

TEMPERANCE





“True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful”

ABSTINENCE FROM ANY HARMFUL THING

"As dead flies give perfume a bad smell, so a little folly outweighs wisdom and honour"

(Ecclesiastes, 10: 1)

The whole life can be ruined by only one bad habit. The best way to avoid that is to NEVER try harmful things.

If a drunk, a drug addict or a smoker hadn't drunk his first drink, taken his first dose or his first cigarette, he would have never become that.

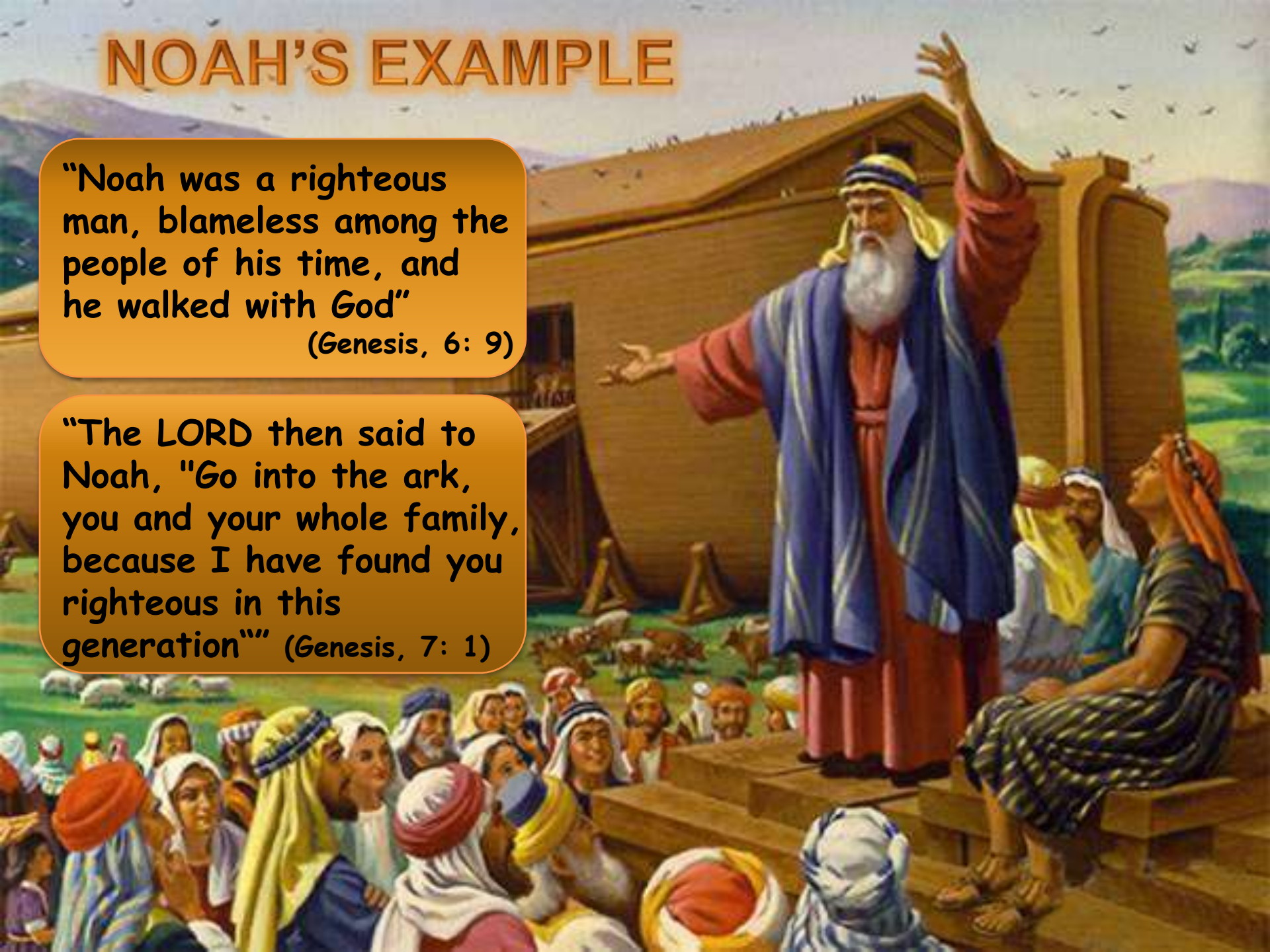


NOAH'S EXAMPLE

"Noah was a righteous man, blameless among the people of his time, and he walked with God"

(Genesis, 6: 9)

"The LORD then said to Noah, "Go into the ark, you and your whole family, because I have found you righteous in this generation"" *(Genesis, 7: 1)*



NOAH'S EXAMPLE

“Noah, a man of the soil, proceeded to plant a vineyard. When he drank some of its wine, he became drunk and lay uncovered inside his tent” (Genesis, 9: 20-21)

Noah's experience is a warning and example for our instruction that even the “best” among us, even the strongest and most faithful, are not immune to temptation and even to outright sin.



ALCOHOL IN THE BIBLE



"Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights and your mind imagine confusing things. You will be like one sleeping on the high seas, lying on top of the rigging. "They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?""

ALCOHOL IN THE BIBLE

Nadab and Abihu died when they offered strange fire before the Lord after drinking alcohol.

Samson's and John the Baptist's mother were told they mustn't drink alcohol (Judges, 13: 4; Luke, 1:15)

The Bible advises against drinking alcohol and warns of its danger. It also forbids those who want to consecrate his life (Nazirites) or to work in God's work (priests) to drink alcohol.

If God's work is incompatible with alcohol, neither is it a believer's life.

Tobacco, marijuana, heroin, synthetic drugs, etc. are not mentioned in the Bible because they weren't used then. Nevertheless, God gave us some guidance about that.

When tobacco spread in the 19th Century, Ellen G. White was given the next instructions:

“Tobacco using is a habit which frequently affects the nervous system in a more powerful manner than does the use of alcohol. It binds the victim in stronger bands of slavery than does the intoxicating cup; the habit is more difficult to overcome. Body and mind are, in many cases, more thoroughly intoxicated with the use of tobacco than with spirituous liquors; for it is a more subtle poison... The more freely these poisons are used, the more brutish will become the nature ... Teach your children to abhor stimulants”

(Child guidance, cp. 64, pg. 403-404)



SENSIBLY USING HEALTHY THINGS

“Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life. Truth brought into the sanctuary of the soul will guide in the treatment of the body. Nothing that concerns the health of the human agent is to be regarded with indifference. Our eternal welfare depends upon the use we make during this life of our time, strength, and influence”

SENSIBLY USING HEALTHY THINGS

Temperance involves maintaining a balance in every aspect of our lives.

- ❖ **Studying**
- ❖ **Working**
- ❖ **Dressing**
- ❖ **Eating**
- ❖ **Having fun**
- ❖ **Sleeping**
- ❖ **Sexuality**
- ❖ **...**

We must have temperance in every aspect of our lives



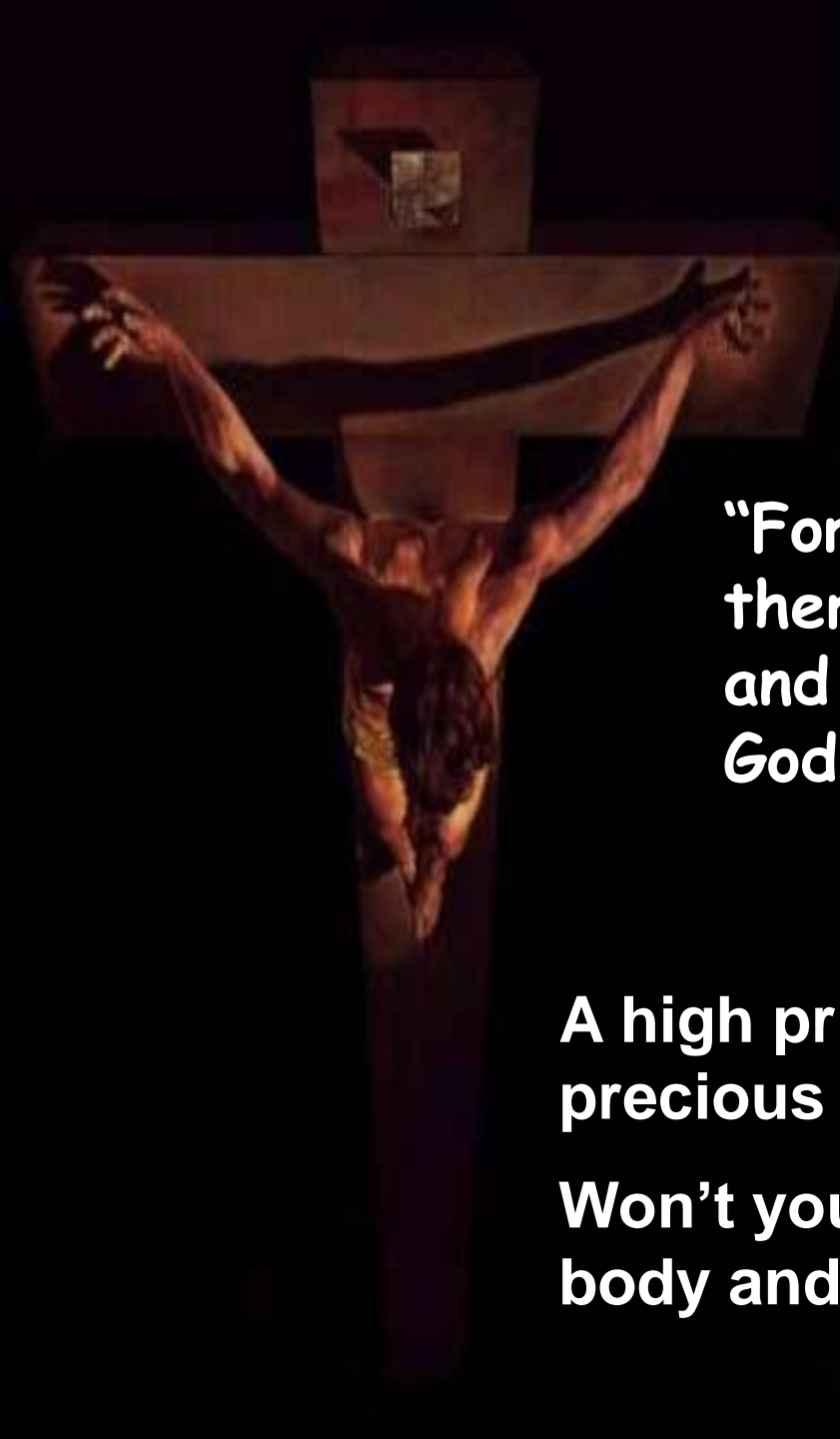
WHY MUST WE HAVE TEMPERANCE?

**"For you were bought at a price;
therefore glorify God in your body
and in your spirit, which are
God's"**

1 Corinthians, 6: 20

**A high price has been paid for us: the
precious blood of Jesus.**

**Won't you honour Him taking care of your
body and your mind?**



“A misuse of the body shortens that period of time which God designs shall be used in His service. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting to take physical exercise, by overworking mind or body, we unbalance the nervous system. Those who thus shorten their lives by disregarding nature's laws are guilty of robbery toward God. We have no right to neglect or misuse the body, the mind, or the strength, which should be used to offer God consecrated service”

ADAPT *it!*

Teaching Approach

Effective for
SMALL GROUPS

- ASSOCIATE truth** – Why should I study this lesson?
- DISCOVER truth** – What does the Bible say about this truth?
- APPLY truth** – How can this truth affect my life today?
- PLAN using the truth** – How can I use this truth today?
- TRANSFER truth to life** – What changes do I need in my life?



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each one of the 13 lessons about the
Health**

[Slideshare.net/chucho1943](https://www.slideshare.net/chucho1943)