

## Fruit of the Spirit Temperance

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1. Temperance is modesty and self-restraint in all of life's physical aspects. It is a "fruit of the Spirit" because of the action of the Holy Spirit permits us to "temper" our natural appetites with a focus on spiritual over worldly matters, on the lasting over the transitory.
2. We tend to think of "temperance" as avoiding excessive amounts of liquor, but it is much broader. It involves moderation in everything from food to speech. Even more, though, temperance involves not only the amount of our focus, but the quality of that focus. Temperance teaches us to avoid overindulgence generally, both by avoiding excessive consumption and by avoiding excessive concern over material things.
3. In our society, materialism is generally one of our greatest threats.
4. The danger of materialism is that it will displace our focus on spiritual things, on our concern for the poor, and/or our attention to family and friends and their needs.
5. How would you explain to a new Christian what it means to have "a joyful unconcern for possessions?"
6. Thought to consider: Lack of temperance in things of this world is the cause for temperance when it comes to things of God.