# **METRO NEW YORK WORLD MINISTRIES**

## ADULT SABBATH SCHOOL CONTRIBUTING NOTES

### For the week ending February 1, 2014

In our lesson this week on “Discipling the Sick”, we are brought face-to-face with the importance of health and the gospel.

In this week’s note, we would like to focus on the subject of temperance. Let’s us begin with this amazing quote found in the book *Temperance*, page 201.

**Main Quote:**

“Temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained.”

Then we also find this quote about intemperance:

“Intemperance lies at the foundation of all the evil in our world.” *Temperance*, page 165

**Why is temperance so important?**

“The law of temperance must control the life of every Christian. God is to be in all our thoughts; His glory is ever to be kept in view. We must break away from every influence that would captivate our thoughts and lead us from God. We are under sacred obligations to God so to govern our bodies and rule our appetites and passions that they will not lead us away from purity and holiness, or take our minds from the work God requires us to do.” *Counsels on Health*, page 42

**Consider these passages from Scripture as to the importance of temperance:**

Temperance is part of the fruit of the Holy Spirit: “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, **temperance**: against such there is no law.” Galatians 5:22, 23

Temperance is part of Peter’s ladder of Christian virtues: “Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge **temperance**; and to **temperance** patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make [you that ye shall] neither [be] barren nor unfruitful in the knowledge of our Lord Jesus Christ. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins. Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:” 2 Peter 1:4-10

One needed to practice temperance to qualify as a bishop of the church: “For a bishop must be blameless, as the steward of God; not selfwilled, not soon angry, not given to wine, no striker, not given to filthy lucre; But a lover of hospitality, a lover of good men, sober, just, holy, **temperate**;” Titus 1:7, 8

**What does the word temperance mean?**

Temperance comes from the Greek word *egrate*, meaning to divide. It denotes a return to self-control, or to cease to be out of control.

It comes from the Latin word *tempus*, where we get the word for time, or to divide.

Temperance is what divides the old life of intemperance from the new life of temperance in Christ. You might say that temperance, which is “the foundation of all the graces that come from God, the foundation of all victories to be gained,” is God way of separating good and evil.

Remember that in the beginning God said that everything which He had made was “very good.” Genesis 1:31. But there was one thing that was not good, namely, the tree of the knowledge of good and evil.

If Adam and Eve were to remain good that must not partake of that which is a mixture of good and evil. If they would partake of the forbidden fruit then they would lose self-control.

Why did Adam and Eve fall? They disobeyed God strict command. They partake of that which is a mixture of good and evil.

God does not want any of us to partake of anything that is evil. No worldly television, no worldly music, no crude jesting, and no harmful substances. In other words, God wants us to live a life of temperance, where we only partake of that which is holy, pure, and good. This is what a life of temperance and health is all about.

“God requires that His people shall be temperate in all things. Unless they practice temperance, they will not, cannot, be sanctified through the truth.” *Temperance*, page 252

Temperance is not only God’s means to free us from evil, but to also keep us in the good way.

“Temperance in all things is necessary to health, and the development and growth of a good Christian character.” *Counsels on Health*, page 38

Purity and holiness is a state of non-mixing, it is an experience to glorify God in all things by the power of the Holy Spirit.

**Notice that it is Satan’s plan to lead us all into intemperance:**

“Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat, and other things given by God as food, and would convert them into poisons, which would ruin man's physical, mental, and moral powers, and so overcome the senses that Satan should have full control. Under the influence of liquor, men would be led to commit crimes of all kinds. Through perverted appetite the world would be made corrupt. By leading men to drink alcohol, Satan would cause them to descend lower and lower in the scale.” *Temperance*, page 12

Satan wants to destroy us physically, that he might destroy us mentally, that he might ultimately destroy us spiritually.

**But what is God’s plan?**

“We want everyone to be a temperance worker.” *Temperance*, page 236

“From the light God has given me, every member among us should sign the pledge and be connected with the temperance association.” *Temperance*, page 236

**Consider these inspired words from Isaiah:**

“Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.” Isaiah 58:8

Notice the following three laws in this verse:

First, the Law of Guidance. “Then shall thy light break forth as the morning.”

Second, the Law of Health, “And thine health spring forth speedily.”

Third, the Law of Character, “And thy righteousness shall go before thee.”

We need these three laws working in our life to live a life of holiness. We need the guidance of the Holy Spirit. We need temperance as the foundation of good health. And we need the impartation of the life of Christ.

Notes compiled by Pastor Jeff Wehr