

Developing Temperance – The INNER Man

1Corinthians 9:25-27 And every man that strives in the games exercises self-control in all things. Now they do it to receive a corruptible crown; but we an incorruptible. v26. I therefore so run, as not uncertainly; so fight I, as not beating the air: v27. but I buffet my body, and bring it into bondage: lest by any means, after that I have preached to others, I myself should be rejected.

The difference between the inner man and the outer man are: **1 Corinthians 2:14-16**

- The inner man is imperishable, will live forever, weather in Heaven or Hell.
Known as the **Inner Man, Heart or Spirit Man**
- The outer man is temporal and will be destroyed at death. It is what we can see –
Known as the **Flesh, Old man, Outward Man or Sinful Man!**

Your inner man consists of what is incorruptible, your **Soul, Spirit**, and the bible often talks of your **heart**. You need to protect them from corruption because that is where devil will attack. The devil is only interested / after your SOUL and wants to STEAL your salvation! Remember YOUR INNER MAN is in **DIRECT contrast** to your FLESH. The **natural man WILL** always follow the flesh if you do not willfully train it in God's ways.

If we do not make a conscious effort, daily, to **break** from our past, the flesh man (old man/outward man), we strengthen our outward man. As we feed the outward man, it grows but we also move further away from God. On the other hand, when we feel our Spirit Man / Inner Man we grow not only Spiritually but also closer to God.

Your **Soul** is your **mind, will** and **emotions**, that part that makes you unique. You need to daily protect your soul by:

- A Relationship with God - The more we spend time with God, the more we strengthen our inner man and the more God will change us. **Psalms 34:4**
- Pray - As we stop praying "Give Me" prayers and focus on God and what He want from our lives. Talk to God in your prayers, he is listening. **Ephesians 3:14-21 / 1 Corinthians 14:9**
- Read / Study God word, as we soak up His word, and DO what it say, it will build and strengthen up our inner man. **Colossian 3:16**
- Repentance and Confession of Sin and short comings is most important, if possible keep short accounts with God. **1 John 1:9**
- Hide Gods word in our heart, Meditate on it day and night **Psalms 1:2-3** and commit Gods word to your memory. **Psalms 199:11**
- Put on Gods Armour each day because the battlefield is in our mind. God has given us many defensive things but only one weapons, the sword of the Word of God, Use it! **Ephesians 6:10-18**

FLEE EVIL

Flee from wrong things and ALL kinds of evil. This world is corrupt and getting worse each day. Be careful what you allow though the "Gates" of your life. Look at these thoughts, actions etc., as seeds that you sow and for which you WILL get a harvest and WILL give an account to God for, whether good or bad:

- **Eyes** – Do not watch anything that compromises what God says is wrong! Take stock of, watch what you lend your eyes too, it **Will eventually control your life, thinking and actions. Matthew 6:22-23 / Luke 11:34**
- **Ears** – Listening to things that are not from God. Jokes, Worldly music, is just that worldly music. Fill your Spirit with Godly things. **Matthew 13:15**
- **Touch / Feeling** – Be careful what you touch. Do just let any one lay hands on you or touch you. **Ephesians 4:17-19 / Matthew 5:30**
- **Other Senses / Smell** – Your sense can bring back memories of your past and if not checked can bring your past back into your life. The bible says we must take captive every thought and bring it inline with Christ – **2 Corinthians 10:6**
- **Thoughts / Mind / Thinking** – The bible says as a man thinks so is he! **1Corinthians 3:18-20**
- **Talk** – What you say/confess with your mouth is VERY important and we will give an account to God. **Matthew 12:36-17 / Romans 10:9-11 / Proverbs 25:11 / Psalm 19:14**

If we do not control our Outward Man and its desires we can SHIPWRECK our salvation: 1Timothy 1:18-19

Take stock of your life, keep what is good and throw out what is not good. remember God sees all, knows all and is everywhere! You cannot hide your sin, get rid of it by Confession and Repentance and give it to him, now! Proverbs 14:12 & 32