

## Developing Temperance – The MOUTH

**Scripture: 2 Corinthians 10:3-5**

**Definition of Temperance:**

**1. 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.**

**2. Patience; calmness; sedateness; moderation of passion.**

**Example: He calm'd his wrath with goodly temperance. [Unusual.]**

There are two ways to develop Temperance

1. Control your Mouth
2. Strengthen your inner man – What is imperishable
  - a. Soul
  - b. Conscience
  - c. Mind
  - d. Spirit

**CONTROLLING YOUR MOUTH - Jam 3:1-12 (Message) v1.** Don't be in any rush to become a teacher, my friends. Teaching is highly responsible work. Teachers are held to the strictest standards. **v2.** And none of us is perfectly qualified. We get it wrong nearly every time we open our mouths. If you could find someone whose speech was perfectly true, you'd have a perfect person, in perfect control of life. **v3.** A bit in the mouth of a horse controls the whole horse. **v4.** A small rudder on a huge ship in the hands of a skilled captain sets a course in the face of the strongest winds. **v5.** A word out of your mouth may seem of no account, but it can accomplish nearly anything--or destroy it! It only takes a spark, remember, to set off a forest fire. **v6.** A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell. **v7.** This is scary: You can tame a tiger, **v8.** but you can't tame a tongue--it's never been done. The tongue runs wild, a wanton killer. **v9.** With our tongues we bless God our Father; with the same tongues we curse the very men and women he made in his image. **v10.** Curses and blessings out of the same mouth! My friends, this can't go on. **v11.** A spring doesn't gush fresh water one day and brackish the next, does it? **v12.** Apple trees don't bear strawberries, do they? Raspberry bushes don't bear apples, do they? You're not going to dip into a polluted mud hole and get a cup of clear, cool water, are you?

**The very words we speak can be our:**

- Death or life – I am sick and tired of ..... Proverbs 18:21
- Prosperity or poviety – We cannot afford ....
- What we can or cannot do – I can not understand Mathematics....
- Can Curse or Bless – You are so stupid....
- Express love or hatred – I hate you....

**What can we done?**

- Ask God / Holy Spirit to guard your mouth. Psalm 141:3
- Put your mouth under control: Proverbs10:11 & 31
- Watch what you say. Ask family to help you.
- Watch for unwholesome talk - Ephesians 4:29-32
- Do not allow you mouth to make you sin: Ecclesiastes 5:6
- Do not bad mouth people, like leaders: Ecclesiastes 10:20 & James 4:11
- Let Christ word indwell richly you – Colossians 3:16-17
- Ask forgiveness - ! John 1:9
- Confess Jesus with your mouth - Romans 10:9
- Put on the Armour of God Ephesians 6:10-20