

## Soberness, Moderation, Temperance

sober: Moderate, temperate, avoiding excess, in respect of the use of food and drink; not given to the indulgence of appetite. Of demeanor, speech, etc.: Grave, serious, solemn, indicating or implying a serious mind or purpose.

moderation: Limitation, restriction; a fixed limit; a restricting provision or clause. Control, rule, governance.

temperance: The practice or habit of restraining oneself in provocation, passion, desire, etc.; rational self-restraint.

- I. Our society pursues pleasure and levity as the grand goals of life, a perilous sign. **2TI 3:4.**
  - A. A substantial amount of our economy and our time is devoted to sports and entertainment.
  - B. Shallow emotionalism has replaced sound doctrine and linear thought/reason in many churches, and this causes error. **JER 23:32; ZEP 3:4.**
    - 1. This is the folly of conformity to the world. **ROM 12:2.**
    - 2. The premise for this is that doctrine discourages attendance. But doctrine is supposed to discourage attendance of the worldly, fleshly minded.  
**JOH 6:26, 61-68 c/w 1TI 4:16.**
  - C. Television, movies, computers and the internet are the consuming interest of the masses.
    - 1. The word *amuse* comes from the Old French *amuse-r*: “to put into a stupid stare; to cause to stare stupidly.”
    - 2. A subordinate definition of *amuse* means “to divert the attention of the enemy from one's real designs.”
  - D. These are the earmarks of people who have forgotten God, a people in grave trouble.  
**DEU 8:11-14; EZE 16:49; ISA 47:7-8; 1TH 5:3.**
- II. Christians are urged to soberness. **1TH 5:6-8; 1PE 1:13; 4:7; 5:8.**
  - A. Pastors must especially cultivate soberness and temperance. **1TI 3:2; TIT 1:8; ECC 10:1.**
  - B. Deacons must be sober and temperate. **1TI 3:8.**
  - C. Pastors' and deacons' wives likewise are to be sober. **1TI 3:11.**
  - D. Senior men and women should be sober. **TIT 2:2-3.**
  - E. Young people are to be taught to be sober. **TIT 2:4, 6.**
  - F. This is an important lesson of grace. **TIT 2:11-12.**
  - G. Our moderation should be evident to all. **PHIL 4:5.**
  - H. Solomon's life is a testimony to the vanity of indulgence. **ECC 2:1, 10-11.**
- III. Temperance is an integral part of conversion. **ACT 24:25.**
  - A. Life *before* Christ is one of serving our lusts. **EPH 2:3; TIT 3:3.**
  - B. Life *after* Christ should be markedly different. **1PE 4:3.**
  - C. We must rule over our desires, not be ruled by them. **1CO 6:12; 9:25-27.**
- IV. Biblical soberness is lunacy to the world. **1PE 4:4; ACT 26:24-25.**
  - A. If walking in the ways of God evokes a charge of madness, we are in good company.  
**JOH 10:20; MAT 10:25.**
  - B. Paul's madness was *prior* to his conversion. **ACT 26:11.**
  - C. Christianity should be a model of order, not madness. **1CO 14:23, 32-33, 40; 2TI 1:7.**
  - D. Expect a crazy society ruled by lusts and self-interest to think you a fool or a looney.

**2CO 5:13; 1CO 4:10.**

- E. When lunacy is universal, every irrational thing will be rationalized and sanity becomes the crime. But do not give yourself over to an unsound mind by an improper reaction nor follow the madness of the crowd. **PSA 37:8; EXO 23:2.**

V. We should limit what goes into our mouths.

- A. We are warned against overindulgence in food. **LUK 21:34.**
  - 1. surfeiting: Feeding to excess, sickening or disordering by overfeeding, filling or supplying to excess.
  - 2. We must use discernment in our eating habits. **ECC 10:17.**
- B. We are warned against overindulgence in drink. **EPH 5:18; 1PE 4:3.**
- C. Excesses rob men of health, wealth and peace. **PRO 23:20-21, 29-30.**
- D. They who refuse this instruction are idolaters. **PHIL 3:19.**

VI. We should limit what comes out of our mouths, even in that which is permissible.

- A. There is a time for speaking, but not always. **ECC 3:7.**
- B. Much speaking may be the noise of an empty wagon or worse. **JOB 35:16; MAT 6:7.**
- C. Certain jestings are not appropriate. **EPH 5:4.**
- D. Church services demand extra consideration. **ECC 5:1-3.**
- E. The person who governs his heart will govern his tongue even his body. **MAT 12:34; JAM 3:2.**

VII. We should limit our passions. **PRO 25:28.**

- A. Ungoverned feelings lead to moral corruption. **EPH 4:19.**
- B. Anger must be carefully checked. **EPH 4:26; JAM 1:19; PRO 16:32.**
- C. Even joy must be kept in check. **LUK 24:41.**

VIII. We should limit our pursuit of pleasures.

- A. Unfettered pursuit of pleasures is characteristic of the unsaved. **TIT 3:3.**
- B. One can become addicted to pleasure. **ISA 47:8.**
- C. The love of pleasure will lead to poverty. **PRO 21:17.**
- D. Perilous times are when people are lovers of pleasure more than of God. **2TI 3:1, 4.**
- E. Cares and pleasures of life can choke the word of God. **LUK 8:14.**
- F. A wise man will consider the solemn things of this world. **ECC 7:2-6.**
- G. God by His grace gives His saints lasting pleasure that can never be overindulged. **ISA 35:10; ROM 5:11.**
  - 1. This pleasure does not depend upon earthly things. **HAB 3:17-18.**
  - 2. This pleasure can be had even in persecutions and troubles. **LUK 6:22-23; JAM 1:2.**
  - 3. This pleasure can be had, *should* be had alway. **PHIL 4:4.**
- H. We are not fitted for endless pleasures now. But wait. **PSA 16:11.**