

Temperance *By: Sharlene Thomas*

Temperance, most believe to mean moderation in everything. But can this be a true definition of moderation? Is it ok to drink motor oil, as long as it is in moderation? This definition is only a portion of the true meaning of temperance. Temperance is moderation in all things that are healthful and the abstinence of all things that are harmful. Temperance can also be referred to as, self-control. In order to be moderate in what is healthful and at the same time being abstinent from all things that are harmful, requires a great deal of self-control. "Much of the tragic shortening of men's lives-that we so often see around us-is unnecessary. Men and women violate the laws of health; and the law of abstemiousness (temperance) is one of the most important of these laws." (Ferrell, 2008, p. 55)

Christ warns us to, "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour" 1 Peter 5:8. God never leaves us without an encouraging promise, as his promises are directly connected to his commands. As we follow Christ's command in being temperate, sober and vigilant, Christ promises that "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Isaiah 26:3



"The will power to make the needed changes can be found only in Christ, humble submission to Him, and careful obedience to His Inspired Word. It is the will of our heavenly Father that we not only learn and obey his Moral Law, the Ten Commandments, but that we also learn and obey the physical laws that govern our being... Moderation is something that but few value as they should. Yet it is the cord that binds together many other health principles. The bible says that, "...every man that striveth for the mastery is temperate in all things..." 1 Corinthians 9:25

What should we be temperate in?

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. 1 Corinthians 10:31

- Eating
- Drinking (non-alcoholic beverages)
- Personal Devotion
- Work
- Daily Living
- Nutrition
- Exercise
- Water
- Sunlight
- Air
- Rest



What are the things we should abstain from?

- The use of tobacco in any form
- Flesh foods
- Animal derivatives (milk, cheese, etc)
- Totally avoid alcoholic beverages
- Caffeine products (such as coffee, tea, and cola drinks)- they injure your organs and melt your teeth
- Heavily sugared foods
- Chewing gum upsets the stomach by producing an excess amount of "air pockets"
- Any oil that is solid or semi-solid at room temperature should never be put into the body.
- Beware of trans fats
- Do not prepare/cook foods in aluminum
- Foods taken from their natural state (ex: white flour, white rice, white sugar, white bread, etc.)
- Baking powder and soda - they damage the delicate lining of the stomach
- Vinegar is a powerful acid that should never be in any food that is eaten.
- Spices and condiments that produce a thirst that is difficult to satisfy and can lead to addictive habits and is known to cause diseases, like intestinal cancer.
- Chlorinated waters that lead to atherosclerosis and injures the bones, teeth and nerves
- Eating foods that are too hot or too cold. Both upset the stomach and weaken the digestive system.
- Food preservatives and insecticide residue are dangerous in food. Wash all fruits and vegetables before eating or cooking them.
- Chocolate and cocoa both contain harmful substances.

"Maintain a balance of rest and exercise; not too much work or too little. Regularity in scheduling and the daily routines of life will greatly aid in keeping you in the best health. Try to have a set time for rising, morning worship, prayer, drinking your water, mealtime, quitting time in the afternoon, family worship, evening walk time, bedtime, etc. Maintaining simple routines simplifies life, relaxes the mind, and helps us work more efficiently." (Ferrell, 2008, p. 56)

References

Ferrell, V., & Cherne, H. M. (2008). *Natural remedies encyclopedia: Topically arranged over 11,000 simple, practical, easy-to-use home remedies for over 730 diseases plus 234 helpful illustrations*. Altamont, TN: Harvestime Books.

