



This week we will be looking at the fruit of Self-control (Temperance – KJV). Self-control is simply being able to control oneself. We need to have self-restraint or moderation as part of our innate character and disposition. Most of us don't think we have a problem with self-control, but we would be surprised how many times we have thrown temperance out the window. 1) Cellphones and I-pads are the most controlling devices we have ever seen. Most people cannot put them down, not even to eat. They are so addicting that though we know the phones are a health hazard, we still refuse to use self-restraint. 2) You are watching a movie that you thought was good until you hear a barrage of foul language, men and women behaving in an inappropriate way, or people displaying alternative lifestyles, can we turn off the TV, go get our Scriptures and fill our minds with Yah's word? 3.) You're having a discussion with someone and you become angry, can you hold your tongue and keep yourself from saying or doing something that will cause more contention? 4.) You're out shopping and see a pair of shoes or some other item **you don't need**, will you be able to deny yourself? These are just a few examples we all have experienced at some point. However, we must be victorious over ourselves in order to receive the prize. *"And every one who competes **controls himself in every way**. Now they do it to receive a corruptible crown, but we for an incorruptible crown... I treat my body severely and make it my slave..."* 1Corinthians 9:25 & 27). This saying, we are to control our flesh and not let our flesh control us. *"A man who has no control over his spirit is like broken-down city without a wall"* Proverbs 25:28.

"So then, by their fruits you shall know them"