

Behavioural Temperance

We will practice temperance in behaviour and will abstain from activities and attitudes that are offensive to our fellowman or that lead to addiction enslavement.

A. Temperance: One of the cardinal Christian virtues is temperance or self-control (**1Corinthians 9:25; Titus 1:8; Titus 2:2**). It is listed as fruit of the Spirit (**Galatians 5:23**)

1. **We are admonished to practice moderation and balance in our behaviour (Philippians 4:5)**
2. **The Scripture indicates that it is within our ability to control our thinking (Philippians 4:8)**
3. **The Scripture indicates that it is within our ability to control our anger (Ephesians 4:26; Psalms 4:4; James 1:19-21)**
4. **The Scripture indicates that it is within our ability to control our communication (Ephesians 4:29; Colossians 3:8)**
5. **To exercise self-discipline reflects your focus on the target (2Peter 1:5-11).** That is so important to live effective, fruitful and productive life, to make your calling and election sure, and to receive a rich welcome in the kingdom of God and our reward from the LORD.

B. Offensive Behaviour: The Bible speaks clearly that we are to be sensitive to the needs and feelings of others as demonstration of our love for them (**Mathew 22:39; Romans 12:9-21**).

1. **Not to overlook the interest of others (Philippians 2:3-5).**
2. **Not to harm others (Romans 13: 8,9,10).**
3. **At times it is necessary for us to control our behaviour so that not to bring offense to others (Romans 14:13-15; 1Corinthians 8:9-13).**
4. **As we know Christ after the Spirit, we are also to know others in the same manner so we will not judge them after their outward behaviour alone (2Corinthians 5:16).**
5. **A respect and tolerance for differences in others should characterize our relationships (Romans 14:2,3; 1Corinthians 8:8; Ephesians 4:2; Colossians 3:13).**

A. Addiction and Enslavement: One of the primary benefits of our liberty in Christ is freedom from the domination of negative forces (**John 8:32; Romans 6:1-2,14; Romans 8:2**).

1. **We are counselled not to put ourselves again under bondage (Galatians 5:1):** Therefore, a Christian must totally abstain from all alcoholic beverages and other habit-forming (Chewing Betel nut) and mood-altering chemical substances and refrain from the use of tobacco in any form, marijuana, and all other addictive substances.
2. **We must refrain from any activity (such as gambling or gluttony):** These defile the body as the temple of God, or which dominates and enslaves the spirit that has been made free in Christ (**Proverbs 20:1; 23:20,30-35; Isaiah 28:7; 1Corinthians 3:17; 1Corinthians 5:11; 1Corinthians 6:10; 2 Corinthians 7:1; James 1:21**).