

ASSISTED LIVING/LONG-TERM CARE:

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Jimmy McClain
ACH McKenzie
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ACH McKenzie
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SCHEDULE OF SERVICES

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**SUNDAY:** Worship 10:00 AM & 5:00 PM  
**WEDNESDAY:** Bible Study 6:30 PM



## Trezevant Church of Christ

114 Church Street  
Trezevant TN 38258

# The Follower

May 10, 2020

## Add to Your Knowledge Temperance

This is the third in a series of articles dealing with those characteristics that Peter taught must be diligently added to our faith if we are to be partakers of the divine nature (**2 Pet. 1:1-8**). We have previously looked at virtue and knowledge; today we will examine temperance.

The word "temperance," from Greek *enkratia*, a derivative of *kratos* meaning strength, would better be translated as "self-control." A simple example of how important temperance is to us in our spiritual lives can be found in an everyday situation that is difficult for most of us – the self-control necessary to staying on a diet. Whether we need to reduce weight or to control blood pressure or blood sugar, self-control must be continually practiced in order to be successful. The key is really very simple: If we do not take the first bite, we will not be tempted to take the second one.

Just as with the diet, temperance is necessary if we are to remain in the faith. Paul wrote to the church at Corinth, *Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers... nor thieves, nor covetous, nor drunkards... shall inherit the kingdom of God (1 Cor. 6:9-10)*. As we add to our faith and grow (continued next page)

spiritually, we increase in knowledge of those things that are right and good and beneficial to us, and we learn, as well, to recognize those things that are wrong. Any activity that adversely affects our spiritual lives puts the salvation of our souls in jeopardy and needs to be avoided.

When we obey the gospel and become a Christian, there is no doubt that the cleansing blood of Jesus Christ washes all past sins away. But the temptation to participate in those sins again does not just miraculously vanish. We cannot, however, continue in sin and remain faithful to God (**Rom. 6:1-4**). With desire, determination, and time we can develop the self-control necessary to be able to avoid these temptations. Each successful act of temperance makes the next occasion easier to manage.

While we may sometimes doubt that we have the temperance we need to overcome sinful desires, God has promised not to leave His children empty handed: *There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that which ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it (1 Cor. 10:13); and I can do all things through Christ which strengtheneth me (Phil. 4:13)*. As we continue adding to our faith, let us seek the strength from the words of God that we may be temperate in our lives. ~Freeman



## *We Sorrow...*

*...with Shirley and all the Butler family in Joe's passing last Saturday. Joe was a unique character, and he left an indelible mark on all who were privileged to know him. There was no doubt about where he stood on any matter, and his love for his earthly family and his church family was without question. His services were held Tuesday; he will be greatly missed.*

## *Remember in Prayer...*

- **Allison** has been dealing with some stomach issues, possibly gall bladder.
- **Valerie** had a procedure on Tuesday; they are awaiting the biopsy results.
- **Ruth Bennett** is doing much better and is back at the nursing home.
- **Wanda Flowers**, Shirley's sister, is now Covid free and has been moved to Spire Rehab.
- Please continue to **remember our shut-ins**.

## *News and Notes...*

Remember that our **WEEKLY SERVICES** are being live-streamed on Facebook at 10AM and 5PM on Sundays, and at 6:30PM on Wednesdays. **COMMUNION SUPPLIES** are available in the fellowship hall. Please call Freeman at 573-624-6575 if you need to arrange a pick-up time. Remember, too, to leave your weekly **CONTRIBUTION** either at the building or with Nick.