

– *Deepening & Equipping*

Moderation

Lecture

Moderation

- The definition of moderation is the quality or state of being reasonable and avoiding behavior, speech, etc., that is extreme or that goes beyond what is normal or acceptable.
- Moderation, better known in the classical world as temperance, is the harmonious self-regulation of appetites and desires, principally the physical appetites for food, drink, and sex. Commonly referred to as “moderation” or “self-control,” temperance has long been considered one of four cardinal virtues, along with justice, courage, and wisdom.
- Why is moderation a core doctrinal value of the Foursquare Church?
 - We want to embrace the fullness of the body of Christ in all its expressions.
 - In essentials unity, in non-essentials liberty, in all things love (Augustine).
- Moderation as character (Col. 3:12-13).



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- Moderation is expressed in gentleness and reasonableness (Phil. 4:5).
- Love is not rude. We should use moderation as we express spiritual gifts (1 Cor. 13:5).
- We should conduct ourselves decently and orderly (1 Cor. 14:40).
- We should not be like children (Eph 4:14-15).
- We hope to embody a passionate commitment to Moderation in worship and lifestyle, flowing from a centered posture of harmony and order that expresses humility and Christlikeness.



Lecture

Moderation

- In our worship we seek the middle way between cold, powerless, unexpressive religion on the one hand and unrestrained behavior and emotionalism on the other.
- In our lives, we seek the balance between legalistic fundamentalism on the one hand and unrestrained liberty on the other.
- We can lead by example in living temperate lives (self-regulation of appetites and desires) and embrace a sense of balance in ministry life that being a place of balance and stability.



– *Class Discussion*

The Spirit-filled Life

Moderation

ARTICLE XIII: MODERATION

We believe that the moderation of the believer should be known of all men; that his experience and daily walk should never lead him into extremes, fanaticism, unseemly manifestations, back-biting, murmurings; but that his sober, thoughtful, balanced, mellow, forgiving, and zealous Christian experience should be one of steadfast uprightness, equilibrium, humility, self-sacrifice and Christlikeness (Phil. 4:5; Eph. 4:14,15; 1 Cor. 13:5; Col. 3:12,13).



Moderation

ARTICLE XIII: MODERATION

We believe that all believers should live a life of moderation rather than extremes. Through the balanced way they live their life they will be a testimony to others.



Why is moderation a core doctrinal value (Phil. 4:5; Eph.4:14,15; 1 Cor. 13:5; Col. 3:12,13)?



We should embody a passionate commitment to Moderation in worship and lifestyle, flowing from a centered posture of harmony and order that expresses humility and Christlikeness (Phil. 4:5; Eph.4:14,15; 1 Cor. 13:5; Col. 3:12,13).

In what ways do you express moderation in your life?



What does balance look like in character, worship, expression of the Spiritual Gifts, and lifestyle?



Q and A

- Review upcoming assignments.
- Remind them to use the scriptures found both in the article and in the questions to tab their bible during the week.

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Discipleship Training Course