

29 January 2012 - Preached by Dr Alan Cairns

Message Topic: **The progress of Grace in the Soul (3) - Temperance (2 Peter 1:6)**

Scripture Text: 2 Peter 1: 1-11

1. We ought to make progress in our Christian life and this is only possible when there is true saving faith in us. We need to grow in temperance which deals with the greatest enemy in the progress of the Christian life.

Though the devil is a great enemy to our soul, the greatest enemy is self.

2. In our society, self is always promoted and made to stand in great importance and prominence. But the Bible teaches us that self is to be crucified. Temperance will help us to deal with it. True spiritual knowledge is powerful as it enables us to conquer the self and be free to serve Jesus Christ.

3. Temperance means: (a) Total abstinence from everything God forbids; (b) Avoiding excess in satisfying our own desires. We must abstain from all immorality and fornication and uncleanness.

4. A person with temperance is in control of himself which includes his desires, thoughts and words. Even for things that may be permissible, we are not to be brought under their control. Do not let sin rule and reign in our lives.

5. We must govern our thoughts lest it be vain and worldly. We must keep our thoughts in obedience to Christ. We must also have temperance to guard our words lest it takes God's name in vain and also hurts others. A man who can rule his spirit is better than one who can conquer a city.