

Temperance

The primary meaning of *temperance* is "self-control" or "self-discipline." There are many fine activities, relationships, events, and other things that are a natural part of our everyday life. But did you know that those very things could become a stumbling block in your life if you don't have self-control? As a Christian, God will help you to have self-control, so make sure that you never leave God out of your plans.

Read the statements below, and determine which could become a problem for you. On the lines, write a note to the Lord asking Him to help you to have more self-control in those areas.

1. Holding your temper _____
2. Sleeping in _____
3. Keeping your promises _____
4. Cleaning your room _____
5. Doing chores _____
6. Doing homework _____
7. Finishing a task _____
8. Listening to the radio _____
9. Buying new clothes _____
10. Obeying traffic signs _____
11. Reading your Bible _____
12. Good grooming habits _____
13. Talking on the telephone _____
14. Practicing your music lessons _____
15. Handling your finances well _____
16. Careful of what you say _____
17. Obeying your parents _____
18. Talking often with God _____
19. Taking time to play a favorite sport _____
20. Being too talkative _____

OBJECT LESSON: A Horse Bridle or Dog Muzzle

Ask students: “Think about a time when you said something and then wished you could take it back. Could you?” (Allow students to share an experience briefly)

Show bridle or muzzle.

Ask students: “What is this used for?” (Conclude that it’s a device used to control by force, to restrain the animal.)

The muzzle keeps a dog from biting, licking, or chewing things. It keeps him from barking, too.

The bridle is used to slow a horse down and make him obey. It turns him in the right direction.

Read James 1:26. “The Bible says we should ‘bridle our tongue’ – does that mean to put something like this around our mouth?” No, it means we should use our mind and our will to restrain our tongue and control *what* we say and *how* we say it.

Read Proverbs 16:32. “What do you think it means to ‘rule your spirit’?”
The Bible is talking about keeping our attitudes and emotions under control.

Ask: “Did you ever get in trouble for having a bad attitude?”

“Did you ever get sick from eating too much?”

“Have you ever spent all your money on something (like candy or video games) and later wished you had that money to do something else?”

(Allow student responses and sharing)

“When you pray, ask God to help you ‘rule your spirit’ and He will.”

“As a Christian, you can ask God to help you ‘bridle your tongue’ and He will. It is good to ask Him every day. ‘Bridling your tongue’ is more than just deciding you’re not going to swear or gossip or take the Lord’s Name in vain. Our words should be kind and pleasant, that whatsoever we do, we should *do all to the glory of God.*”

Control Yourself!

Fill in the blanks using the words below:

Throwing a fit Eating too much Using time wisely Wasting money
Playing when you should be working Controlling your attitude
Watching what you say Starving yourself Spending money carefully

Temperance is . . .

Temperance is not . . .

Write one way you can be temperate:

At School _____

At home _____

With your friends _____

RIGHT or WRONG? (Teacher's Help)

Make copies of the **RIGHT or WRONG?** book marks for your students. (If possible, laminate them first.)

In class, ask your students to think back over some activities each of them may have done recently or that they plan to do sometime soon. Hand out the book marks, and read through the list of questions. Have the students apply the questions to each situation. Will it pass the test?

(Questions and Scriptures that are on each book mark)

Will it glorify God?

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." — 1 Corinthians 10:31

Can it be done for the Lord?

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men." — Colossians 3:23

Can it be done in Jesus' name?

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him." — Colossians 3:17

How will it appear to others?

"Abstain from all appearance of evil." — 1 Thessalonians 5:22

Would it hinder another Christian?

"It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak." — Romans 14:21

Does it involve the wrong company?

"Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?" — 2 Corinthians 6:14

Does it compromise my testimony?

"All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any." — 1 Corinthians 6:12

Is this God's will for me?

"For that ye ought to say, If the Lord will, we shall live, and do this, or that." — James 4:15

Am I willing to face it in the Judgment?

"For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad." — 2 Corinthians 5:10

If you are not sure, give the Lord the benefit of the doubt!

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