

Gal 5:22-26

But the **fruit of the Spirit** is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk (*live our lives*) in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another.



The Work of  
the Holy Spirit  
in Us

Temperance



Be sober, be vigilant; because **your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:** Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.



1 John 4:4

Ye are of God, little children, and have overcome them: because **greater is he that is in you, than he that is in the world.**



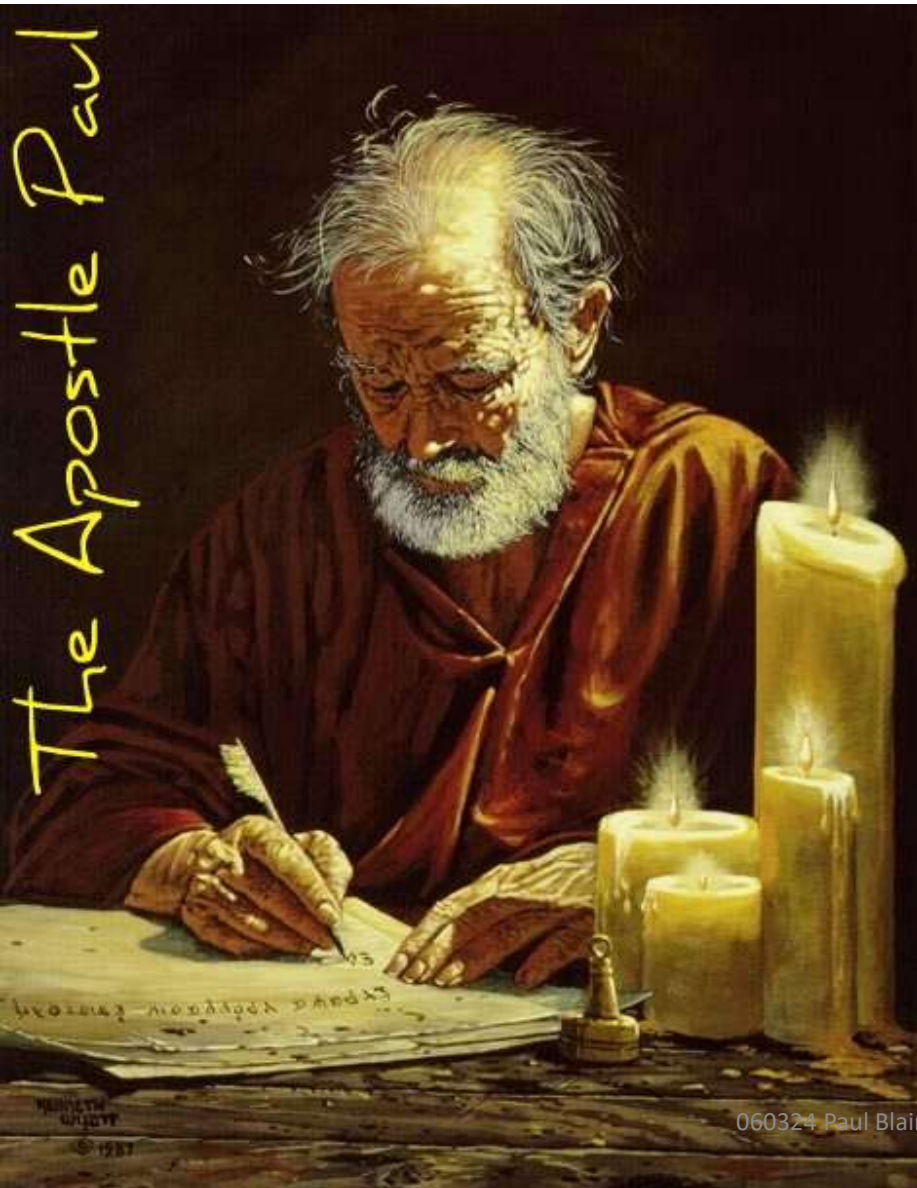
**2 Cor 5:14-15**

**<sup>14</sup> For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead:**

**<sup>15</sup> And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.**



# The Apostle Paul



Rom 7:19, 24-8:1

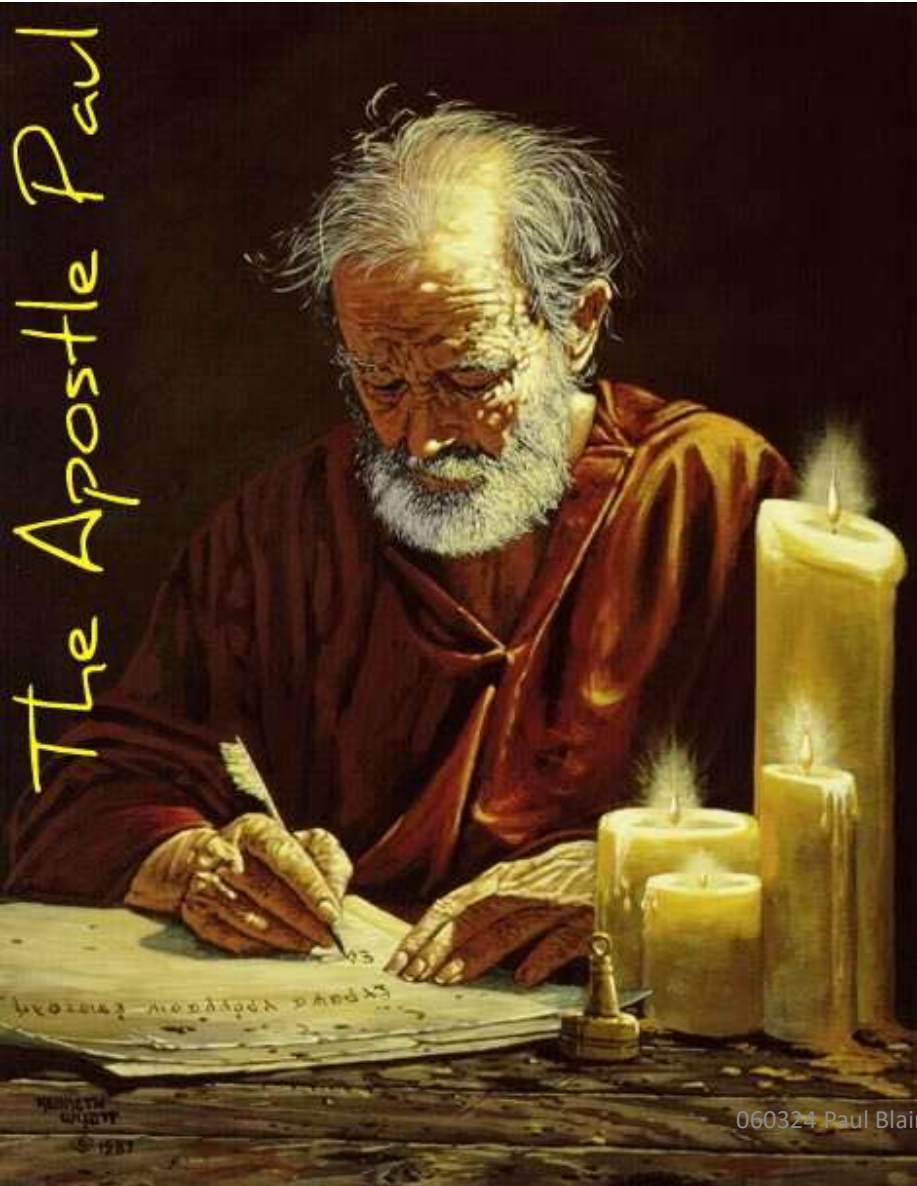
<sup>19</sup> For the good that I would I do not:  
but the evil which I would not, that I do.

O wretched man that I am! who shall  
deliver me from the body of this death?

<sup>25</sup> I thank God through Jesus Christ our  
Lord. So then with the mind I myself  
serve the law of God; but with the flesh  
the law of sin.

<sup>8</sup> There is therefore now no  
condemnation to them which are in  
Christ Jesus, who walk not after the  
flesh, **but after the Spirit.**

The Apostle Paul

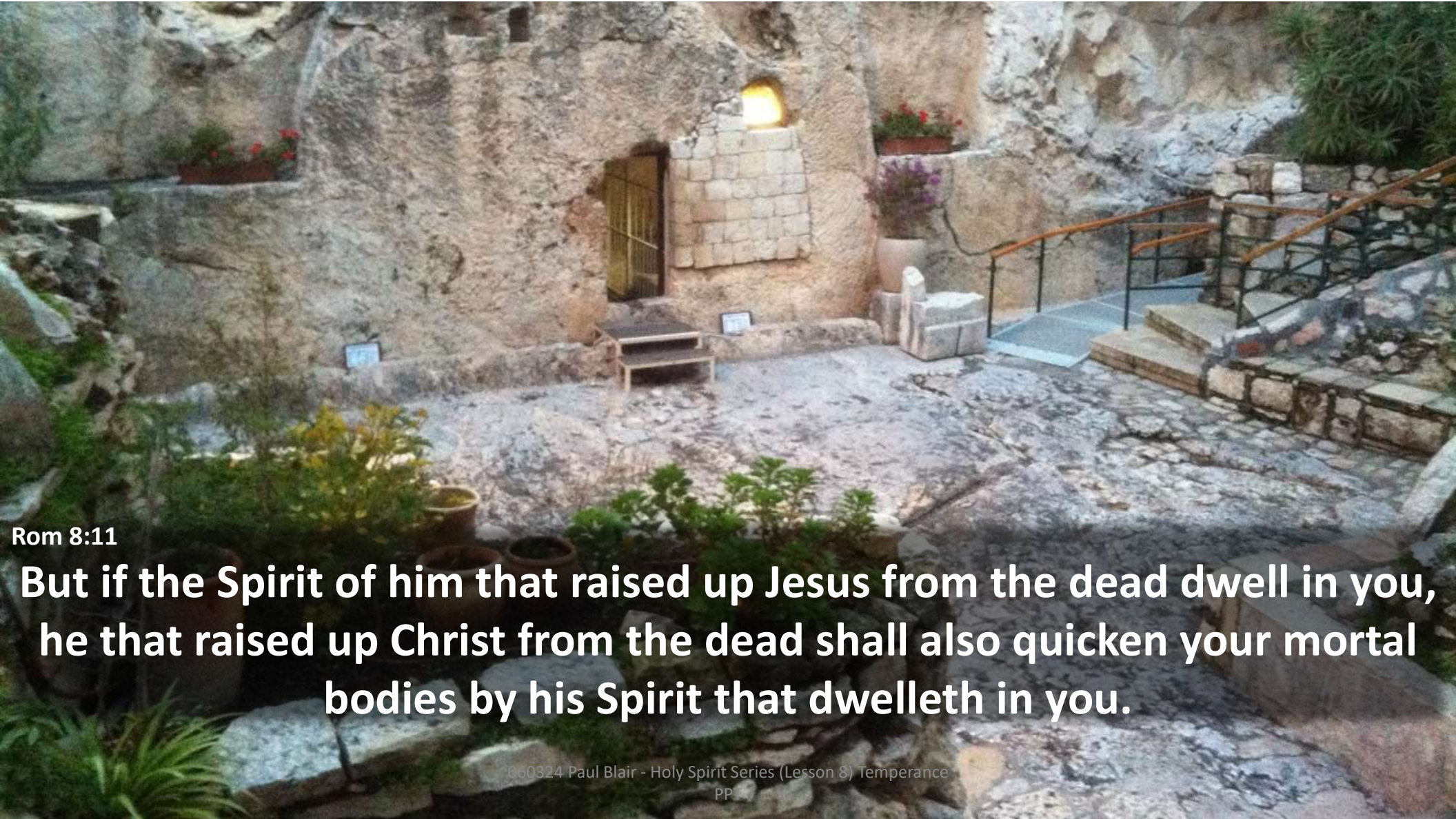


Chapter 7

**“I” – 23x**

Chapter 8

**“Spirit” – 19x**



Rom 8:11

**But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.**



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 (KJV)**

# Temperance

23	5	πραύτης	ἐγκράτεια'	κατὰ	τῶν	τοιοῦτων
		NFSN	NFSN	PG	ANPG	OADNPG
		Meekness,	temperance:	against		such
		<4240>	1466	2596	3588	5108
		praútees	enkrátēia	katá	toón	toiούtoon

NT:1466 ἐγκράτεια **egkrateia** (eng-krat'-i-ah); from NT:1468; self-control (especially continence):

**KJV** - temperance.

οὐκ	ἔστιν	νόμος.
TN	V3SPAI	NMSN
no	there is	law.
3756	2076	3551
ouk	éstin	nómos

NT:1467 ἐγκρατεύομαι **egkrateuomai** (eng-krat-yoo'-om-ahee); middle voice from NT:1468; to exercise self-restraint (in diet and chastity):

**KJV** - can ([-not]) contain, be temperate.

24	5	οἱ	δὲ	τοῦ	Χριστοῦ	[Ἰησοῦ]
		AMPN	CCV	AMSG	NMSG	NMSG
			And	they	that are	Christ's
		3588	1161	3588	9999	5547
		Hoi	dé	τού	Christού	Ieesού

NT:1468 ἐγκρατής **egkrates** (eng-krat-ace'); from NT:1722 and NT:2904; strong in a thing (masterful), i.e. (figuratively and reflexively) self-controlled (in appetite, etc.):

**KJV** - temperate.

τὴν	σάρκα	ἑσταύρωσαν	σὺν	τοῖς
AFSA	NFSA	V3PAI	PD	ANPD
the	flesh	have crucified	with	the
3588	4561	4717	4862	3588

Gal 5:16-17

<sup>16</sup> This I say then, **Walk** in the Spirit, and ye shall not fulfil the **lust** of **the flesh**. <sup>17</sup> For **the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.**



Gal 5:19-21

Now **the works of the flesh are manifest**, which are these; Adultery, fornication, uncleanness, lasciviousness,<sup>20</sup> Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,<sup>21</sup> Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.



Gal 5:22-23

<sup>22</sup> But **the fruit of the Spirit** is love, joy, peace, longsuffering, gentleness, goodness, faith,<sup>23</sup> Meekness, temperance: against such there is no law.



**The body can be  
a great servant,  
but a bad master.**

1 John 2:16

**16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.**





Gen 1:31

And God **saw every thing that he had made**, and, behold, *it was very good.*

Prov 25:28

*He that hath no rule  
over his own spirit is  
like a city that is  
broken down, and  
without walls.*



# 1) Be Filled with Wisdom of Holiness

Eph 5:15-21

<sup>15</sup> See then that ye walk circumspectly, not as fools, but as wise,

<sup>16</sup> Redeeming the time, because the days are evil.

<sup>17</sup> Wherefore be ye not unwise, but understanding what the will of the Lord is.

<sup>18</sup> And be not drunk with wine, wherein is excess; but be filled with the Spirit;

<sup>19</sup> Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

<sup>20</sup> Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

<sup>21</sup> Submitting yourselves one to another in the fear of God.

THE HOLY SPIRIT

**Transliteration:** *plēroō*

**Pronunciation:** plā-ro'-ō 

**Part of Speech:** verb

**Root Word (Etymology):** from [G4134](#)

**Outline of Biblical Usage:**

1. to make full, to fill up, i.e. to fill to the full

1. to cause to abound, to furnish or supply liberally

1. I abound, I am liberally supplied

2. to render full, i.e. to complete

1. to fill to the top: so that nothing shall be wanting to full measure, fill to the brim

2. to consummate: a number

1. to make complete in every particular, to render perfect

2. to carry through to the end, to accomplish, carry out, (some undertaking)

3. to carry into effect, bring to realisation, realise

1. of matters of duty: to perform, execute

2. of sayings, promises, prophecies, to bring to pass, ratify, accomplish

3. to fulfil, i.e. to cause God's will (as made known in the law) to be obeyed as it should be, and God's promises (given through the prophets) to receive fulfilment

**KJV Translation Count — Total: 90x**

fulfil 51, fill 19, be full 7, complete 2, end 2, misc 9

# **1. Hymns (to celebrate), spiritual songs**

## **2. Scripture (Psalms, God breathed)**

- **John 6:63 ...the words that I speak unto you, they are spirit, and they are life.**
- **John 17:15-17 I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. They are not of the world, even as I am not of the world. Sanctify them through thy truth: thy word is truth.**

## **3. Thankfulness**

# Be Filled with Wisdom of Holiness

Eph 5:18-21 “...**be not drunk with wine, wherein is excess; but **be filled** with the Spirit...**

- Matt 12:35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. (Actions begin with thought)
- Prov 23:7 For as he thinketh in his heart, so is he:

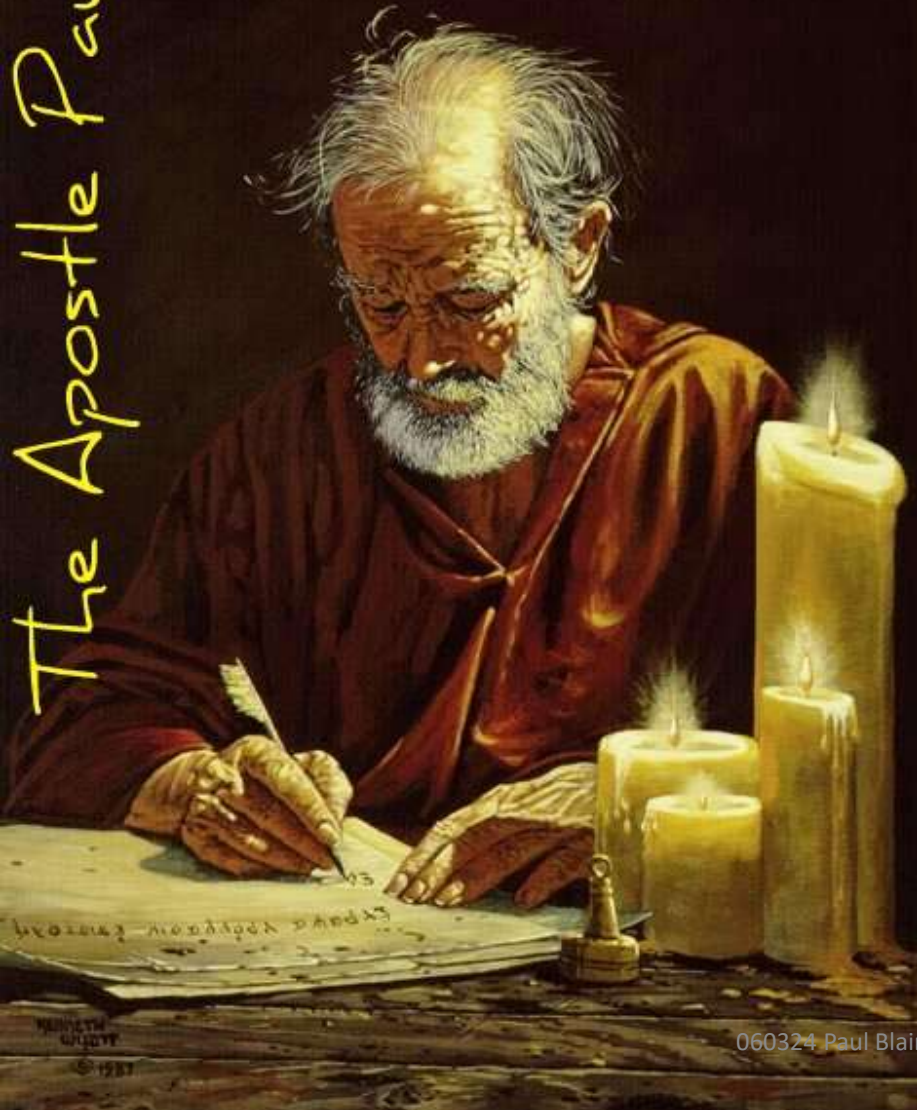
- Eph 4:17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, **in the vanity of their mind,**
- Eph 4:22-24 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be **renewed in the spirit of your mind;** And that ye put on the new man, which after God is created in righteousness and true holiness.
- Eph 5:15-16 See then that ye walk circumspectly, not as fools, but **as wise,** Redeeming the time, because the days are evil.
- Eph 5:17 Wherefore **be ye not unwise,** but understanding what the will of the Lord is.

Rom 12:1-2

**I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but **be ye transformed by the renewing of your mind,** that ye may prove what is that good, and acceptable, and perfect, will of God.**



The Apostle Paul



Phil 4:8-9

Finally, brethren, whatsoever things are true, **whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.**

Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace **shall be with you.**

## 2) Take Captive Every Thought

2 Cor 10:4-5

*4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)*

*5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*



# 3) Just say NO!

James 4:7

*Resist the devil, and he will flee from you.*

THE HOLY SPIRIT

1 Cor 10:13

<sup>13</sup> There hath no temptation taken you but such as is common to man: but God is faithful, **who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape,** that ye may be able to bear it.



# 4) Don't even cause Suspicion

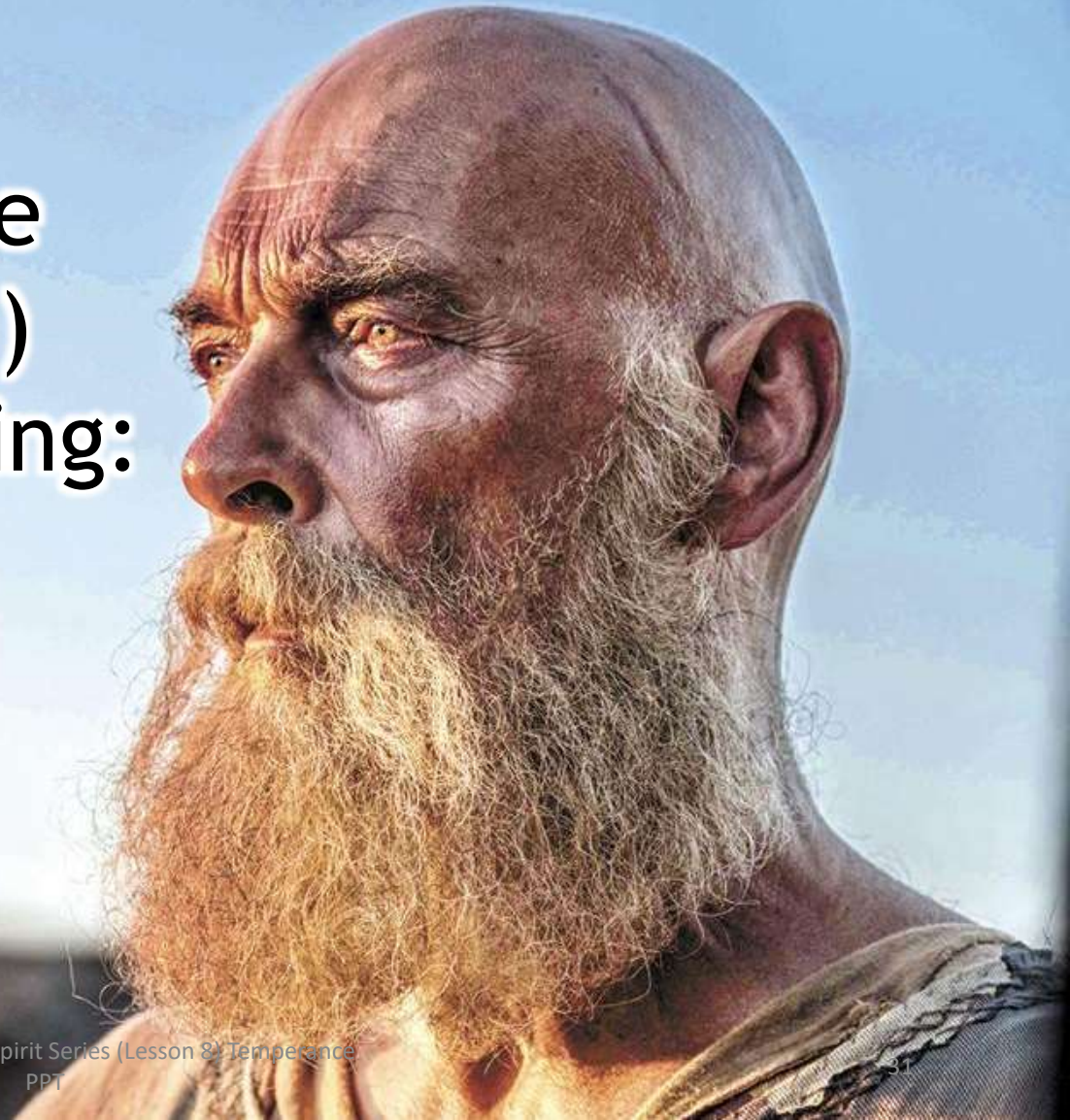
1 Thess 5:22

**<sup>22</sup> Abstain from all appearance of evil.**

THE HOLY SPIRIT

Rom 7:18

For I know that in me  
(that is, in my flesh,) dwelleth no good thing:



Jeremiah 17:9

***The heart is deceitful above  
all things, and desperately  
wicked: who can know it?***

*Jeremiah*





060324 Paul Blair - Holy Spirit Series (Lesson 8) Temperance  
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# 5) Fellowship of the Brethren

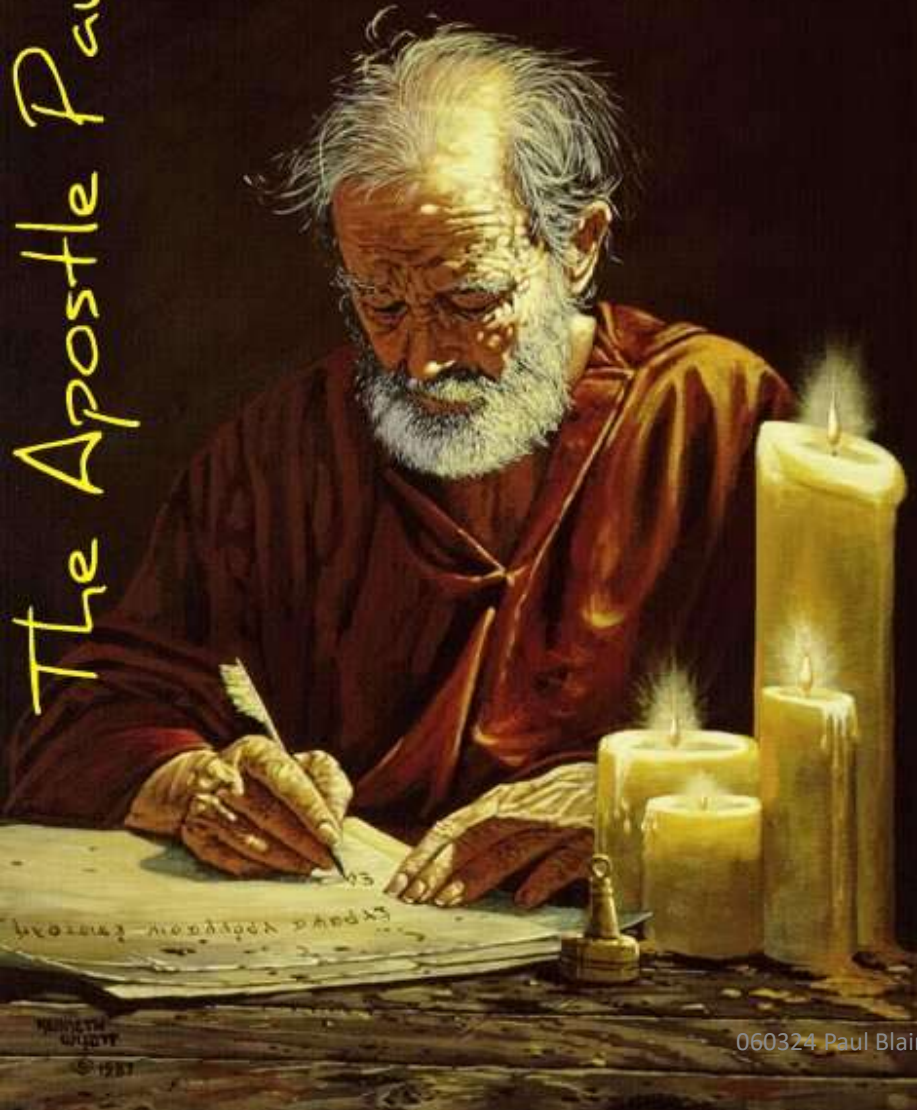
Heb 10:23-25

<sup>23</sup> Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)

<sup>24</sup> And let us consider one another to provoke unto love and to good works:

<sup>25</sup> Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

The Apostle Paul



1 Cor 9:24-27

*Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.*

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 (KJV)**



If the Fruit of the Spirit was the evidence used in court to determine whether you were really a Christian, is there enough evidence to convict you?



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