
The Fruit of Temperance (Defeating Your Emotions)

The Fruit of the Holiness

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Sermon: The Fruit of the Holiness: The Fruit of Temperance (Defeating Your Emotions)

New Series Messages: “The Fruit of the Holiness”

- Galatians 5:22–23 (AV)²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, ²³ Meekness, temperance: against such there is no law.
- **What’s the purpose of each element, and how do we produce and use them?**
- Sermon: The Fruit of Love (Conquering Hate)
- Sermon: The Fruit of Joy (The Strength of Life)
- Sermon: The Fruit of Peace (Keeping Your Heart)
- Sermon: The Fruit of Longsuffering (“Waiting” on the Lord)
- Sermon: The Fruit of Gentleness (Controlled Power)
- Sermon: The Fruit of Goodness (Overcoming Evil)
- Sermon: The Fruit of Faithfulness (The Power to Change Not)
- Sermon: The Fruit of Meekness (The Power to Submit)
 - Definition: The Power to Humble and Submit Oneself to the Will of God
 - Purpose: To be Exalted so that you can Do the Will of God
 - Produce: Meekness is Produced when we Pray to be Led by the Will of God

Lesson Text

2 Timothy 1:6–7 (AV)⁶ Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands. ⁷ For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Philippians 2:12–13 (AV)¹² Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. ¹³ For it is God which worketh in you both to will and to do of *his* good pleasure.

2 Timothy 2:3–4 (AV)³ Thou therefore endure hardness, as a good soldier of Jesus Christ. ⁴ No man that warreth entangleth himself with the affairs of *this* life; that he may please him who hath chosen him to be a soldier.

Introduction

Today we conclude this series that I’m dubbing “The Weapons of our Warfare”, “The Fruit of Holiness” by looking at the Final Element of the Final Cluster of the Fruit of the Spirit.

1. Love, Joy, and Peace (Deals with our Relationship with God)
2. Longsuffering, Gentleness, and Goodness (Deals with our Relationship with Each other)
3. Faith, Meekness, and Temperance (Deals with our Relationship with Ourselves)

How many of you have heard the phrase “Delayed Gratification”? It the process one undergoes when they resist the temptation of an immediate reward in preference for a later one.

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But gratification is not just about the reward of good things, it can also be about bad things! For example, there is a gratification we can get from anger, hatred, bitterness, frustration, and so on. Simply put, gratification is about fulfilling the desires of one's emotions, good or bad.

This is why I encourage people to never make a move when they are emotional; it can become a permanent decision based on a temporary situation.

And herein lies the problem! Ephesians 4:26–27 (AV)²⁶ Be ye angry, and sin not: let not the sun go down upon your wrath: ²⁷ Neither give place to the devil.

Our emotions can drive us to do things that are out of the will of God; sabotaging the plans, future, purpose, and destiny God has for our lives.

So, God gives us the power to produce Temperance: A Sound or Disciplined Mind!

God does not want us to be a slave to our emotions, behaving based on how we feel.

We may be moved by our emotions to do good, but we should never enslave to them to do evil.

Proverbs 25:28 (KJV)²⁸ He that *hath* no rule over his own spirit *is like* a city *that is* broken down, *and* without walls. Proverbs 25:28 (NLT)²⁸ A person without self-control is like a city with broken-down walls. (A city unable to protect itself from the enemy)

1 Corinthians 6: ¹² All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

Series and Sermon: The Fruit of the Holiness: The Fruit of Temperance (Defeating Your Emotions)

“The Definition, Purpose, and Production of Meekness”

I. The Definition of Temperance

How do we define Temperance?

2 Timothy 1:6–7 (AV)⁶ Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands. ⁷ For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Why do people lose hope? Most would assume that it's because of the disappointments of the past, or frustrations of the present. And in a way that's true, but not in the way one would think.

We lose hope in our career because we're being passed over for promotions. We lose hope in our plans for prosperity because of the failures of bankruptcy. We lose hope in our marriage because of frustrations we constantly experience from our mate. And we even lose hope in our ministry because we just don't see any progress or success.

But the main reason we lose hope is not because of what is being done to us, but how we react to what is being done to us! And for most people, it is a reaction based on emotions.

These emotions (anger, frustration, bitterness, wrath, ...), cause us to react based on how we feel today (Temporary), thereby sabotaging our hope for tomorrow (Permanent). And so, we make a permanent decision based on a temporary situation.

Temperance, or Self-discipline, is the means by which control of one's self gained so that we can maintain our hope!

The Definition of Temperance is a Disciplined Mind that is not Overcome by its Emotions

Ephesians 4:26–27 (AV)²⁶ Be ye angry, and sin not: let not the sun go down upon your wrath: ²⁷ Neither give place to the devil.

Because God knew that life and people would provoke our emotions, He gave us the power of supernatural discipline so that we could be angry, but sin not.

Temperance allows us to be moved by our emotions, but not mastered by them.

1 Corinthians 6:12 (AV)¹² All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

“Yea, you got me, but you won't keep me!” “You got me, but you will not control me!”

2 Timothy 1: ⁷ For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

II. The Purpose of Temperance

What is the purpose of Temperance?

Philippians 2:12–13 (AV)¹² Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. ¹³ For it is God which worketh in you both to will and to do of *his* good pleasure.

Without temperance, we lose our control, and sabotage our hope, our faith, and our destiny.

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.

Hebrews 11:6 But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

When we lack Temperance, it's not just our rewards that are sabotaged, but God's Will for our lives. Because when we lose hope, we lose faith. And when we lose faith, we lose our ability to move towards God and our purpose.

The Purpose of Temperance is to Discipline Our Mind so that the Work of the Lord can be Accomplished through us.

God has a Purpose He wants to accomplish through us, a Plan to be fulfilled by us; and so He gives us Temperance so that His will can be worked through us.

Jeremiah 29:11 (AV)¹¹ For I know the thoughts (Plans) that I think toward you, saith the LORD, thoughts (Plans) of peace, and not of evil, to give you an expected end.

Romans 8:28 (AV)²⁸ And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.

Philippians 1:6 (AV)⁶ Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ:

We need Temperance to fulfill the purpose, complete the plans, perform and finish the Work that God is working in us and through us.

III. The Production of Temperance

Temperance is a disciplined mind that is not overcome by its emotions. Its purpose is to discipline us so that we accomplish the work that God is working through us.

So how do we produce Temperance?

2 Timothy 2:3–4 (AV)³ Thou therefore endure hardness, as a good soldier of Jesus Christ. ⁴ No man that warreth entangleth himself with the affairs of *this* life; that he may please him who hath chosen him to be a soldier.

1 Corinthians 9:24–27 (KJV) ²⁴ Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. ²⁵ And every man that striveth for the mastery is temperate in all things (Self-Control, Self-Discipline).

The fat and out of shape runner does not win the race, the soft and weak soldier does not win the battle. The runner must strive, practicing over and over; enduring the discipline. The soldier must go through bootcamp, learn to fight, get hit over and over; enduring the discipline.

The Holy Spirit Produces Temperance when we Endure the Discipline of God

Hebrews 12:6 (AV)⁶ For whom the Lord loveth he chasteneth (disciplines), and scourgeth every son whom he receiveth.

Ecclesiastes 9:11 (AV)¹¹ ... that the race *is* not to the swift, nor the battle to the strong...

Matthew 10:22 (AV)²² **And ye shall be hated of all *men* for my name's sake: but he that endureth to the end shall be saved.**

Hebrews 12:1–2 (AV)¹ Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset *us*, and let us run with patience the race that is set before us, ² Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

To win the race, to win the battle, we must Endure to the End: Endure the harness, Endure the suffering, Endure the Pain, Endure the Struggle, Endure Trouble because in the end, WE WIN!

Midweek Study Lesson Plan (Sermon: The Fruit of Temperance (Defeating Your Emotions))

Lesson Text

- 2 Timothy 1:6–7, Philippians 2:12–13, 2 Timothy 2:3–4

Sermon Outline (Notes)

I. *The Definition of Temperance*

II. *The Purpose of Temperance*

III. *The Production of Temperance*

Questions

I. **Getting to Know “Me”**

1. Share something interesting you plan to do over the Summer Break.
2. How often do you exercise? What is your regiment?
3. Which element in the Fruit of the Spirit sermon series has been the most challenging for you?

II. **Into the Bible**

1. The MacArthur Study Bible lists John 6:27, 29, 2 Peter 1:10, and Ephesian 6:5 as cross-references for Philippians 2:12 clause “... work out your own salvation with fear and trembling”. How do these cross-references relate to the lesson text?
2. Now that we’ve completed an extensive study on the fruit of the Spirit, what is meant by “... against such [*fruit of the Spirit*] there is no law...”, Galatians 5:23? (*Brackets and italics added for clarity*)

III. **Life Application**

1. Answer the following question using what we learned in this week’s sermon. What encouraging advice would you offer to a church member who told you that they are extremely angry about being passed over for a promotion, and someone else less deserving received it?
2. We have now heard a sermon on each the nine elements of the fruit of the Holy Spirit, which we learned can be grouped into three clusters. Which cluster did you personally find the most insight and/or challenge? Why? What will you do about that insight and/or challenge?