

NEWSTART +6 – Temperance

(Part 1)

Website: [Healthy Christian Living - Living by the Blueprint](#)

“Press home the **TEMPERANCE** question with all the force of the Holy Spirit’s unction...” (Ev 534.3)

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” {MH 127.1}

Pure air, sunlight, **ABSTEMIOUSNESS**, rest, exercise, proper diet, the use of water, trust in divine power-- these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. {MH 127.2}

“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“...Become more intelligent in regard to the laws of life. . . . {11MR 187.3}

WHY?

“It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws.” {CD 17.3}

EDUCATE IN REGARD TO THE LAWS OF LIFE:

“...Educate people in regard to the laws of life...” {GCDB, January 30, 1893 par. 2}

“We should **EDUCATE OURSELVES**, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

WHY?

“...Educate people in the laws of life so that they may know how to preserve health...” (MM 259.3)

“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...” (MH 128.1)

“True religion and the laws of health go hand in hand...” (7T 137.1)

“You are to apply the laws of life and health to your own case. In violating the laws of health, even in doing the service of God, you misrepresent your maker...” (KC 20.4)

BIBLE:

“And every man that striveth for the mastery is **TEMPERATE** in all things...” (1 Corinthians 9:25)

***Temperance is one of the fruits of the Spirit. (Galatians 5:22-23)

SOP:

“The light that the Lord has given on this subject in His word is plain, and men will be tested and tried in many ways to see if they will heed it. Every church, every family, needs to be instructed in regard to Christian temperance...” (6T 378.2)

EDUCATE ON THE QUESTION OF TEMPERANCE:

“...Educate, educate on the question of temperance.” 1908. Te 244.2)

THIS TOPIC OF TEMPERANCE IS TO RECEIVE SUPPORT FROM GOD’S PEOPLE:

“The temperance question is to receive decided support from God's people...” {Te 249.1}

“Every true reform has its place in the work of the gospel and tends to the uplifting of the soul to a new and nobler life. Especially does the temperance reform demand the support of Christian workers. They should call attention to this work and make it a living issue. Everywhere they should present to the people the principles of true temperance...” MH 171.1

TEMPERANCE IS TO BE ON AN ELEVATED PLATFORM IN THE HOME AND CHURCH:

“In the family circle and in the church we should PLACE CHRISTIAN TEMPERANCE ON AN ELEVATED PLATFORM. It should be a living, working element, reforming habits, dispositions, and characters...” 1893. Te 165.3-

WHY?

“...When temperance is presented as a part of the gospel, many will see their need of reform...” (Te 238.5/7T 75.2

“Every day one in a position of trust has decisions to make on which depend results of great importance. He has often to think rapidly, and this can be done successfully only by those who practice strict temperance...” (Te 168.2/7T 199.2)

“Strictly temperate habits, combined with exercise of the muscles as well as of the mind, will preserve both mental and physical vigor, and give power of endurance to those engaged in the ministry, to editors, and to all others whose habits are sedentary...” (3T 487.1)

“Through INTemperance some sacrifice one half, and others two thirds of their physical, mental, and moral powers and become playthings for the enemy.” CG 394.2

“In order to preserve health, temperance in all things is necessary...” (Te 141.3)

“...In order to reach the highest standard of moral and intellectual attainments, it is necessary to seek wisdom and strength from God, and to observe strict temperance in all the habits of life...” (Te 154.3)

“...Gaining an intelligent knowledge of TEMPERANCE, WOULD BE MEDICINE ABOVE ALL DRUGS...” {20MR 373.2}

“Intemperance of any kind is a violation of the laws of our being.” HL 27.5

“... Intemperance lies at the foundation of all the evil in our world.” {Te 165.3} 1893

“...Temperance in all things has more to do with our restoration to eden than men realize. The transgression of physical law is the transgression of God's law.” {CD 43.2-.3}

HOW ARE WE TO PRESENT THE TOPIC OF TEMPERANCE IS TO BE PRESENTED?

“...Present temperance with all its advantages in reference to health...” (MM 259.3)

***In other words, don't just say “don't eat this and don't eat that, but explain the reasons why from a health perspective.

WHAT IS TEMPERANCE?

“True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful.” Te 138.2/PP 562.1

“...Temperance does not consist merely in abstaining from intoxicating liquors and tobacco; it extends farther than this. It must regulate what we eat.” CD 406.

“Temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained...” (Te 201.4)

“TEMPERANCE is to be practiced in eating as well as in drinking. Many people eat more food than nature requires...” {5MR 224.2}

“...Many...SEVENTH-DAY ADVENTISTS, eat too freely. Their health would be much better if they ate less.

WHAT IS CONSIDERED LESS?

“...The...stomach...relieve it of one-half to two-thirds of the laborious task they require it to perform...” {SpM 41.3}

“TEMPERANCE alone is the foundation of all the graces that come from God, the foundation of all victories to be gained...” (Te 201.4)

IN HOW MANY ASPECTS OF OUR LIVES ARE WE TO BE TEMPERATE?

“...We must practice temperance in ALL things – temperance in labor, in study, in eating and in drinking...” (in others she says dressing as well) {ST, January 27, 1909 par. 6}

KEEP CLEAR OF ALL INTEMPERANCE:

“...Keep clear of intemperance...” {6T 336.2}

WHY?

“Keep clear of intemperance. You cannot afford to weaken your mental or physical powers, lest you become unable to discern spiritual things. Keep your mind in such a condition that God can impress it with the precious truths of His word.” {6T 336.2}

“... Intemperance lies at the foundation of all the evil in our world.” 1893, {Te 165.3}

WE ARE TO RISE HIGHER AND HIGHER ON CHRISTIAN TEMPERANCE AS WE NEAR TO THE CLOSE OF TIME:

“As we near the close of time **we must rise higher and still higher upon the question of health reform and Christian temperance...**” {6T 112.2}

HOW IS THIS TO BE DONE?

“...upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words, but **by our practice. Precept and practice combined have a telling influence.**” {6T 112.2}

GUARD STRICTLY AGAINST INTEMPERANCE IN EVERY FORM:

“...Guard strictly against **INTEMPERANCE in every form...**” (Te 181.2)

“The principles of temperance must be carried further than the mere use of spirituous liquors. The use of Stimulating and indigestible food is often equally injurious to health, and in many cases sows the seeds of drunkenness...” {PP 562.1}

DIFFERENT WAYS OF INTEMPERANCE

- Alcohol
- Caffeine
- Dressing
- Drinking
- Eating
- Poor combination of food
- Sleeping
- Tobacco
- Too many dishes at one meal
- Too many kinds of food at one meal
- Too much food at one meal
- Too much Talking
- Working
- Working for the Lord
- And MORE

WHERE DOES INTEMPERANCE BEGIN?

“...Intemperance begins at our tables...” (PC 3.5)

“...TEMPERANCE does not consist merely in abstaining from intoxicating liquors and tobacco; **it extends farther than this. It MUST REGULATE WHAT WE EAT.**” CD 406.1-

“Intemperance in eating, even of food of the right quality, will have a prostrating influence upon the system, and will blunt the keener and Holier emotions. **Strict temperance in eating and drinking is highly essential...** Intemperance commences at our tables in the use of unhealthful food...” HR, August 1, 1875 par. 5/.7}

*****REMEMBER:** The Area Adam and Eve fell on was the area of appetite. And this was the first temptation that Satan brought to Jesus because He knew how powerful appetite is and how much it has to do with our spirituality and salvation.

WE ARE TO CUT BACK ON HOW MUCH WE EAT:

“Nearly all of the human family eat more than the system requires...Even so-called health reform needs reforming upon this point...RELIEVE IT ONE-HALF TO TWO-THIRDS of the laborious task they require it to perform...” SpM 41.3

- For the average person, it is said that a person should not eat more than 2 cups of food at a meal.
- We are counseled not to go back for seconds. We are supposed to get all our food at one time, even the dessert. (I read it in the SOP, but don't remember where).
- Portion control is very important when it comes to losing weight.
- We are counseled not to eat more than 3-4 dishes at a meal
“Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change...” {CD 109.5}

WHAT HEALTH PROBLEMS DOES EATING TOO MUCH CAUSE?

“Nearly all of the human family eat more than the system requires.

This excess decay becomes a putrid mass. Catarrhal difficulties, kidney disease, headache, and heart troubles, are the result of immoderate eating.” (SpM 41.3)

***AND there are other health problems related to this as well.

WHAT DOES AN INDULGED APPETITE SPIRITUALLY DO TO GOD'S PEOPLE?

“The case of Aaron's sons has been placed upon record for the benefit of God's people, and should teach those especially who are preparing for the second coming of Christ, that the indulgence of a depraved appetite destroys the fine feelings of the soul, and so affects the reasoning powers which God has given to man, that spiritual and holy things lose their sacredness. Disobedience looks pleasing, instead of exceeding sinful.” Te 149.2-

WHAT GOD REQUIRES OF US:

- “God requires continual advancement from His people. They need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification. As a people, with all our profession of health reform, we eat too much.” 3SM 291.4
- “God requires of his people continual advancement. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification. With all our profession of health reform, MANY OF US EAT IMPROPERLY.” (CD 45.3)

WHAT ELSE DOES INTEMPERANCE ENTAIL IN REGARDS TO THE FOOD WE EAT?

“There is intemperance in...the many varieties of food taken at one meal. In the preparation of food there are unhealthful mixtures which ferment in the stomach and cause great distress. And yet these go on, continuing their indulgence, which lays the foundation for numerous difficulties...” {15MR 282.4}

“...At each meal eat only two or three kinds of simple food, taking no more of these than will satisfy the demands of hunger.” CD 110.5

***Read Proverbs 23:1-2 and Philippians 3:19

WHAT DOES INTEMPERANCE SHOW REGARDING GOD'S PEOPLE?

"Our habits of eating and drinking show whether we are of the world or among the number that the Lord by His mighty cleaver of truth has separated from the world..." {Te 141.2- 1897}

WHEN WILL GOD'S PEOPLE BE TRULY TEMPERATE?

"Men will never be truly temperate until the grace of Christ is an abiding principle in the heart...What Christ works within, will be worked out under the dictation of a converted intellect..." {Te 102.2}

"...He who is converted from errors in eating, drinking, and dressing is being prepared to hear and receive the truth into a good and willing heart..." (CH 221.4)

WHAT FRUIT WILL BE SHOWN WHEN A PERSON IS TRULY TEMPERATE?

"...Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite. By total abstinence he will overcome his desire for health-destroying indulgences." {CD 457.1}

WHAT SHOULD WE DO TO PROVE OUR LOYALTY TO GOD?

SIGN THE TEMPERANCE PLEDGE:

"...Especially does the temperance reform demand our attention and support. At our camp meetings *annual meetings we should call attention to this work and make it a living issue. We should present to the people the principles of true temperance and call for signers to the temperance pledge. Careful attention should be given to those who are enslaved by evil habits. We must lead them to the cross of Christ." (CH 433.1)

"Here is a work opened before the young, the middle-aged, and the aged. When the temperance pledge is presented to you, sign it. More than this, resolve to put all your powers against the evil of intemperance, and encourage others who are trying to do a work of reform in the world." --Review and Herald, Jan. 14, 1909. {Te 198.1}

ALL ARE TO SIGN THIS PLEDGE, INCLUDING YOUTH:

"Let no excuse be offered when you are asked to put your name to the temperance pledge, but sign every pledge presented and induce others to sign with you. Work for the good of your own souls and the good of others. Never let an opportunity pass to cast your influence on the side of strict temperance." {CH 441.2}

WHY PEOPLE WON'T SIGN THE TEMPERANCE PLEDGE:

"...We were sorry that any who claimed to believe the truth should refuse to sign the pledge--refuse to put barriers about their souls and fortify themselves against temptation. They choose to leave the bars down, so that they can readily step over and accept temptation without making the effort to resist it..." {Te 200.1}

WILL YOU SIGN THE TEMPERANCE PLEDGE? YES or NO (sign below)

HISTORY OF THE TEMPERANCE PLEDGE:

<http://www.eastconn.org/tah/TemperanceWebquestResources.pdf>

SOME THINGS FOR ALL TO REMEMBER:

“True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and THEIR ETERNAL DESTINY. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body.” —Patriarchs and Prophets, page 562 {Te 138.2}

“The laws of our being cannot be more successfully violated than by crowding upon the stomach unhealthy food just because it is craved by a morbid appetite.” -- H. to L., Chap. I, p. 52. {HL 27.6}

“...Intemperance, Licentiousness, and Profanity are sisters.” CH 441.1

THE TEMPERANCE PLEDGE

“I solemnly promise, before God,
to abstain from tobacco,
spirituous liquors, snuff, tea, coffee, flesh-meats,
butter, spices, rich cake, mince pies,
a large amount of salt, and animal fat of all kinds,
baking powder, soda, or saleratus in any form, and cheese,
and from all exciting articles of food,
and to abstain from eating between meals,
and to do all I can to induce others to do likewise”

MY PERSONAL PLEDGE, BEFORE GOD

Signed: _____

NEWSTART +6 – Temperance - Part 1

(Questions)

1. What verses in Genesis 2 show that God expected temperance? _____
2. Should God's people become more intelligent in regard to the laws of life? YES or NO
3. True _____ and the laws of life go hand-in-hand.

4. In how many things are God's people to be temperate? In _____ things
5. Are we to educate others on the subject of temperance? YES or NO
6. Give to answers as to why:
 1. _____
 2. _____

7. The message is to _____, _____ on the question of temperance.
8. Is the temperance question to receive decided support from God's people? YES or NO
9. The _____ reform demand the support of Christian workers.

10. _____ God's people should present the principles of true temperance to the people.

11. List the 2 places where temperance is to be on an elevated platform.
 1. _____
 2. _____

12. Will many see their need of reform when temperance is presented as part of the gospel? YES or NO

13. Those in positions of trust can only think rapidly in a successful way when they practice _____ temperance.

14. What type of temperate habits combined with exercise of the muscles will preserve both mental and physical and vigor? _____

15. How much do people sacrifice of their physical, mental, and moral powers by intemperance? ____ to ____
16. In how many things is temperance necessary in order to preserve health? In ____ things

17. Is it necessary to observe strict temperance in all habits of life in order to reach the highest standard of moral and intellectual attainments? YES or NO
18. What would be medicine above all drugs? _____

19. Intemperance of any kind is a _____ of the laws of our being.
20. Intemperance lies at the foundation of ____ the _____ in our _____.

21. What has more to do with our restoration to Eden than men realize? _____
22. Present temperance with all its _____
23. What does True Temperance teach us? _____

24. Does temperance consist merely in abstaining from intoxicating liquors and tobacco? YES or NO
25. Temperance also _____ what we eat.
26. Temperance alone is the foundation of all the _____ that come from God.
27. Temperance is the foundation of all _____ to be gained.
28. We should keep clear of _____ temperance.
29. Can we afford to weaken our mental or physical powers? YES or NO
30. Can a person discern spiritual things if they are intemperate? YES or NO
31. We are to rise _____ upon the question of _____ reform and _____ temperance.
32. Christian temperance should be presented in a more _____ and decided manner.
33. We must strive _____ to educate the people.
34. Guard strictly against intemperance in _____ form.

35. What 2 things are also considered intemperance and sowing seeds of drunkenness?

1. The use of _____ food
2. The use of _____ food

36. List 12 ways that a person can be intemperate:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

37. Where does intemperance begin? _____

38. Are we to regulate what we eat? YES or NO

39. Is it okay to overeat food if it's healthful? YES or NO

40. Please explain your answer: _____

41. On what area did Adam and Eve fall? The area of _____

42. Most people eat too much. How much should they cut back on? ___ to ___

43. We are not to eat more than ___ to ___ dishes at a meal

44. Is portion control very important when it comes to losing weight? YES or NO

45. List 6 problems related to eating too much:

1. _____
2. _____
3. _____

4. _____

5. _____

6. _____

46. List 4 things that an indulged appetite can do to the spirituality of God's people:

1. _____

2. _____

3. _____

4. _____

47. God's people need to learn that indulged appetite is the greatest hindrance to _____ improvement and _____ sanctification.

48. Do many of God's people eat improperly? YES or NO

49. List 4 additional things that are also considered intemperance:

1. _____

2. _____

3. _____

4. _____

50. What does Proverbs 31:1-2 say: _____

51. Can we make our bellies our God when we don't eat properly? YES or NO (See Philippians 3:19)

52. What does intemperance show regarding God's people? _____

53. Why is it that mean people will never be truly temperate? _____

54. What does being converted from errors in eating prepare us for? _____

55. Abstinence from all hurtful food and drink is the fruit of true _____

56. What will a person abandon when they are thoroughly converted? _____

57. What are we to do to prove our loyalty to God? _____

58. How many of God's people are to sign the temperance pledge? _____

59. Why won't people sign the temperance pledge? _____

60. What does true temperance teach us? _____

61. How many people realize how much their habits of diet have to do with their health, character, and usefulness in this world, and their eternal destiny? _____

62. What is the most successful way of violating our laws of being? _____