

ELLEN G. WHITE ESTATE

TEMPERANCE



STUDY GUIDE

Temperance -- Study Guide

Ellen G. White Estate

1978

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Overview

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About the Author

Ellen G. White (1827-1915) is considered the most widely translated American author, her works having been published in more than 160 languages. She wrote more than 100,000 pages on a wide variety of spiritual and practical topics. Guided by the Holy Spirit, she exalted Jesus and pointed to the Scriptures as the basis of one's faith.

Further Links

[A Brief Biography of Ellen G. White](#)
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“Our work for the tempted and fallen will achieve real success only as the grace of Christ reshapes the character and the man is brought into living connection with the infinite God. This is the purpose of all true temperance effort.” *Temperance*, page 102.

A church study program voted by Annual Council of the General Conference of Seventh-day Adventists as a feature of Temperance for Better Living Year 1979--the 100th anniversary year of the establishment of the first Seventh-day Adventist temperance organization.

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- [4] The principles and practice of temperance were strong and influential in the development and advance of the Advent Message. Teaching of the temperance message to the public was one of the major experiences of Ellen G. White, presenting one of her favorite subjects, and attracting large audiences. The inspired counsel sets forth temperance from a Bible standpoint, showing it as the fruit of the Holy Spirit to restore self-control through Jesus Christ as the answer to intemperance.

[5]

The Law of Temperance

“The law of temperance must control the life of every Christian. God is to be in all our thoughts; His glory is ever to be kept in view. We must break away from every influence that would captivate our thoughts and lead us from God. We are under sacred obligations to God so to govern our bodies and rule our appetites and passions that they will not lead us away from purity and holiness, or take our minds from the work God requires us to do.” CH, p. 42.

Introduction

[6]

These outline studies cover the book *Temperance*, which is a compilation of statements on temperance and intemperance, principles and programs for the church, the church's responsibility on these issues, along with counsel setting forth the significance of temperance to personal victory through Jesus Christ.

We suggest that, instead of the usual reading of the book from front to back, in following these outline studies the participant move from subject to subject, ultimately covering the book. At the heading of each outline study, please check the pages to read to cover the sections of the book being considered. There are regular prose questions, fill-in questions, and "yes" and "no" questions. Provide the answers as required.

The importance of this method, we trust, will be discovered as the studies proceed. Our goal is: (1) to focus on the difference between temperance and intemperance; (2) to recognize temperance as God's answer to the problems of intemperance; (3) to understand the principle of temperance and the need of a program to implement the principle; (4) to recognize the necessity of an adequate warning against intemperance; and (5) to substitute "something better"--the doctrine of temperance.

It is important that this book, *Temperance*, by E. G. White, be seen as a magnification of the Bible principle of temperance presented under the inspiration of the Holy Spirit. Christ is to be held forth as the Model Temperance Man who provides the power for us to reflect His character.

Listen magazine, *The Winner* magazine, and *Vibrant Life* magazine should be available each month to each participant by securing their subscriptions prior to commencing the study. You will want to call attention to specific temperance programs and materials. These are outlined in the temperance catalogue available from the temperance director of the conference or the General Conference Temperance Department. (Starting in the year 2000, this office is

now called the General Conference Health Ministries Department, located at 12501 Old Columbia Pike, Silver Spring, MD 20904-6600 USA.)

We appreciate the cooperation of the church pastors and church temperance leaders, the departments of health, communication, youth, and lay activities in joining with the temperance department on this study program.

Lesson One

[7]

Reading Assignment: *Temperance*, “The Philosophy of Intemperance,” pages 11-22 (section 1); “Our Broad Temperance Platform,” pages 137-150 (section 8).

Highlights

Note the following highlights in the pages studied, presenting counsel and information to the church as a body and to the individual :

1. Man was endowed with a free will and a powerful mind centered on God, a body representing the crowning act of creation.
2. Particularly note the aspects of deception that led to mankind's fall.
3. Observe the broad definition of appetite--meaning the satisfaction of selfish desire (self-gratification) that brings the loss of control (intemperance).
4. See temperance presented as a return to self-control and development through Jesus Christ.
- [8] 5. This self-control to be practiced even beyond abstinence from alcohol, tobacco, etc., even into habits of eating, working, studying, and all conduct of life.
6. Especially detect the reason for this need for a return to self-control (temperance)--the body the temple of God and the law of cause and effect. Victory to the overcomer is assured.
7. See the connection between temperance and spirituality and how intemperance, as the fashion of the world, impairs sanctification.
8. All this calls us to a vital decision to educate our habits and tastes, to yield our powers to God in overcoming every hurtful practice if we would be prepared for the return of Christ.

The Original Perfection of Man

pages 11-12

1. Was Adam heir to disease? ___ yes ___ no (11)
2. “All the _____ and _____ of his being were equally _____, and harmoniously _____- _____.” (11)
3. What is to regulate and control our appetites? (12)

[9]

The Inception of Intemperance

pages 12-14

1. At the satanic council, who finally proposed the plan of intemperance? (12)

2. List four results of intemperance of any kind: (12)

(a)

(b)

(c)

(d)

3. "Through _____, Satan controlled the _____ - _____ and _____." (14)

Impairment through Indulged Appetite

pages 15-19

1. “. . . if we are not _____ [self-controlled] in all our _____ and _____, we shall not be in a state of _____ and _____ to _____ the _____ with a purpose to _____ what saith the _____ --what shall I _____ to inherit _____?” (15)

2. “Through the _____ to _____ appetite, Adam and Eve _____ . . .” (15)

3. “_____ has reigned almost _____ in the _____ of men and women since the _____.” (15)

4. “Satan is taking the _____ captive through the use of _____ and _____, _____ and _____.”

The God-given _____ . . . is perverted by the _____ of _____.” (17)

5. Name two deterrents to the development of Christian character: (19)

(a)

(b)

[10] **The Importance of Christ's Victory Over Appetite**

pages 19-22

1. Christ commenced the work of redeeming man “just where the _____ began. Adam fell on the _____ of _____.” (19-20) “His _____ test was on the same point where Adam failed.” (20)

2. What was the reason for Christ's fasting in the wilderness? (20)

3. “Our only hope of regaining Eden is through firm _____ - _____.” (20)

4. What victory will ensure “moral power” over all temptation? (21)

What True Temperance Means

pages 137-141

1. “Our first duty toward _____ and our _____ - _____ is that of _____.” (137)

2. Intemperance (loss of control) is opposite to temperance (self-control). Therefore, “Intemperance, in the _____ - _____ sense of the _____, is at the _____ of the _____ share of the _____ of life.” (137)

3. The principles of temperance (self-control through Jesus Christ) will mean more than abstinence from alcohol. “True temperance _____ us to _____ entirely with everything _____, and to use _____ that which is _____.” (138)

4. Temperance will mean self-control in:

(a) (140)

(b) (139)

(c) (139)

(d) (140)

5. “. . . by _____ temperance in _____ - _____, they may be _____ through the _____ - _____.” (141)

[11]

The Body Temple

pages 142-145

1. "God designs that the _____ shall be a _____ -
_____ for _____ Spirit." (142)

2. Is transgression of the laws of physical life a violation of the laws of God? ___ yes ___ no (143)

3. If a person does not practice temperance in all things, what is the result? (145)

Temperance and Spirituality

pages 146-150

1. "Sin is made _____ by the _____ -
_ of _____ which Satan _____ over it."
(146)

2. Is profession of the name of Christ of account if the life does not correspond with the will of God as revealed in His word? ___ yes ___ no (147)

3. Think these points through:

(a) what lesson for Seventh-day Adventists is taught by Aaron's sons? (149)

(b) How far reaching are temperance principles? (149)

(c) How important is the brain nerve power? (148)

(d) Will the practice of temperance prove valuable during the time of trouble? (150)

Lesson Two

[12]

Reading Assignment: *Temperance*, “Our Broad Temperance Platform,” pages 151-169 (section 8, parts 4-8).

Highlights

As you study, consider the following points, then check out the questions on each section:

1. Consider the reason why God has recorded in such detail in His Word the practice of temperance and the resistance to intemperance by God's people of the past.
2. Observe the bearing of these truths on the life of those preparing for the coming of the Lord.
3. Note the program set forth to be implemented by the church and the individual today.

Daniel's Example

pages 151-156

1. Can we have a right understanding of temperance unless we consider it from the Bible standpoint? ___ yes ___ no (151)

2. When the issue became clear to Daniel, how did he react? (152-153)

3. What did Daniel value as dearer than life itself? (153)

4. "That single instance of departure from principle would have weakened their sense of _____ and their abhorrence of _____." (155)

[13]

The Food on Our Tables

pages 156-163

1. Does intemperance in eating have anything to do with craving toward “tobacco, wines and liquors”? _____ yes _____ no (157)

2. What attitude should we take to popular sentiments and practices that are based on intemperance? (157)

3. Recognizing that our eating does have a bearing on achieving self-control, please memorize this quotation: “The subject of temperance, in all its bearings, has an important place in the working out of our salvation.” (163)

Total Abstinence Our Position

pages 163-165

1. Alcohol, tobacco, opium, tea, and coffee are bad-habit forming, thus destructive of self-control even in small quantities. “The only safe course is to _____ not, _____ - not, _____ not. . . .” (163)

2. “The church of Christ should be a _____ in which the inexperienced youth should be educated to _____ - _____ appetites.” (165)

3. What is the only platform on which God’s people can conscientiously stand? (165)

[14]

Relation to Church Membership

pages 165-166

1. "Intemperance lies at the _____ of all the evil in our world." (165)

2. "We do not take into the church those who use _____ - _____ or _____." (166)

3. What should we do to help these people? (166)

Seventh-day Adventists Spiritual Leaders

pages 166-169

1. As spiritual leaders of the church, ministers are called to “follow His _____, and above all others should form _____ of strictest _____.” (167)

2. The minister who practices temperance through the power of the Holy Spirit gains several benefits. Look back through several pages to find five:

(a) can think rapidly (168)

(b) can see the difference between _____ and _____ - _____ fire (167)

(c) mental and _____ powers stronger if combined with physical labor (166)

(d) thoughts and _____ would flow more freely (166)

(e) religious exercises more _____ (167)

3. At what three types of public gatherings should instruction be given regarding health and temperance? (169)

(a)

(b)

(c)

Lesson Three

[15]

Reading Assignment: *Temperance*, “Laying the Foundation of Intemperance,” pages 170-193 (section 9).

Highlights

Today scientists are obsessed with the idea of prevention. Here's God's true outline of preventative measures! Think about these questions and do some additional reading:

1. Considering their wide influence--even before the birth of their child--how should a couple prepare for parenthood?

2. Does modern medical science back up the principles Ellen White sets forth concerning prenatal influence?

3. In a fast-paced modern world, when and how should parents begin training their child in habits of temperance?

4. How important is the formation of good habits?

Prenatal Influence

[16]

pages 170-173

1. Note the role of habit by the mother, father, and the child. This is important, because “As a rule, every _____-man who rears children, _____ his inclinations and evil tendencies to his offspring.” (170)

2. Many parents believe their influence is of little value. ___ yes ___ no (171)

3. How does heaven regard the parents’ influence? (171)

4. Name two biblical examples where angels spoke to parents before their child was born: (171, 173)

(a)

(b)

Strength of Inherited Tendencies

pages 173-175

1. What is the role of heredity and intemperance, and how long will it continue? (174)

2. Does the present generation have more power of self-control than former generations? ___ yes ___ no (175)

Formation of Behavior Patterns

[17]

pages 175-179

1. Temperance must begin in the family environment from “the _____ to practice self-denial and self-control.” (176)
2. Can too much importance be placed on this principle? ___ yes
___ no (176)
3. If a child has been ruled by wrong principles during his first three years, he will resist wholesome discipline. Name the three wrong principles. (177)
 - (a)
 - (b)
 - (c)

Teaching Self-denial and Self-control

pages 181-186

1. The object of life is to “honor _____ and to bless their _____.” (181)

2. The highway to intemperance is paved with:

(a) _____ food, (182)

(b) then _____ to gratify craving, (183)

(c) next indulgence for _____. (183)

3. The law of temperance and the laws of life are not at variance but are one. All then should be taught “to act from _____ - ____.” (184)

Youth and the Future

[18]

pages 186-193

1. Why is it important to teach temperance to youth and have them experience it? (186)

2. With the conflicts and struggles of youth, what Bible hero should inspire strength in modern young people? (189)

3. When youth become intemperate, does God condemn? ___ yes
___ no (193)

Lesson Four

[19]

Reading Assignment: *Temperance*, “Alcohol and Society,” pages 23-54 (section 2)

Highlights

This section spotlights the great evil of alcohol as a major weapon of Satan, what it is doing in society, and why we should not be indifferent about these consequences. Think about these applications to the principles in this chapter:

1. Has the incidence of alcohol-related crimes increased since the times in which Ellen White was writing?

2. What is the Christian's responsibility in helping to prevent such crimes?

3. What is my church doing to help alcoholics recover from their condition?

4. Should the church be involved in political issues that involve the sale and use of alcoholic beverages? How?

5. Look around for prominent people who have taken a firm stand against using alcohol themselves and serving alcoholic beverages in their homes. Consider writing them a letter thanking them for their positive influence.

An Incentive to Crime

[20]

pages 23-27

1. Does familiarity cause us to lose sight of the origins of crime, lawlessness, and violence?

___ yes ___ no (23)

2. Can we understand the relationship of crime to intemperance? ___ yes ___ no (23-24)

3. The drinker should not be held responsible for the injury he does while intoxicated. ___ yes ___ no (25)

4. What did alcohol, crime, and judgment have to do with:
(a) the antediluvian world? (25)

(b) San Francisco? (26)

An Economic Problem

pages 27-30

1. Is the liquor-selling business honest? ___ yes ___ no (27)
2. What two groups of people will be held responsible for making men drunkards? (28)
 - (a)
 - (b)
3. How does God view the drunkard? (28)

4. “O that a public _____ might be created that would put an end to the drink traffic, close the saloons, and give these maddened men a chance to think of _____ realities!” (28-29)

Alcohol and the Home

[21]

pages 30-34

1. Memorize: “Moderate drinking is the school in which men are receiving an education for the drunkard’s career.” (30)

2. Who is guilty of perversion and abuse in God’s sight?

(a) the manufacturer? ___ yes ___ no (31)

(b) the seller? ___ yes ___ no (33, 41)

(c) the consumer? ___ yes ___ no (33)

3. If angels weep over the _____ drinker (32), and God has not lost sight of the first cause or the last effect, how will this relate to the final judgment? (33)

A cause of Accidents and a Public Health Problem

pages 34-43

1. "Signals are made incorrectly, and cars collide with each other. Then comes horror, _____, and _____ - _____. This condition of things will become _____ and _____ marked." (34)

2. "We have need of men who, under the inspiration of the _____, _____ will rebuke gambling and _____, which are such prevalent evils in these last days." (35)

3. In addition to earthly possessions, the victims of intemperance have lost their _____. (37) They engage not only in a moral sin, but a _____. (37)

4. Jesus left the royal courts of heaven that He might:
(a) come into close connection with _____,
(b) by _____ and _____ uplift and ennoble humanity,
(c) and _____ in the human soul the _____ - ____ of God. (40)

5. In contrast, what is the influence of the liquor traffic? (40-41)

Alcohol and Men in Responsible Positions

[22]

pages 43-54

1. Who is first in line with responsibility on this issue? (check one only)

Professional people

Ministers

Politicians (43-45)

2. “Intemperate men should not by _____ of the people be placed in positions of trust.” (47)

3. “Only men of strict _____ and integrity should be admitted to our legislative halls and chosen to preside in our courts of justice.” (47)

4. Briefly describe two examples of riotous, intemperate partying from biblical history: (48-54)

(a)

(b)

5. Why does God concern Himself with warnings about alcohol and other intoxicants to leaders of men? (54)

Lesson Five

[23]

Reading Assignment: *Temperance*, “Tobacco,” pages 55-72 (section 3)

Highlights

Here in this section on tobacco, we can recognize how farsighted the Spirit of Prophecy was as it brought us God's revelation. In Ellen White's day, public practice and opinion were basically in favor of smoking. She predicted that only a "revolution upon the subject of tobacco" would bring the ax to the root of the problem. Today that revolution is being seen and the hour has come for the church to take up this subject and provide temperance as God's answer. Consider these points as you study this lesson:

1. The feeling against smoking is increasing rapidly. How can I help people become more aware of the physical and moral damages done to themselves by tobacco?

2. How can I effectively warn my children of the dangers of intemperance? What education should be done in the home and what in the school?

3. Note the illustration on page 63 of the woman who chose her pipe above heaven. Does any bad habit have that kind of power over my life?

4. Am I giving a consistent, healthful, temperate example for my family and others around me?

Effects of Tobacco Use

[24]

pages 55-62

1. Tobacco is harder to cleanse from the system than liquor. ___ - true ___ false (55)

2. Tobacco hinders the healing power of nature. ___ true ___ - false (56)

3. The use of tea and coffee has no relation to tobacco use. ___ - true ___ false (57)

4. "Alcohol and _____ pollute the blood of men, and thousands of lives are yearly sacrificed to these poisons." (57)

5. Apart from tobacco's harmful effect on the body, mind, and spiritual life, it is noted as a dirty habit. "God requires _____ - _____ of heart, and personal _____, now, as when He gave the special directions to the children of Israel." (57) (See also p. 62)

6. "It [tobacco] is _____; it is a _____ - ___; it _____ the senses; it chains the _____ - ___; it holds its victims in the slavery of _____ difficult to overcome; it has Satan for its advocate." (58)

[25]

Tobacco's Polluting, Demoralizing Influence

pages 58-62

1. What effect does a smoky atmosphere have on the nonsmoker?
(58-59)

2. How does a smoking father affect his infant? (58-59)

3. "The use of tobacco and strong drink has a great deal to do with the increase of _____ and _____."
(59)

4. It is Satan's purpose to "palsy the _____ and _____ the judgment" with tobacco. (60)

5. Some authorities say that children and youth need to be educated how to use liquor and tobacco, and then there will be less abuse. What did E. G. White say about this? Note the word "presumption." (61)

Defiling the Temple of God

pages 62-66

1. At whose temple do smokers worship? (63)
2. How does intemperate indulgence amaze the unfallen universe? (63)
3. “Minds that are clouded and partially paralyzed by narcotics, are easily overcome by _____, and cannot enjoy _____ with God.” (64)
4. Those who cherish tobacco are committing _____ . They are violating the _____. (65)

[26]

An Economic Waste

pages 66-68

1. “No human being needs tobacco, but multitudes are perishing for want of the _____ that by its use is worse than wasted.” (66)

2. “Those who are truly _____, will overcome every hurtful _____. Then all these channels of needless expense will be turned to the Lord’s treasury, and _____ - _____ will take the lead in _____, in self-sacrifice, and in _____, Then they will be the _____ of the world.” (67)

The Power of Example

pages 68-72

1. In the role of influence, who sets the trend toward smoking?

___ father ___ minister ___ Sabbath school superintendent (68)

2. A true minister of righteousness will not be a smoker. ___ true ___ false (69)

3. With physicians carrying such a responsibility of life and health, they should be an example of purity and temperance. ___ - true ___ false (70)

4. Name the artificial stimulants listed at the end of the chapter:

(a)

(b)

(c)

(d) alcoholic drinks (72)

Lesson Six

[27]

Reading Assignment: *Temperance*, “Other Stimulants and Narcotics,” pages 73-89 (section 4) “Milder Intoxicants,” pages 90-101 (section 5)

Highlights

Intemperance is not limited to the twin evils of alcohol and tobacco. Often the trend toward intemperance is shown by other narcotics, stimulants, and drugs used as beverages, as medicines, or simply for their effect. The principle stated in Temperance is that anything contributing to the loss of control, even in the minutest form, is intemperance; and each person has the need of temperance (self-control) provided by Christ for real life--physical, mental, social, and spiritual. Think about these applications as you study:

1. How do stimulants affect the activity of the body and the brain? Can it also affect the spiritual life?

2. With the abundance of advertising bombarding us today--much of it aimed at getting people to buy and use medicine chest "remedies"--how should a Christian relate to minor aches and pains? What kinds of remedies get to the root of the problem?

3. What kind of cider was Ellen White referring to?

4. How should fellow church members relate to a farmer growing hops (or tobacco)?

Abstain From Fleshly Lusts

pages 73-75

1. Vital energy is mankind's desirable quality that is imparted through the brain; "therefore the brain should _____ -
_ be dulled by the use of _____ or excited by the use of
_____." (74)

2. Is it a sound argument that long life is achieved by some who use tea, coffee, opium, and alcohol? _____ yes _____ no (74)

3. How has Satan made a counterfeit Tree of Life? (75)

Tea and Coffee

pages 75-82

1. "Tea and coffee do not _____ the system." (75)
2. "The influence of coffee is in a degree the same as _____ - _____, but the effect upon the system is still _____." (76)
3. What happens when nature is forced into unnatural action? (77)
4. How do each of the following suffer from stimulants?
 - (a) nerves:
 - (b) liver:
 - (c) quality and circulation of the blood:
 - (d) skin:
 - (e) mind: (78-79)
5. How do tea and coffee affect gossip? (79)
6. "The money expended for tea and coffee is worse than _____ - _____." (79)
7. Should we ever use tea and coffee? ___ yes ___ no (79)
8. Is there a relationship between tea and coffee and tobacco and liquor? ___ yes ___ no (80)

Drugs

[29]

pages 82--89

1. Drugs, even as prescribed by physicians, are related to laying a “foundation of the _____ habit, the _____ habit, the morphine habit.” (83)

2. “Educate away from _____. Use them _____ and _____, and depend more upon _____ agencies; then nature will respond to God’s physicians—pure _____, pure _____, proper _____, a clear _____.” (85)

3. What is our hope for better things? (85)

4. Drug medication “lays a _____ in the human organism for a twofold _____ evil than that which they claim to have relieved.” (86)

5. Why were our medical institutions established? (87)

Milder Intoxicants

Importance of Strictly Temperate Habits

pages 90-101

1. Name three Bible personalities referred to in connection with temperance and the development of correct habits of life: (90-92)

(a)

(b)

(c)

2. "So gradually does Satan lead away from the _____ of temperance, so insidiously do _____ and _____ exert their influence upon the taste, that the _____ to drunkenness is entered upon all unsuspectingly."

(93)

3. What is "a wholesome drink"? _____ (93)

4. The use of a little wine or cider occasionally is all right--if used in moderation. ___ yes ___ no (96)

5. Does the Bible sanction the use of wine as an intoxicating beverage? ___ yes ___ no (97)

6. It is all right for Christians to grow hops strictly as a commercial venture. ___ yes ___ no (98)

7. "Let all who profess to believe the truth for this time, and to be reformers, act in accordance with their faith. If one whose name is on the _____ book manufactures _____ or _____ for the market, he should be faithfully _____ with, and, if he continues the _____, he should be placed under _____ of the church."

(99)

8. What is the best thirst quencher? (101)

Lesson Seven

[31]

Reading Assignment: *Temperance*, “Preventive Measures,”
pages 194-216 (section 10)

Highlights

We have studied the principles of temperance and intemperance, and now we consider preventive programs and action by the individual. Yet we cannot separate the principle from the program; therefore, a reemphasis is noted, directing our mind to the vital significance of these truths. As you study this chapter, think about the following questions:

1. How can we best teach the world the effectiveness of temperance principles?

2. Are we still signing the temperance pledge in our churches? If not, why not?

3. What were the benefits of Prohibition in the United States? Should it be attempted again?

4. What kinds of “interesting” and “innocent” pleasures are we offering the youth of our churches in place of worldly amusements? What responsibility does the church have toward the youth and their recreation?

Education in Temperance

[32]

pages 194-197

1. Note the threefold plan:

- (a) "Let _____ be enacted"
- (b) "Let every effort be made to encourage the _____ -
return to _____ and virtue"
- (c) "Let the appetite for _____ liquors be _____ -
_____, and their use and _____ is at an end."
(194)

2. Life, health, and character are the rewards of temperance. These are endangered by intemperance. "Temperance reformers have a work to do in _____ the people in these lines."
(195)

3. We are asked to "reason from _____ to effect."
(196)

4. Successful temperance programming depends upon the ax being laid at the root of the tree. "The roots of intemperance lie _____ than mere liquor drinking. In order to make the temperance movement a _____, the work of _____ -
_____ must begin at our _____." (196)

5. Note the schedule for temperance evangelism on page 197. Here is the eight point approach :

- (1) Show people "what a blessing the _____ of _____ principles will be to them."
- (2) "Let them see what God _____ men and women to _____."
- (3) "Point to the great _____ made for the _____ -
_____ and _____ of the human race."
- (4) "With the _____ in hand, present the _____ -
_____ of God."
- (5) "Clearly, _____, earnestly," tell them about the millions of wasted dollars spent on intemperate habits.

(6) "Tell your hearers of the _____, who came to this world to save men and women from all _____."

(7) "Ask those who attend the meetings to _____ - you in the _____ that you are trying to do."

(8) "Ask them to _____ the pledge."

Signing the Pledge

[33]

pages 197-203

1. "From the light God has given me, every _____ -
_ among us should _____ the pledge and be connected
with the _____ association." (197)

2. What groups of people should be encouraged to sign the
temperance pledge?

(a) youth

(b) _____

(c) aged

(d) drunkard

(e) _____ (198)

3. Camp meeting is a good time to sign the temperance pledge.
___ true ___ false (199)

4. "As God's messenger I come to you and _____ -
your names." (201)

5. ". . . temperance alone is the _____ of all the
graces that come from God, the foundation of all _____ -
___ to be gained." (201)

6. How can we give prominence to the temperance reform?
(203)

[34]

Removing the Temptation

pages 203-209

1. The evils brought on by liquor end with the drunkard and his family. ___ true ___ false (205)

2. Prohibition is set forth as giving help:

(a) to the drunkard, by removing the cause,

(b) to all of us, for “we are all _____ together in the web of _____.” (208)

3. What can be done?

(a) “Let an _____ be formed” to stop the sale of liquor.

(b) “Let the _____ from the liquor traffic be made plain, and a public _____ be created that shall demand its prohibition.”

(c) “Let the drink-maddened men be given an _____ to _____ from their thralldom.”

(d) “Let the _____ of the _____ demand of its lawmakers that a stop be put to this infamous traffic.” (209)

[35]

Diversion and Harmless Substitutes

pages 209-213

1. “Idleness, lack of aim, or evil associations, may be the _____ - _____ cause.” (209)

2. Why is an attractive home important? (209)

3. “One of the surest safeguards for the young is useful _____ - _____.” (210)

4. Instead of sinful amusements, “provide in their stead _____ - _____ pleasures, which shall not _____ or corrupt the morals.” (211)

5. Try to “make the _____ as interesting as possible.” (211)

6. Present “the _____ of the Christian life.” (212)

The Sense of Moral Obligation

[36]

pages 213-216

1. “We are to _____ from a _____ - and religious standpoint.” (213)
2. “As Christ’s followers, we should in _____ and _____, act from _____.” (213)
3. Many feel they can please themselves and do what they like because they have freedom of choice. Consider the statement: “No, you have no moral right” to do as you please. Why not? (213)
4. A choice for intemperance and “willful deviation from obedience to this law is as certainly _____ as a _____ - _____ of the moral law.” (213-214)
5. Can we do anything we like to achieve our goal? Consider this statement: “We must strive _____, if we would win the _____ of eternal life.” (214)
6. What will be the result if we can arouse the moral sensibilities of our people on the subject of temperance? (215)

Lesson Eight

[37]

Reading Assignment: *Temperance*, “Activating Principles of a Changed Life,” pages 102-125 (section 6)

Highlights

We have studied the forces of intemperance and the various approaches that temperance programs can make through prevention, education, and legislation. Now we come closer in and look at the person impaired by intemperance and discover that temperance (self-control through Christ) is the only way of escape for the addicted. Only Christ can take the person from craving and from carnal desires to enjoy real life in Him. “This is the purpose of all true temperance effort.” p. [102](#)

Only as the Life Is Changed

pages 201-104

1. “Men will never be truly _____ until the ____-
_____ of Christ is an abiding _____ in the
heart.” (102)

2. Memorize: “One of the most deplorable effects of the original
apostasy was the loss of man’s power of self-control [temperance].
Only as this power is regained, can there be real progress.” (102)

3. What decisions make Satan laugh? (103)

4. What counsel is given to those struggling against craving and
false desire?

(a) “Do not allow worldly _____ to draw you away
from your _____ to Christ.” (103)

(b) “Tell them that you are _____ for heavenly
_____.” (103)

(c) “Ask Him [Christ] for _____ to _____-
_____, and then _____ that He will _____-
___ it to you, because He _____ you.” (103)

Conversion the Secret of Victory

pages 104-110

1. A war is to be waged against intemperance, because intemperance “is at war with the _____ of _____ - _____ and _____.” (104)

2. What is the very first and most important thing to do in all temperance work? (105)

3. Fill in the missing words:

(a) “The _____ remedy for _____ is the _____ and _____ of Christ.” (106)

(b) “Never will men practice _____ in all things until their _____ are renewed by divine _____.” (106)

4. Where is the tempted one bidden to look?

(a) “not to _____,

(b) “to the weakness of _____,

(c) “or to the _____ of _____,

(d) “but to the _____ of God’s Word. All its _____ - _____ is ours.” (107)

5. What two essentials for continuing victory are set forth?

(a) “Talk _____ to the people;

(b) “lift them _____ to God in _____.” (107)

6. What benefits are now restored to those who yield to the power of divine truth?

(a) “revives the _____ powers,”

(b) “possesses stronger, clearer _____ than before,”

(c) “physical _____ improves.” (108)

7. “Apart from divine _____, no genuine _____ - _____ can be _____.” (109)

8. “Subjection to the _____ of Christ means _____ - _____ to _____ manhood.” (110)

The Will the Key to Success

[39]

pages 110-115

1. “Man must do _____ part. Man must be ____ -
_____ on his own account, through the _____ -
____ and _____ that _____ gives him.”
(111)

2. We must say, “I choose.” The exercise of the will in one’s own strength is doomed; but with the will allied to God’s power, victory is assured.

(a) “By yielding up the _____ to Christ, we ____ -
_____ ourselves with divine power.” (112-113)

(b) “Your _____ is to put your _____ -
_ on the _____ of Christ.” (113)

Enduring Victory

pages 115-120

1. It is important that those struggling for victory:

- (a) “be _____ in the principles of _____ -
living;”
- (b) “be shown that violation of the _____ of _____ -
_____ . . . lays the _____ of the _____ habit;”
- (c) be made to understand that “only by living in _____ -
__ to the principles of _____ can they _____ -
_____ to be freed from the _____ for _____ -
_____ stimulants;”
- (d) “be provided with _____.” (115)

2. Is it beneficial to have the recovered ones relate their experiences of the past in public?

___ yes ___ no (116)

Help for the Tempted

[40]

pages 120-125

1. Remember every day to link up with Christ, for He has paid the price for our sins and borne the burden of our guilt. “He will take the _____ from our _____ shoulders.” (120)

2. Having a self-inflicted disease or causing our own problems is no reason for God to cast us aside. “He did not _____ - _____ to heal them.” (121)

3. Are demon possession and intemperance related? ___ yes
___ no (122-123)

4. Are some persons possessed with evil spirits today? ___ yes
___ no (123)

5. Meditate on this statement, and ask God for power to reach out and help others in need of temperance:

“Those whom Christ has forgiven most will love Him most. These are they who in the final day will stand nearest to His throne.” (125)

Lesson Nine

[41]

Reading Assignment: *Temperance*, “Rehabilitating the Intemperate,” pages 126-136 (section 7)

Highlights

Rehabilitation cannot take the place of regeneration. This section on rehabilitation pictures the practical work of dealing with the impaired and the qualities needed in the temperance worker. Think about these points:

1. How can temperance workers infuse hope in addicts and alcoholics?

2. What kind of attention do backsliders need? How can those needs best be met?

3. How can we best present the “something better” that men long for?

4. How can those working for those ensnared keep themselves spotless and still reach the people at the level in which they are?

Counsel on How to Work

[42]

pages 126-130

1. Note these pointed messages:

(a) "Especially does the _____ reform _____ -
_____ the _____ of Christian workers." (126)

(b) "They should _____ attention to this work, and
make it a _____ issue." (126)

(c) "Everywhere they should _____ to the _____ -
_____ the _____ of true temperance, and call
for _____ to the _____ pledge." (126)

(d) "Earnest _____ should be made in _____ -
_____ of those who are in _____ to _____ -
_____ habits." (126)

2. "There is _____ a _____ to be
done for _____ who through _____ have
fallen." (126)

3. Are intemperate persons found only among the poor? ___ yes
___ no (127)

4. "They have _____ their _____."
(127)

5. "In _____ city a place should be _____ -
_____ where the slaves of evil habit may receive _____ -
___ to break the _____ that bind them." (127)

6. Observe these pointers in work style:

(a) ". . . remember that we are not dealing with _____ -
_ men." (127)

(b) "Be _____ and _____." (127)

(c) "Think _____ of the _____, forbid-
ding _____, but of the _____ life that
Christ _____ to redeem." (127)

(d) ". . . show that you are his friend." (127)

(e) "Speak _____ word of _____." (127)

(f) "Let _____ act or _____ express _____ -

_____ or _____.” (127)

(g) “Help him to _____.” (127)

(h) “Speak _____ that will _____ faith.” (127)

(i) “Seek to _____ every _____ trait in his character.” (127)

(j) “Teach him _____ to reach upward.” (127)

(k) “Help him to _____ the _____ of the talents which God has given him.” (128)

[43] 7. What three problems are paramount in the long battle?

(a) “Many have to _____ against strong _____ - _____ tendencies to evil.” (128)

(b) “_____ cravings” (128)

(c) “_____ impulses” (128)

8. “Over and over again the _____ must be _____ - _____.” (128)

9. Will there be backsliding? ___ yes ___ no; Are the intemperate the only ones who backslide? ___ yes ___ no (128-129)

10. Concentrate on these assurances of victory:

(a) “The _____ sin _____ be set free.” (130)

(b) “Vice will _____.” (130)

(c) “. . . ignorance will be _____.” (130)

(d) “Through the _____ that works by _____ - _____ the heart will be _____ and the mind _____ - _____.” (130)

The Temperance Worker

[44]

Pages 130-136

1. “Those who _____ themselves are _____ - _____ to _____ for the _____ and erring.” (130-131)

2. “Let us seek to _____ how to _____ - _____ the people.” (131)

3. “We must learn _____ to _____ - _____ too fast, and require too _____ of those who are _____ converted to the truth.” (131)

4. What is an illustration of the way in which we are to work? (132)

5. What expression is used three times on page 132: (132)

6. A superlative describes the important traits of true reformers. What are these traits?

(a) “most _____.”

(b) “most _____.”

(c) “most _____.” (132)

7. What is the *strongest* bond of union between us and Christ? [45] (133-134)

8. What is our greatest sin? (134)

9. How significantly does prayer figure in this ministry? (135)

10. Can we estimate the worth of a soul? ___ yes ___ no (135)

11. "As we _____ to _____ the _____
_____ that are ready to _____, we shall not
be put to _____ if we make _____ our
trust." (136)

Lesson Ten

[46]

Reading Assignment: *Temperance*, “Our Relationship to Other Temperance Groups,” pages 217-226 (section 11)

Highlights

There are many in other churches and groups who respect temperance and are endeavoring to emphasize a better way of life without alcohol. We are counseled in this section as to our duty in respect to involvement so that we also may share with them the message of temperance in its fullness, and that they may better understand “present truth.”

For your consideration: Is my local church cooperating with other temperance groups? If not, why not?

Working Together

Pages 217-222

1. We should not stand aloof from other temperance workers.
___ true ___ false (217)

2. "Whenever you can _____ an _____ -
___ to _____ with the _____ people, do
_____." (217)

3. There are some groups professing temperance ideals who are far from them in practice. How are we to relate to such "clubs"? (217)

4. Nevertheless, our general attitude toward temperance people [47]
should be cooperative. ___ true ___ false (218-219)

5. Is a person who is a smoker a genuine temperance worker?
___ yes ___ no (218)

6. It is important to go to the bottom of reform:
(a) ". . . they do _____ go to the _____ -
___ of _____ reform." (218)

(b) "This matter of _____ must go to the _____ -
_____ of the _____ or it will be of but _____ -
_____ avail." (219)

7. Note the two aspects of responsibility:
(a) Every Adventist committed. "From the light _____ -
has given me, every _____ among us should _____ -
_____ the _____ and be _____ with
the _____ association." (220)

(b) Our temperance labor is for Adventists and non-Adventists. "We
should _____ not solely for our _____ -
_ people, but should bestow _____ also upon noble
_____ outside of _____ ranks." (220)

8. How can temperance work be done by Seventh-day Adventists?

- (a) talks on _____ in “other churches;” (221)
- (b) “work with _____ and skill;” (221)
- (c) “seek every opportunity to _____ and _____ - _____ the temperance workers;” (222)
- (d) “_____ opens the door of hearts; _____ - _____ is _____ far than a _____ spirit.” (221)

9. What caution is given regarding establishing buildings for temperance work? (222)

Cooperating With the W.C.T.U.

[48]

Pages 222-226

1. We should heartily unite with the W.C.T.U. in the spread of temperance principles. ___ true ___ false (222)

2. What surprised Ellen G. White about some Adventist leaders and the W.C.T.U.? (223)

3. Would camp meeting be a good occasion to have the W.C.T.U. associate with our temperance presentations to the whole group? ___ yes ___ no (223)

4. There are some things on which we cannot unite with the W.C.T.U.:

(a) “. . . unite, so far as we can do so without _____.” (224)

(b) “. . . we cannot unite with them in a _____ of _____ a false _____.” (224)

5. What was Ellen G. White’s response when invited to speak on temperance?

(a) “When asked to speak on temperance, I have never _____ - _____.” (225)

(b) “It is the Lord’s _____ that you should feel _____ to _____ in concert with them.” (225)

6. “We cannot _____ lose _____ - opportunity to _____ with the temperance _____ - _____ in any place.” (225)

7. What was Ellen G. White’s final summary of her relationships and indication of our need to do this work?

“I have _____, in all my _____ on this question, had to _____ one _____ of disrespect.” (226)

Lesson Eleven

[49]

Reading Assignment: *Temperance*, “The Challenge of the Hour,”
pages 227-258 (section 12)

Highlights

This section presents the challenge of temperance, with an appeal for all to do their duty--now. Consider these points:

1. In what ways is modern society paralleling the days just prior to the Flood?

2. What role should ministers be playing in the temperance movement?

3. In what ways does my local church involve the young people in temperance ministry?

4. How can we tie together temperance work and evangelism?

5. How can our medical centers become temperance centers also?

6. Since Ellen White urged using the pen as an effective temperance tool, consider how your church is using *Listen*, *Smoke Signals*, and other temperance literature prepared by the Adventist church.

The Present Situation

[50]

pages 227-233

1. Intemperance is among the marked sins of the last days. It constitutes “a sign of Christ’s _____ coming.” (227)

2. “And while Christians are _____ this giant _____ of intemperance is _____ strength and making _____ victims.” (229)

3. How does Satan counteract the work of temperance so that men may not decide for truth? (229)

4 How is the temptation to intemperance encouraged? (229)

(a)

(b)

(c)

5. Why do people of the earth’s “dark places” hate “civilized nations”? (230)

6. Money wrung from the family of the drunkard “is stained with the _____ of souls, and the _____ of God is upon it.” (232)

7. “Because of the _____ that _____ largely as the result of the use of _____, the _____ of God are _____ upon our earth today.” (232)

Called to the Battle

Pages 233-237

1. "On the subject of _____, they [Adventists] should be in _____ of _____ other people." (233)

2. Do all Christians take temperance seriously? ___ yes ___ no; What claims do they make? (233)

3. "Every _____ reform has its place in the _____ of the _____. Especially does the _____ reform _____ our attention and support." (234)

4. "We do not need to take an _____ and break into their _____. We have a stronger _____ than this,--the _____ of the living _____." (235)

5. Note three challenges to the church member:

(a) "Warn the _____;" (235)

(b) "take up the _____ question;" (235)

(c) every member " _____ the pledge" and be _____ with the _____ association;" (236)

(d) "every _____ see that his example and his influence are on the side of _____." (237)

By Voice--A Part of Our Evangelistic Message

[52]

pages 237-245

1. How can ministers find time to take up the temperance question? (237)

2. How closely is the temperance question related to the third angel's message? (238)

3. "Temperance _____ in things is to be _____ with the message." (238)

4. "When _____ is presented as _____ of the _____, many will _____ their need of _____." (238)

5. How can these good results be achieved?

(a) "a place in our _____ in _____ city;" (239)

(b) "in _____ our large _____;" (239)

(c) "public _____ should be held to _____ the subject." (239)

6. Note two important principles in proclaiming temperance:

(a) "Present the _____ of temperance in their most _____ form." (240)

(b) ". . . make the temperance meeting as _____ and _____ as possible." (240)

7. In what four ways are the voices of God's people to be heard? (244)

(a)

(b)

(c)

(d)

8. What three things are said to be “gifts of God”? (244)

- (a)
- (b)
- (c)

Temperance Education an Objective of Our Medical Work [53]

pages 245-248

1. Why were Seventh-day Adventist sanitariums established?
(245)

2. As instruction is given along temperance lines, the people will become interested in Bible doctrine. ___ true ___ false (245)

3. "Ministers and _____ should set forth the _____ of _____." (246)

4. "Hygienic _____ are to be _____ in the _____, and by them the message of _____ is to be proclaimed." (248)

The Influence of the Pen

pages 248-253

1. What other method is to be used in proclaiming temperance, aside from speaking in public? (248-249)

2. “These _____ truths must be given to the _____ - _____ . We must reach the people _____ they _____ , and by example and precept _____ - _____ to see the _____ of the better way.” (249)

3. “We need to work in the interests of _____ - _____ reform, and to make this question one of _____ - _____ interest. This is one _____ in which we may become _____ of men. A good _____ is being done in the _____ of our literature. Form yourselves into _____ for the _____ of a vigilant work.” (252)

The Power of the Vote

[54]

pages 253-256

1. Voting for temperance principles is political. ____ true ____ -
false (253)

2. What should be the motto of temperance workers?

“No _____ and no _____ of our ef-
forts till the _____ is gained.” (254)

3. “Intemperate _____ should not by _____ -
_____ of the _____ be placed in _____ -
_ of trust.” (254)

The Call to the Harvest

pages 256-258

1. "Now is our _____, now is our _____ -
_____ to do a blessed work." (257)

2. "Years ago we regarded the _____ of temperance principles as one of our _____ important duties. It should be so _____." (257)

3. "In every place the _____ question is to be made _____ prominent." (258) Why?

(a) "Drunkenness, and the _____ that always _____ -
_____ drunkenness, call for the _____ to be _____ to _____ this evil." (258)

(b) "Many are on the verge of the _____, waiting only to be _____ in." (258)

Lesson Twelve

[55]

Reading Assignment: *Temperance*, “Ellen G. White a Temperance Worker,” pages 259-266 (Appendix A); “Typical Temperance Addresses by Ellen G. White,” pages 267-292 (Appendix B)

Highlights

The Spirit of Prophecy is one of the identifying marks of the remnant church according to the Bible. Since early days of the church this gift, revealed through Ellen G. White, was concerned with the doctrine and preaching of temperance. Outlining her call of the Lord, Sister White said: “I was also to speak on the subject of temperance, as the Lord’s appointed messenger.” (p. 259) These concluding sections of the book *Temperance*, Appendices A and B, set forth her public approach and present a summary of some of her major temperance addresses.

Ellen G. White A Temperance Worker

pages 259-269

1. Did Ellen White regard it as a privilege to do this work? ___ -
yes ___ no (259)

2. In her lectures, what was her plan of presentation? (259)

3. From what “standpoint” did she speak on temperance? (260)

4. ” . . . I had _____ in treating this, my _____ -
_____ subject.” (260)

5. What was the response to her messages in Salem, Oregon?
(260)

6. “Only _____ will reveal what has been accom-
plished by this kind of _____.” (260)

7. Visiting an alcoholism center called Washingtonian Home, [56]
Sister White expressed her gratification for the “opportunity of ___ -
_____ from the _____ standpoint.” (261)

8. Changed by the messages of Ellen White under the power of
the Spirit, many were moved to “enlightened _____ for
_____.” (261)

9. Temperance being a major part of her ministry in Australia,
Sister White said, “. . . we took special _____ to
present _____ the _____ principles of
temperance _____.” (262)

10. The W.C.T.U. in Australia “seemed highly _____ -
_____ in _____ and hearing and being _____ -
_____ that the _____ of the Spirit are _____ -
_____ and revealed by this people.” (262)

11. Who were some of the influential people contacted through the temperance work?

(a) _____-

(262)

(b) _____-

(263)

12. “We long to see those who are _____ converted.” (263)

13. Speaking at morning, afternoon, and evening meetings, Sister White records how one group listened attentively, “seeming _____ to hear _____ presented from the _____.” (265)

Typical Temperance Addresses by Ellen G. White

[57]

pages 267-292

1. In Norway at a public address with church and other influential people present, "I took up the subject from a _____ - standpoint, showing that the _____ is full of _____ - bearing upon temperance, and that _____ - was connected with the work of _____, even from the beginning." (267)

2. "I showed the _____ of temperate habits by citing _____ and _____ from Bible history." (268)

3. The warning and judgment of God because of Nadab and Abihu's sin shows the necessity of distinguishing "between _____ - and common things." (268) "This _____ - and solemn command was to extend from _____ to _____, to the close of time." (268)

4. What other Bible characters were presented as related to temperance?

(a) _____ - (269)

(b) _____ - (271)

5. In her appeal for temperance and against intemperance, Sister White gives this challenge: "Our _____, our _____, our _____, and our _____ are needed. Shall we take hold of this _____, and live to _____ God and bless our _____? Shall we build up the Lord's _____ in the earth?" (273)

6. Why is all this necessary? "A great controversy is _____ on in the _____. Satan is _____ to have the _____ race as his _____, but Christ has paid an infinite _____ that man may be _____ from the enemy, and that the _____

___ image of God may be _____ to the fallen race.”
(274)

[58] 7. “. . . never can we comprehend the _____ -
character of the _____ of indulging perverted appetite
except as we _____ the _____ meaning
of the long _____ of the Son of God.” (275)

8. “God requires that His _____ shall _____ -
_____ themselves _____ from . . . _____ -
___ and disastrous habits.” (279)

9. What provision is made to conquer harmful habits? “He
came to earth that He might _____ divine power with
_____ effort, and by cooperation with Christ, by ___ -
_____ the _____ on the side of God, the
slave may become free, an _____ of God and joint
_____ with Christ.” (280)

10. Where did Christ begin His work in our behalf? “He began
the _____ where the ruin _____, and on
the _____ of _____ He overcame the
power of the _____ one in our behalf.” (282)

11. “The _____ question is of _____ -
___ importance to each one of us. It is _____. I have
spoken _____ times in succession on this subject, and
then only _____ on it.” (284)

12. Note the confident message of victory over intemperance
through Christ providing self-control (temperance):

(a) “He came to bring _____ power to man. This is
our _____ hope.” (286)

(b) “He has _____ man in the scale of _____ -
___ value.” (286)

(c) “There is _____ for the most _____ -
___ in Christ.” (286)

(d) “Christ’s taking _____ nature upon Himself shows
that He places a _____ upon _____ soul.”
(287)

(e) “Christ came to redeem, to _____ man, for He took
_____ nature upon Him.” (289)

(f) “Young _____, young _____, you are
_____ your lot in the _____ today. Let

_____ come in. He will _____ you from
_____.” (291)

13. A blessed promise: “No one can be written in the _____ -
_____ of _____ who is a _____.
Resist _____ as a man. In the _____ of
Jesus Christ of Nazareth you can lay hold upon _____.
Christ will _____ in behalf of _____ of
you.” (291)

SUMMARY

“A Time for Temperance”

You who have read and studied this inspired counsel will agree that this is indeed a time for temperance. Never before has the world so openly and bluntly vaunted the way of self, with its cravings and false desires.

Seventh-day Adventists have been raised up for just such a time as this--to be the champions of temperance, to reveal by precept and example real life through Christ Jesus. Thus God will have a pure and holy people who will reflect His image through His grace. “The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message . . .” TE, p. 238. For this reason the call is, “We want everyone to be a temperance worker.” TE, p. 236. Here is a major ministry for every layman. Here is your opportunity to apply the knowledge gained in the study of this book.

Your church temperance department and its leaders stand ready to work with you in harmony with these principles and programs to achieve God’s design for mankind.

Please continue to read, study, and witness. For further information, request the Temperance Department [now Health Ministries Department] catalogue, which outlines leaflets, books, films, teaching aids, posters, and many other avenues for temperance ministry. May the Lord richly bless you in your commitment.

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