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## INTRODUCTION

So far, we’ve talked about two of the things Peter instructed us to add to our faith. With the first, *virtue*, we learned that we ought to make doing what is right a \_\_\_\_\_. With the second, *knowledge*, we proved that information in a vacuum can turn us toward what is \_\_\_\_\_ more easily than it can lead us toward what is \_\_\_\_\_. Now, with the third, *temperance*, we’ll discover that it’s possible to *add* to our faith through \_\_\_\_\_, and we’ll find that there’s a deep value in self-control.

The Biblical **DEFINITION** of *temperance*.

Webster’s American Dictionary of the English Language, 1828 (emphasis added):

**TEM'PERANCE**, noun [Latin *temperantia*, from *tempero*.]

1. \_\_\_\_\_ ; particularly, **habitual moderation** in regard to the indulgence of the natural appetites and passions; **restrained** or moderate indulgence; as *temperance* in eating and drinking; *temperance* in the indulgence of joy or mirth. *temperance* in eating and drinking is **opposed to gluttony and drunkenness**, and in other indulgences, to excess.

2. Patience; calmness; sedateness; moderation of passion.

**NOTE:** Although Patience is listed as a secondary definition here, *it is \_\_\_\_\_ the primary meaning of the word*. And, since Patience is the next item to add to our faith (which Bro. Austin Fearn will walk us through next week, Lord willing!), we can safely conclude that they ought to be separate in this case.

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### A Biblical **STUDY** of *temperance*.

- The word “*temperance*” is found only four (4) times in three (3) verses in the KJV—each time in a list, and only in the New Testament. (Even its usage is moderate!!)
  - **Acts 24:25**—in its first mention, Paul brings it up alongside “*righteousness*” and “*judgment to come*” when addressing Felix.
  - **Galatians 5:23**—*temperance* is the final aspect of the **fruit of the spirit**.
  - **2 Peter 1:6**—*temperance* is one of seven things that we are to **diligently** add to our faith in our main passage. Remember that *diligence* implies \_\_\_\_\_ application.
- The word “*temperate*” (adj.) is found three (3) times in the KJV, also only in the NT.
  - **Titus 1:8 & 2:2**—in both of these verses, *temperate* is once again a list item for a characteristic of a godly individual.
  - **1 Corinthians 9:25**—this is the *only time* that a form of this word shows up alone! Think of Olympic athletes. Do they train as hard as they can, all day, every day? **NO!!** If they did, they’d wear themselves out and would flop when the day to perform finally came along. Rest and moderation improves performance and endurance in the long run!  
(See also: Philippians 4:5—we should let our *moderation* be known among men!)

### A practical **APPLICATION** of *temperance*.

- Temperance lessons were popularized during the Prohibition Era to educate children on the harmful effects of substance use and abuse. (Proverbs 20:1, 23:35)
- In the modern age, it’s far more common (and easy) to ask, “What’s \_\_\_\_\_ with it?” than “What’s \_\_\_\_\_ with it?” (Romans 1:32, Psalm 119:9-11, 104, 128)
- Strive for mastery. Race to completion. Temper yourself daily. It’s much easier said than done. (James 1:14-15, 2 Corinthians 10:5, Proverbs 10:19, 1 Samuel 2:3—thought, word, and deed)

Notice how things *build* on one another in our main passage. We start with Faith—that’s a given. If we’re not saved, the rest can’t apply! After that, we need a habit of seeking and doing good. With that established, we can use godly knowledge to better understand right versus wrong, i.e., what we need to avoid. *Only* \_\_\_\_\_ *all of this* can we **add temperance** by cutting out what we now know is wrong, making room for more virtue! Next week, we’ll see how Patience adds on top of all this.