

Add to your knowledge temperance

Lesson for Sunday, August 31, 2025

Scripture Memory:

- ⇒ If you are memorizing these verses together as a class, today we move into verse 6.
- ⇒ Take the time to say verse 5 together and then add today's key text which is the first part of verse 6.

INTRODUCTION:

- ⇒ Today we move into verse 6 in our verse-by-verse study of 1 Peter 1 and the essential verses. Let's start with a quick review:
 - Verse 3: God has given us everything we need for life and Godliness through an intimate relationship with Him.
 - Verse 4: He has given believers a divine nature and has equipped us to escape the corruption of this world that comes to us through our lusts.
 - Verse 5: We have the responsibility to "cultivate the farm" with "all diligence" by adding the essential virtues to our faith.
 - First, we are to add virtue (arete) – excellence – a call to Christlike holiness.
 - Second, we are to add to our virtue knowledge. Knowledge comes from hearing and obeying the Word of God.
- ⇒ Today, we are looking at the next essential virtue listed in verse 6: temperance. The words we use to describe this virtue are self-control.

BIBLE STUDY:

1. Defining Self-Control

- a. Have a brief discussion: How would you define temperance or self-control?
- b. The Bible has a lot to say about the topic. Read the following texts and comment on each:
 - i. 1 Timothy 4:7 – the key word is "exercise" or discipline. We are called to discipline ourselves to Godliness.
 - ii. Proverbs 4:23 – we are to guard our hearts with all diligence. We are to take the necessary action to be a watchman for our hearts.
 - iii. Proverbs 21:25 – we see the opposite in the lazy, slothful individual. There are consequences when we lack self-control.
 - iv. Proverbs 25:28 – here is another negative look at the topic. The one who lacks self-control is like an ungarded city.
- c. If we look at the term as it is presented in our key text (2 Peter 1), we see that with our virtue (or excellence) our hearts are captured, with knowledge our hearts are informed, and with self-control our hearts are trained.
- d. A good working definition of self-control is a God-empowered mastery of internal desires.

2. Redefining Self-Control

- a. A key text for understanding self-control is Galatians 5:22-23 where we find listed the fruit of the Spirit.
- b. It's essential to remember that these are fruits *of the Spirit* not *of the self*.
- c. In a way, self-control is an oxymoron. We cannot really control ourselves in a way that brings us into a right relationship with God. (See Romans 7:14-23.)

- d. What we need more than self-control it actually Spirit-control. Temperance is an attribute that the Holy Spirit produces in the life of the believer who is completely submitted to Him. The more spiritually mature the believer, then more temperance their life will exhibit.
 - e. Another way to look at it is that self-control is what Jesus called self-denial in Luke 9:23-24.
- 3. Jesus Our Example
 - a. If we want to see the fruits of the Spirit embodied in one person, we look to Jesus Christ. Jesus exhibited perfect self-control because He was the perfect example of a Spirit-filled person.
 - b. Think of Jesus's self-control when He was on trial.
 - i. When He was confronted by a whole string of false witnesses organized to testify against Him...
 - ii. When He was before Herod and was questioned...
 - iii. When He confronted Pilate and held His tongue...
 - iv. When He submitted Himself to the Roman soldiers who nailed Him to the cross.
 - c. Self-control is not a result of the mind, the emotions and the senses being brought under the control of the human will; it is a result of the human will being brought under the control of the Holy Spirit.
- 4. Developing Spirit-Control (*this is your application*)
 - a. The process we must put into practice is not overly complicated and is described in these key verses. Read them and briefly comment.
 - i. Luke 9:23-24 – We must make the conscious decision to die to self when we are faced with the decision to please self or to please God.
 - ii. 1 Corinthians 9:24-27 – We must decide that we will discipline ourselves so that we can manifest Christlike qualities in our lives.
 - iii. 1 Peter 5:5 – We must possess the humility to confess our faults and acknowledge we need the Lord's help.
 - iv. 2 Corinthians 9:8 – As we die to self, God provides us with the sufficient grace we need to abound in every good work.
 - b. Putting it all together, we see the process that allows Spirit-control to grow in our lives:
 - i. When we are confronted with the decision to please self or to please the Lord, we must actively choose to die to self.
 - ii. In the dying process, we acknowledge our need for God's help and our desire to please Him in this moment.
 - iii. We commit ourselves to do what God commands so that we might please Him.
 - iv. God provides the grace we need in the moment we need it so that we will bring honor to Him.
 - c. Teacher Note: You can create a situation that your people may face to illustrate exactly how this is done. In the book, the author gives an illustration of a student on pages 58-59 that you can build off of for your class.