\_\_\_\_\_

### 1. TEMPERANCE \_\_\_\_\_

A. \_\_\_\_\_, discretion

*My son, let not them depart from thine eyes: keep sound wisdom and discretion: So shall they be life unto thy soul, and grace to thy neck. Then shalt thou walk in thy way safely, and thy foot shall not stumble.*

PROVERBS 3:21-23

B. \_\_\_\_\_

*Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.* 1 CORINTHIANS 9:24-27



## 2. TEMPERANCE \_\_\_\_\_

### A. A disciplined \_\_\_\_\_ life

*But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.*  
1 CORINTHIANS 9:27

### B. A disciplined \_\_\_\_\_

#### 4 AREAS OF SPEECH EVERY CHRISTIAN SHOULD AVOID:

- Lying

*Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.* EPHESIANS 4:25

- Foul Language

*Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.* EPHESIANS 4:29

- Insult

*He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.* PROVERBS 16:32

- Slander

*He that hideth hatred with lying lips, and he that uttereth a slander, is a fool.* PROVERBS 10:18

### C. Disciplined \_\_\_\_\_

*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;* 2 CORINTHIANS 10:5

DEFINITION: "logismous"—thoughts or fantasies against the truth of Christ or the revealed will of God

*Keep thy heart with all diligence; for out of it are the issues of life.*  
PROVERBS 4:23

## 3. TEMPERANCE \_\_\_\_\_

### A. Admit your \_\_\_\_\_

*But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. Do not err, my beloved brethren.*  
JAMES 1:14-16

### B. Forget your \_\_\_\_\_

*Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.* PHILIPPIANS 3:13-14

### C. Do not let \_\_\_\_\_ manipulate you

*For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;* TITUS 2:11-12

### D. Believe God can bring \_\_\_\_\_

*And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.* ROMANS 12:2

*I can do all things through Christ which strengtheneth me.*  
PHILIPPIANS 4:13

### E. Become \_\_\_\_\_

*And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.* ECCLESIASTES 4:12

### F. Avoid \_\_\_\_\_

*Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.* EPHESIANS 4:26-27

QUOTE: "When you flee temptation, be sure you don't leave a forwarding address."

QUOTE: "If you don't want rotten apples stay out of the devil's orchard."

### G. Depend on God's \_\_\_\_\_

*This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and*