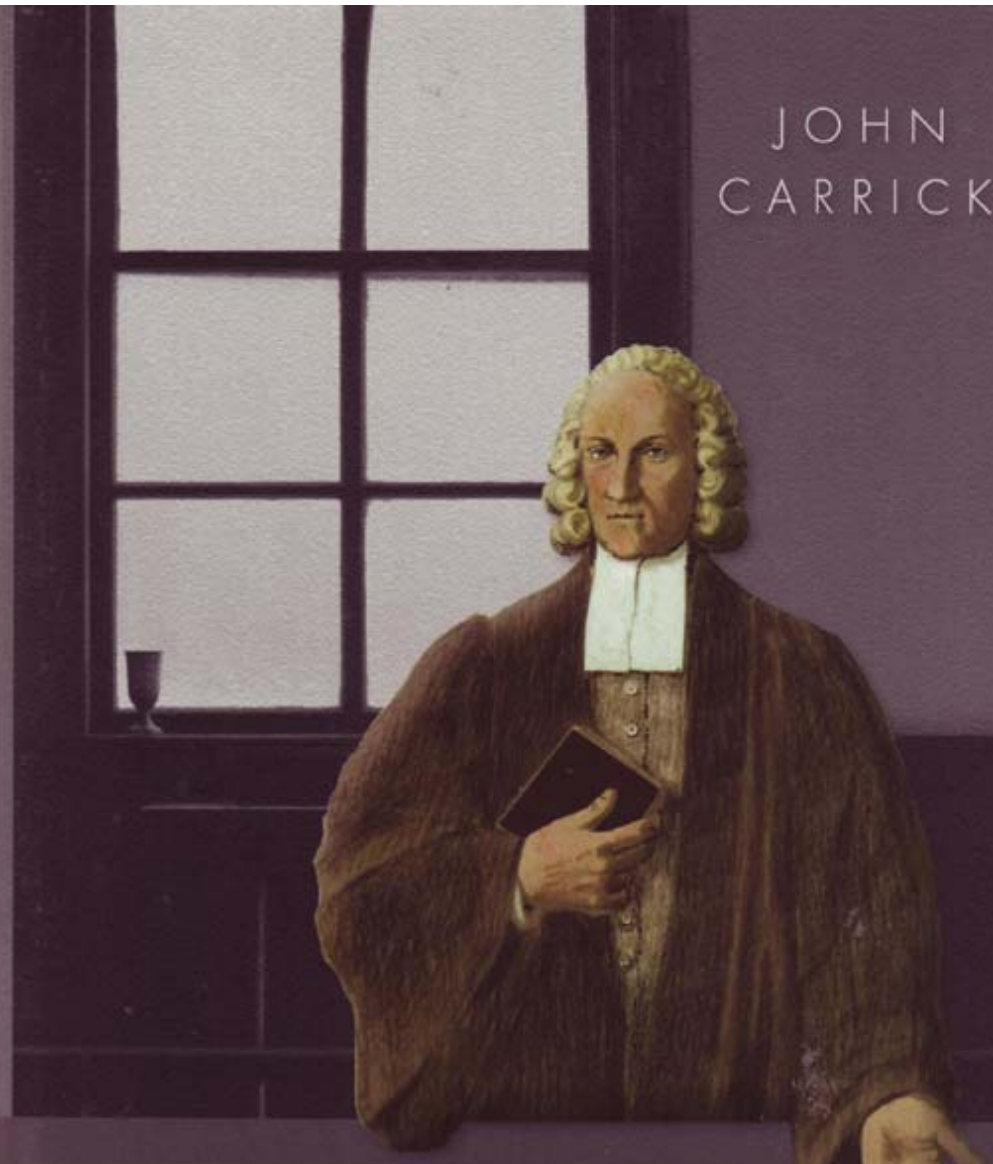


Living the Virtuous Life

Temperance

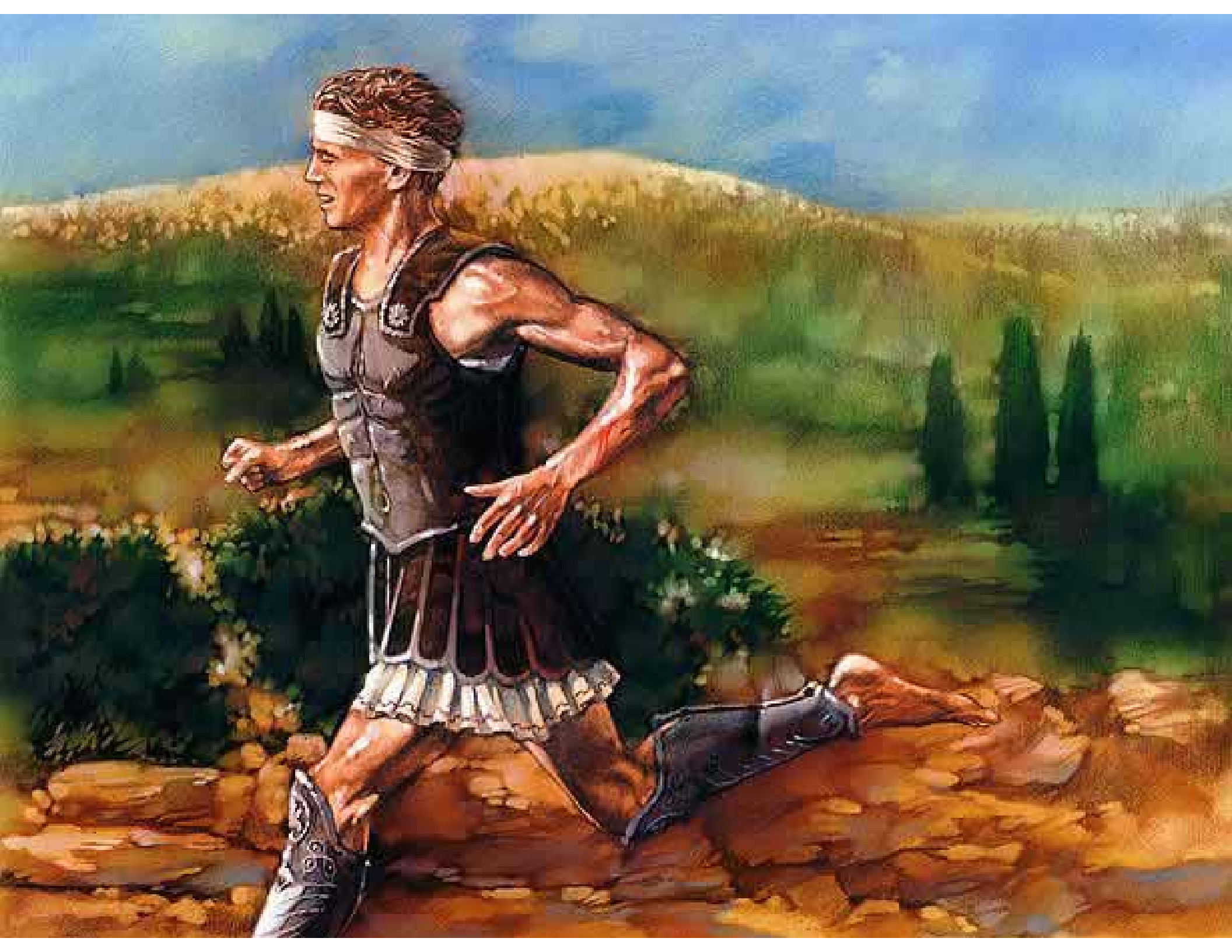
JOHN
CARRICK



THE PREACHING OF
**JONATHAN
EDWARDS**

Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.

1 Corinthians 9:24



And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

1 Corinthians 9:25



Courtney
McCool



Tabitha Yim



Courtney
Kupets

***Therefore I run thus: not
with uncertainty. Thus I
fight: not as one who beats
the air.***

1 Corinthians 9:26

***But I discipline my body
and bring it into
subjection, lest, when I
have preached to others, I
myself should become
disqualified.***

1 Corinthians 9:27

What is temperance?

***But the fruit of the Spirit
is love, joy, peace,
longsuffering, kindness,
goodness, faithfulness,
Galatians 5:22***

Gentleness, self-control. Against such there is no law.

Galatians 5:23

***And those who are
Christ's have crucified
the flesh with its
passions and desires.***

Galatians 5:24

***If we live in the Spirit,
let us also walk in the
Spirit.***

Galatians 5:25

***Let us not become
conceited, provoking
one another, envying
one another.***

Galatians 5:26

What is temperance?

- *Self-control*

*He who is slow to anger
is better than the mighty,
And he who rules his
spirit than he who takes a
city.*

Proverbs 16:32

What is temperance?

- Self-control over *anger*

***Have you found
honey? Eat only as
much as you need,
Lest you be filled with
it and vomit.***

Proverbs 25:16

What is temperance?

- Self-control over *appetite*

***Whoever has no rule
over his own spirit
Is like a city broken
down, without walls.***

Proverbs 25:28

What is temperance?

- Self-control over *mood*

Temperance is
linked to
the other virtues

***Grace and peace be
multiplied to you in the
knowledge of God and of
Jesus our Lord,***

2 Peter 1:2

*As His divine power has
given to us all things that
pertain to life and
godliness, through the
knowledge of Him who
called us by glory and
virtue,*

2 Peter 1:3

***By which have been
given to us
exceedingly great and
precious promises,***

***that through these you
may be partakers of
the divine nature,
having escaped the
corruption that is in
the world through lust.***

2 Peter 1:4

***But also for this very
reason, giving all
diligence, add to your
faith virtue, to virtue
knowledge,***

2 Peter 1:5

***To knowledge self-
control, to self-control
perseverance, to
perseverance
godliness,
2 Peter 1:6***

NCIO ET SPE ERIT

FORTITVDO VESTRA



***To godliness brotherly
kindness, and to
brotherly kindness
love.***

2 Peter 1:7

***For if these things are
yours and abound, you
will be neither barren
nor unfruitful in the
knowledge of our Lord
Jesus Christ.***

2 Peter 1:8

For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

2 Peter 1:9

***Therefore, brethren, be
even more diligent to
make your call and
election sure, for if you
do these things you
will never stumble;***

2 Peter 1:10

***For so an entrance will
be supplied to you
abundantly into the
everlasting kingdom of
our Lord and Savior
Jesus Christ.***

2 Peter 1:11

We are called to
teach temperance

***That the older men be
sober, reverent,
temperate, sound in
faith, in love, in
patience;***

Titus 2:2

What is temperance?

- Submission of your *desires*