Introduction:
A. “Temperance” used only in three verses in King James Version.
   1. A “fruit of the spirit” and a “Christian grace.”
   2. “Self-control” in most other translations.
B. “Self-control” is a Christian’s constant battle (cf. 1 Cor. 9:27 - see NKJ)
C. If master three T’s of Temperance we will master self-control.

Discussion:
I. Our Tempers.
A. A quick temper is never good (cf. Tit. 1:7; Jas. 1:19-20)
B. Controlled anger can be useful.
   1. Jesus showed anger with purpose (Mark 3:4-5; cf. Matt. 21:12-13).
   2. Commanded to be angry and sin not. (Eph. 4:26).
   3. Can show displeasure with sin.
   4. Can prod us to speak and act against wrong-doing.
C. Uncontrolled anger is most destructive.
   1. To self.
      a. Character – uncontrolled anger opposite to Christian character (Eph. 4:30, 31)
      b. Reputation.
      c. Spirituality (Col. 3:5-10)
   2. To others.
      a. Leads to violent words and deeds (Matt. 5:32).
      b. Drives people away from us.

II. Our Tongues.
A. Tongues can both bless and curse (Jas. 3:9).
B. Uncontrolled tongue is a curse.
   1. Untamable and dangerous – requires constant control (Jas. 3:3-10).
   2. Unbridled tongue makes religion vain (Jas. 1:26)
   4. Talking too much often leads to sin (Prov. 10:19; Jas. 1:19).
C. Controlled tongue can be a blessing.
   1. Can minister grace to the hearer (Eph. 4:29).
   2. Can enhance all good relationships.
   4. Can reprove, rebuke, correct those needing it (2 Tim. 4:2)

III. Our Temptations.
A. Temptation calls for self-control to avoid yeilding.
B. Temptation is not sin, but can lead to it (Jas. 1:14-15)
C. Temptations has many varieties (Jas. 1:12).
   1. The wilderness lusting (1 Cor. 10:6; Num. 11:4-5).
   2. Temptation to commit all common sins.
   3. Temptation to neglect duty for personal gain or pleasure.
   4. Temptation sleep in or other pleasure at service time.

Conclusion:
A. How much temperance or self-control do you have?
B. Need to pray and work daily to keep ourselves under control and directed toward God.

Another Sermon by Edward O. Bragwell, Sr