

Sunday, April 14, 2024—Galatians 5:23 The Fruit of the Spirit, Part 10 (Temperance)

### Galatians 5:23

- **Meekness, temperance: against such there is no law.**
- **Temperance**—the word translated “temperance” occurs 4 times in 3 verses in the Greek text supporting the KJB. All four times the word is rendered “temperance” by the King James translators.
  - Galatians 5:23
  - Acts 24:25
  - II Peter 1:6
- These are the only times the word “temperance” occurs in the entire Bible.
- Noah Webster’s *American Dictionary of the English Language* defines “temperance” as follows:
  - “Moderation; particularly, habitual moderation in regard to the indulgence of the natural appetites and passions; restrained or moderate indulgence; as temperance in eating and drinking; temperance in the indulgence of joy or mirth. temperance in eating and drinking is opposed to gluttony and drunkenness, and in other indulgences, to excess.  
  
Patience; calmness; sedateness; moderation of passion.
  - He calm'd his wrath with goodly temperance [Unusual.]”
- Philippians 4:5—believers are to be known by the principle of “moderation.”
  - The state of being moderate, or of keeping a due mean between extremes or excess of violence. The General's moderation after victory was more honorable than the victory itself.  
  
Restraint of violent passions or indulgence of appetite. Eat and drink with moderation; indulge with moderation in pleasures and exercise.
  - 2. Calmness of mind; equanimity; as, to bear prosperity or adversity with moderation
  - 3. Frugality in expenses.
- I Corinthians 12:24-27—Paul uses the illustration of the athlete. Those who strive for the mastery in the games must be “temperate in all things.” Noah Webster defined “temperate” as:
  - Moderate; not excessive; as temperate heat; a temperate climate; temperate air.  
  
1. Moderate in the indulgence of the appetites and passions; as temperate in eating and drinking; temperate in pleasures; temperate in speech.

Be sober and temperate and you will be healthy.

2. Cool; calm; not marked with passion; not violent; as a temperate discourse or address; temperate language.

3. Proceeding from temperance; as temperate sleep.

4. Free from ardent passion.

- Titus 1:8—elders in the local church are to be “temperate.”
  - I Timothy 3:3—“not given to much wine”
- Titus 2:1-2—the aged men in the church are to be modeling “temperate” behavior for the younger men.
  - Titus 2:6—young men tended to be ruled by their passions. The aged men are to be modeling “temperance.”
- Galatians 5:23—recall the following statement from last week when we were talking about “meekness:”
  - Psalm 45:4—is the only verse I could find that seems to apply the quality of “meekness” to God the Father. It appears to be a quality that the scriptures apply most frequently to men.
  - The same seems the case with “temperance” and “moderation.” These are relational qualities that deal with how believers interact with others.
- Pastor Charles F. Baker, in his commentary on Galatians, identifies three triads within the Fruit of the Spirit.
  - Toward God: Love, Joy, Peace.
  - Toward Man: Longsuffering, Gentleness, Goodness.
  - Toward the Difficulties of Life: Faith, Meekness, Temperance. (83-86)
- Given that many of the fruit of the Spirit are related to the attributes of God I am not sure that I am in total agreement with Pastor Baker’s breakdown. That said, “meekness” and “temperance” seem to deal with how believers relate to others.
  - Meekness—deals with how we treat others.
  - Temperance—deals with how we should be known/perceived by others.
    - Philippians 4:5

- I Timothy 6:4-5—what are evil surmising's.
  - To suspect; to imagine without certain knowledge; to entertain thoughts that something does or will exist, but upon slight evidence.  
  
Suspicion; the thought or imagination that something may be, of which however there is no certain or strong evidence; as the surmises of jealousy or of envy.
- II Corinthains 10:4-5—these types of things need to be cast down.
- Tempering of eggs.