

The Fruit of the Spirit: Temperance

Part 1 of 2 - The Discipline of Temperance

Temperance, self-control, is a vital aspect of spiritual growth. Proverbs 25:28 warns, “He that hath no rule over his own spirit is like a city that is broken down, and without walls.” Self-control helps to protect us from destructive behaviors and helps us to live a disciplined and godly life.

Paul writes in 1 Corinthians 9:25, “And every man that striveth for the mastery is temperate in all things.” Just as athletes exercise self-control to achieve their goals, we too must practice temperance to grow in our faith and pursue godliness.

Let us seek to cultivate self-control in our lives, relying on the Holy Spirit to guide our actions and decisions. By practicing temperance, we align our lives with God’s will and reflect His character to the world.

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Part 2 of 2 - Temperance in Speech

James 1:19 instructs, “Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.” Temperance in speech is an essential for maintaining our healthy relationships and avoiding unnecessary conflicts.

Proverbs 15:1 reminds us, “A soft answer turneth away wrath: but grievous words stir up anger.” By practicing self-control in our speech, we can help to prevent misunderstandings and promote peace. Our words, our tongue, have the power to build things up or to tear them down, and our temperance helps us to choose the correct words wisely.

Let us ask the Holy Spirit to help us exercise temperance in our speech, speaking words that are seasoned with grace and truth. By doing so, we can hope to reflect the love and wisdom of Christ in our conversations.

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A city guarded, strong and true,
Is one who reigns the heart's desire.
Through discipline, we're made anew,
Refined like gold within the fire.
The Spirit leads, our will to mold,
In Him, our strength and peace unfold.

A gentle word, a calm reply,
Can turn away the wrathful flame.
The tongue, though small, can lift or lie,
And temperance guards its sacred aim.
With grace and truth, let speech impart,
A mirror of Christ's loving heart.