

## ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Think of an area of your life where you need to show more moderation.
4. Write down one way that you can avoid extremes in one area of your life where you struggle.
5. Plan to tell the class how you have shown more moderation in some area of your Christian life.



## DAILY BIBLE VERSES AND PRAYER THOUGHTS

**MONDAY - VERSES:** 1 Timothy 3:3, look for the word translated patient. **PRAYER THOUGHT:** Father, help me to learn how to control my desires.

**TUESDAY - VERSES:** Titus 3:2, look for the word translated gentle. **PRAYER THOUGHT:** God, help me to discover the areas I struggle with moderation.

**WEDNESDAY - VERSES:** James 3:17, look for the word translated gentle. **PRAYER THOUGHT:** Lord, help me to have the wisdom to recognize the difference in moderation and complacency or mediocrity.

**THURSDAY - VERSES:** 1 Peter 2:18, look for the word translated gentle. **PRAYER THOUGHT:** Master, help me to show moderation even toward those who do not live lives of moderation.

**FRIDAY - VERSES:** Acts 24:25, look for the word translated temperance. **PRAYER THOUGHT:** Great Lawgiver, help me to teach others about moderation and self-control.

**SATURDAY - VERSES:** Galatians 5:23; 2 Peter 1:6, look for the word translated temperance. **PRAYER THOUGHT:** Father, help me to add moderation and self-control into every aspect of my life and to continue growing in moderation and avoiding extremes.



As an example to others, and not that I care for moderation myself, it has always been my rule never to smoke when asleep, and never to refrain from smoking when awake. - Mark Twain



Complete abstinence is easier than perfect moderation. - Saint Augustine

## SPIRITUAL HEALTH REGIMEN - WEEK 94

### MODERATION - 6-1-14 to 6-7-14

**SCRIPTURE** - Philippians 4:5 - Let your moderation be known unto all men. The Lord is at hand.

**COMMENT** - Moderation is a mild and peaceful demeanor, it does not mean that we are not passionate or that we are mediocre.

Moderation is not the opposite of exceptionalism, but the opposite of self-indulgence. Moderation is a matter of showing restraint and the control God has over our lives.

### SONG - THE PRECIOUS BOOK DIVINE

1) How precious is the Book divine, By inspiration giv'n! Bright as a lamp its precepts shine, To guide my soul to heav'n.

**CHORUS:** Holy Book divine! Precious treasure mine! Lamp to my feet and a light to my way To guide me safely home.

2) It sweetly cheers my drooping heart, In this dark vale of tears; Light to my life it still imparts, And quells my rising fears.

3) This lamp, thro' all the tedious night Of life, shall guide my way, Till I behold the clearer light Of an eternal day.



### THOUGHTS

Don't be the first to try something new nor the last to give up the old. - Benjamin Franklin



"Moderation means meekness under provocation, readiness to forgive injuries, equity in the management of business, candour in judging of the characters and actions of other sweetness of disposition, and the entire government of the passions." - Adam Clarke's Commentary



### CASUAL CHRISTIANS

Barna defines these folks as those who perceive their Christianity as "faith in moderation. It allows them to feel religious without having to prioritize their faith. Christianity is a low-risk, predictable proposition..., providing a faith perspective that is not demanding. A Casual Christian can be all the things that they esteem: a nice human being, a family person, religious, an exemplary citizen, a reliable employee and never have to publicly

defend or represent difficult moral or social positions or even lose much sleep over their private choices as long as they mean well and generally do their best. From their perspective, their brand of faith practice is genuine, realistic and practical. To them, Casual Christianity is the best of all worlds; it encourages them to be a better person than if they had been irreligious, yet it is not a faith into which they feel compelled to heavily invest themselves." If that's not disturbing enough Barna says that this represents about 66% of the adult population in the U.S.



"The Christian is to be moderate in all things, acting with restraint, and without bigotry, avoiding all excesses and extremes of every kind. The Christian community should be known 'unto all men,' not for demanding their rights, but for their moderation." - James Burton Coffman



A wise man is superior to any insults which can be put upon him, and the best reply to unseemly behavior is patience and moderation. Moliere



### EXTREMES IN TRANSLATION

Now we come to a tricky aspect of moderation. I am a KJV only preacher in English. However, that said, I do not believe God commissioned us to spend half of our preaching or teaching time defending the KJV. This is not balance nor moderation. The KJV has ably defended itself and shown its power among English speaking people for four centuries. Some preachers' hateful and angry attitudes about the KJV have driven people away from the truth. Remember, "speaking the truth in love"! Light not heat! Certainly it is appropriate from time to time to teach our people why we use the KJV only, but present it with clarity in love. Such ridiculous statements as: "If you were not saved under the preaching of the KJV, you are not saved" or; "Anyone who uses anything besides the KJV is a heretic and on the road to hell" or; "Every missionary should use the KJV only and if he doesn't, we will not support him" only hurt the cause of Christ and reveal a hateful attitude and profound ignorance.

Do not consider me a follower of Ruckman, Riplinger, or

Gipp. (These are apparently 3 people from Mister Dearmore's denomination that I have never heard of before.)

Ruckman is a heretic who is living with his fourth wife (he divorced 3) while pastoring and has 7 different plans of salvation. He makes absurd statements about the KJV such as: "You can correct the Hebrew and Greek texts by the KJV." He is a detriment to confidence in the KJV.

Riplinger is living with her third husband (she divorced 2) and lied about this for many years. She teaches men Biblical subjects in clear violation of the KJV. She repeatedly lies in her books and uses out of context or absurdly shortened quotes. She attacks the character of all who disagree with her. She is a detriment to the cause of the KJV.

Gipp made the absurd statement that a Russian desiring the pure inspired Word of God would have to learn English because God only has one pure, inspired Word of God at a time and that is now the KJV. I do not associate myself with these people and their unbiblical, absurd and foolish positions.- Roy Dearmore

(Note: This man is a strong proponent of the KJV, but he realizes that the Bible was originally written in Greek and Hebrew, not English. We certainly want a reliable translation, but we must remember that translations are made by men and are not the inspired text.)



### THE DANGER OF GOING TO \_\_\_\_\_ INTRODUCTION - PHILIPPIANS 4:5

L.S. - DON'T BE TEMPTED BY \_\_\_\_\_ IN . . .

I. ENTERTAINMENT AND \_\_\_\_\_

II. FASHION AND \_\_\_\_\_

III. \_\_\_\_\_

IV. \_\_\_\_\_

V. \_\_\_\_\_ AND FOOD ISSUES

VI. \_\_\_\_\_

VII. \_\_\_\_\_ EXPRESSION

VIII. \_\_\_\_\_

IX. \_\_\_\_\_ REACTIONS

X. \_\_\_\_\_

XI. \_\_\_\_\_

# THE DANGER OF GOING TO EXTREMES

## INTRODUCTION:

A. DON'T BE THE FIRST TO TRY SOMETHING NEW  
NOR THE LAST TO GIVE UP THE OLD. - BENJAMIN  
FRANKLIN

B. PHILIPPIANS 4:5 LET YOUR MODERATION BE  
KNOWN UNTO ALL MEN. THE LORD IS AT HAND.

L.S. - DON'T BE TEMPTED BY EXTREMES IN . . .

## I. ENTERTAINMENT AND RECREATION -

A. ACTS 19:18-19 And many that believed came, and confessed, and shewed their deeds. [19] Many of them also which used curious arts brought their books together, and burned them before all men: and they counted the price of them, and found it fifty thousand pieces of silver.

B. Extreme Sports, video game addictions, glorified depictions of sin.

## II. FASHION AND STYLE -

A. ROMANS 12:2 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.

## III. POLITICS -

A. PROVERBS 24:21-22 My son, fear thou the LORD and the king: and meddle not with them that are given to change: [22] For their calamity shall rise suddenly; and who knoweth the ruin of them both?

## IV. FINANCES -

A. 1 TIMOTHY 6:17 Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy;

## V. HEALTH AND FOOD ISSUES -

A. 1 CORINTHIANS 10:27 If any of them that believe not bid you to a feast, and ye be disposed to go; whatsoever is set before

you, eat, asking no question for conscience sake.

## VI. SEXUALITY -

A. JUDE 1:7 Even as Sodom and Gomorrha, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, suffering the vengeance of eternal fire.

B. 1 CORINTHIANS 7:8-9 I say therefore to the unmarried and widows, It is good for them if they abide even as I. [9] But if they cannot contain, let them marry: for it is better to marry than to burn.

## VII. VERBAL EXPRESSION -

A. JAMES 1:26 If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.

B. EPHESIANS 4:15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

## VIII. THEOLOGY -

A. ACTS 17:22-23 Then Paul stood in the midst of Mars' hill, and said, Ye men of Athens, I perceive that in all things ye are too superstitious. [23] For as I passed by, and beheld your devotions, I found an altar with this inscription, TO THE UNKNOWN GOD. Whom therefore ye ignorantly worship, him declare I unto you.

## IX. EMOTIONAL REACTIONS -

A. EPHESIANS 4:17-19 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, [18] Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: [19] Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

B. PROVERBS 22:24-25 Make no friendship with an angry man; and with a furious man thou shalt not go: [25] Lest thou learn his ways, and get a snare to thy soul.

## X. RELATIONSHIPS -

A. 2 TIMOTHY 3:2-3 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, [3] Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,

B. Parents paying to have someone teach their kids to ride a bike and to pack for them to go to camp.

## XI. RELIGION -

A. ACTS 26:4-5 My manner of life from my youth, which was at the first among mine own nation at Jerusalem, know all the Jews; [5] Which knew me from the beginning, if they would testify, that after the most straitest sect of our religion I lived a Pharisee.

B. GALATIANS 1:13-14 For ye have heard of my conversation in time past in the Jews' religion, how that beyond measure I persecuted the church of God, and wasted it: [14] And profited in the Jews' religion above many my equals in mine own nation, being more exceedingly zealous of the traditions of my fathers.

## CONCLUSION:

A. SUMMARY

B. INVITATION

Philippians 4:5

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