

# Temperance

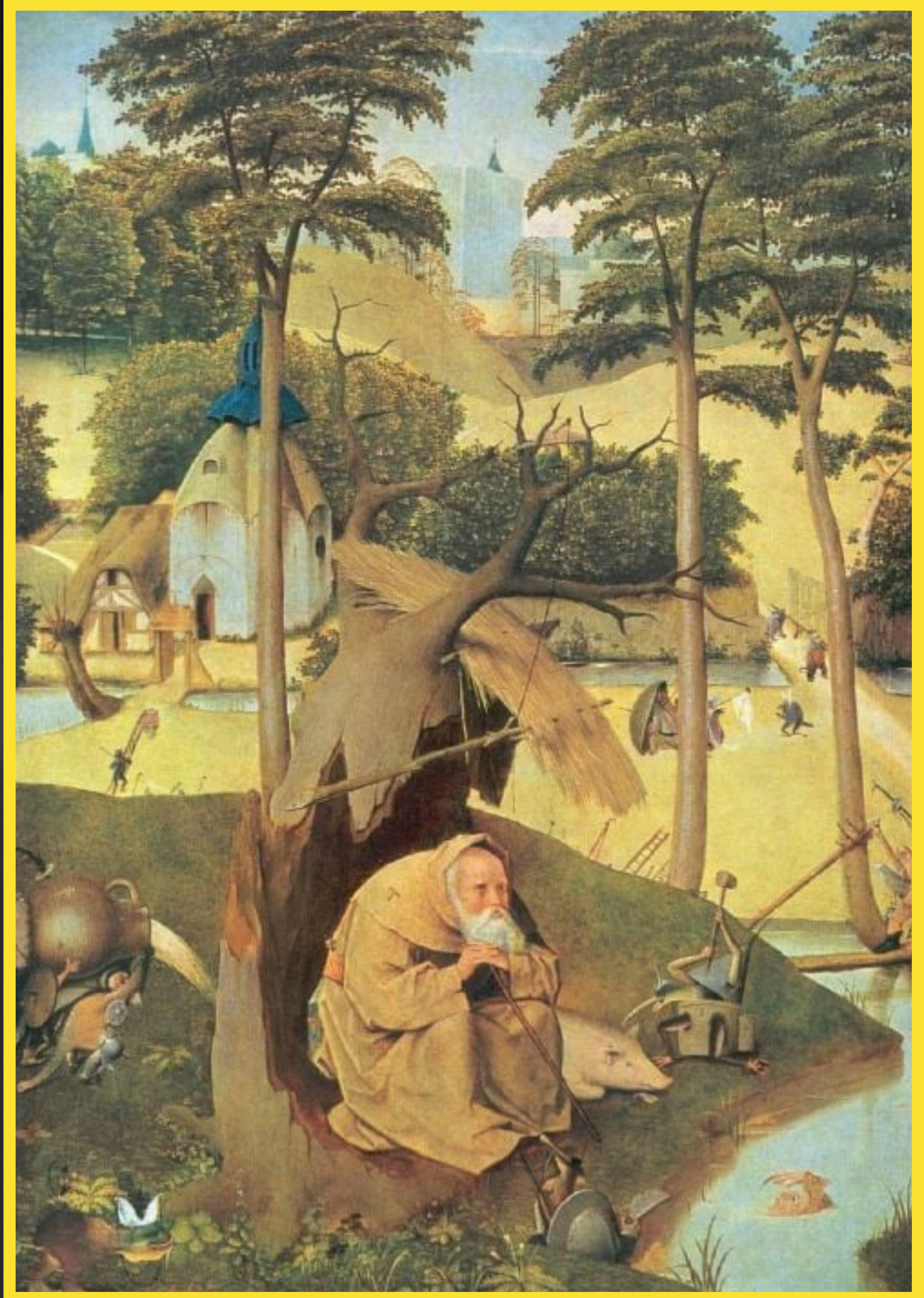
Godly attribute or unnecessary restriction on personal freedom



Allen Stump — Smyrna Chapel July 8, 2023



**ascetics**





Ministers of the gospel, statesmen, authors, men of wealth and talent, men of vast business capacity and power for usefulness, are in deadly peril because they do not see the necessity of strict temperance in all things. **They need to have their attention called to the principles of temperance, not in a narrow or arbitrary way, but in the light of God's great purpose for humanity.** Could the principles of true temperance be thus brought before them, there are very many of the higher classes who would recognize their value and give them a hearty acceptance. (*Testimonies for the Church*, vol. 6, p. 256.1)



**Isaiah 43:7 (KJV)** — 7 Even every one that is called by my name: for I have created him for my glory, I have formed him; yea, I have made him.



**Revelation 4:11 (KJV)** — 11 Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.



**Matthew 5:14–16 (KJV)** — 14 Ye are the light of the world. A city that is set on an hill cannot be hid. 15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. 16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.



**Revelation 14:7 (KJV)** — 7 Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.



**1 Corinthians 10:31 (KJV) — 31** Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.



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



**Deuteronomy 6:24 (KJV)** — 24 And the LORD commanded us to do all these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as it is at this day.



**Deuteronomy 5:29 (KJV) — 29 O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever!**



**True temperance teaches us** to dispense entirely with everything hurtful and to use judiciously that which is healthful. (*Patriarchs and Prophets*, p. 562.1a)



**Proverbs 24:13 (KJV) — 13** My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste:

Proverbs 25:27 (KJV) — 27 It is not good to eat much honey: . . .

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**Galatians 5:22, 23 (KJV) — 22** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,  
**23** Meekness, **temperance**: against such there is no law.



There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. **The body should be servant to the mind, and not the mind to the body.** (*Patriarchs and Prophets*, p. 562.1b)



**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.** Now they do it to obtain a corruptible crown; but we an incorruptible. 26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: 27 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.



(*agōnizomai*), “to compete in an athletic contest, with emphasis on effort—‘to compete, to struggle” (*Greek-English Lexicon of the New Testament based on Semantic Domains*, vol. 1, p. 527)



27 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. 🗒️

10:1 Moreover, brethren, I would not that ye should be ignorant,

Surface	as	one	that	beateth	the	air: 27	But	I	keep	under	my	body,
MSS	ὡς <sup>10</sup>	ἀέρα <sup>12</sup>	→	δέρων· <sup>13</sup>	←	←	ἀλλ' <sup>1</sup>	→	ὑπωπιάζω <sup>2</sup>	←	μου <sup>3</sup>	τὸ <sup>4</sup>
emma Trl	hōs	aēr		derō			alla		hypōpiazō		egō	ho
Root	ως	αηρ		δερω			αλλος		οραω		εγω	ο
Morph N	CAM	NASM		VPAP-SNM			C		VPAI1S		RP1GS	DASN
Strong's	G5613	G109		G1194			G235		G5299		G3450	G3588
Louw	LN 64.12	LN 2.2		LN 19.2			LN 89.125		LN 88.89		LN 92.1	LN 92.24
Sense		air		to beat up					to discipline ⇔ bruise			



Drinking  
is a sin





**Acts 24:24, 25 (KJV) — 24** And after certain days, when Felix came with his wife Drusilla, which was a Jewess, he sent for Paul, and heard him concerning the faith in Christ. **And as he reasoned of righteousness, temperance, and judgment to come,** Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.



How wide the contrast between the course of Felix and that of the jailer of Philippi! The servants of the Lord were brought in bonds to the jailer, as was Paul to Felix. The evidence they gave of being sustained by a divine power, their rejoicing under suffering and disgrace, their fearlessness when the earth was reeling with the earthquake shock, and their spirit of Christlike forgiveness, sent conviction to the jailer's heart, and with trembling he confessed his sins and found pardon. Felix trembled, but he did not repent. The jailer joyfully welcomed the Spirit of God to his heart and to his home; Felix bade the divine messenger depart. The one chose to become a child of God and an heir of heaven; the other cast his lot with the workers of iniquity. (*The Review and Herald*, November 2, 1911, par. 20)



**2 Peter 1:4–6 (KJV)** — 4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. 5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; 6 **And to knowledge temperance; and to temperance patience; and to patience godliness;**



**Proverbs 16:32 (KJV) — 32** He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city



Of all who claim to be numbered among the friends of temperance, Seventh-day Adventists should stand in the front ranks. For many years a flood of light concerning the principles of true reform has been shining on our pathway, and we are accountable before God to let this light shine to others. Years ago we regarded the spread of temperance principles as one of our most important duties. **It should be so today.** (*Gospel Workers*, 384.1)



