

11- Road Skills – Moderation

08/8/2010 - Jim Johnson



Road Skills
Life Skills
from the book
of Proverbs
to help us
avoid the
mishaps of life.

A. _____ Behavior is a problem.

Excessive behavior is any kind of behavior that has become a major focus in a person's life to the point where it pushes out other activities, and maybe has even begun to harm the individual or others physically, mentally, or socially. It begins with the enjoyment of something that is genuinely good that gives us a measure of reward or pleasure. But our difficulties in life come along and create tension that we don't know how to resolve. In our frustration we retreat to things that make us feel good and help us to escape these negative inner feelings.

B. _____ is the solution.

The book of Proverbs calls for moderation, which is the absence of excess or the freedom from extremes. It is balance. (Prov. 25:16) Proverbs takes the concept of "moderation" and stamps it on many of the issues that we face today.

A. It is a problem to _____ in excess.

(1) PRINCIPLE OF MODERATION (23:29-30)

Excessive behavior may dull some pains, but it _____ others.

(2) PRINCIPLE OF MODERATION: (23:31)

There is _____ in an excessive habit.

(3) PRINCIPLE OF MODERATION: (23:32-34)

We do not _____ an excessive habit. It controls us.

(4) PRINCIPLE OF MODERATION: (23:35)

Though excessive habits may hurt us, we _____ pursue them.

B. It is a problem to _____ in excess.

The biblical word for eating more than you need is "gluttony." (26:15; 25:27) Food tastes good, and when the rest of life is not so good, food seems to take the edge off.

(5) PRINCIPLE OF MODERATION: (23:21)

Excessive habits tend to _____ us.

a. Excessive habits cost _____.

b. Excessive habits harm our _____.

c. Excessive habits steal from our _____.

(6) PRINCIPLE OF MODERATION (28:27)

Our Excessive habits grieve and _____ those who love us.

C. It is a problem to _____ in excess.

Prov. 6:10-11 tells us that excessive sleep leads to poverty mostly because a person can't work and sleep at the same time.

D. It is a problem to _____ in excess.

(7) PRINCIPLE OF MODERATION (21:17)

Our Excessive habits _____ with our work.

E. It's a problem to excessively pursue _____.

Money is good but Proverbs recognizes that some of us excessively pursue money. This excess is manifested in the form of greed, stinginess, gambling and debt and we are warned against it. (Prov. 23:4-5)

F. It is a problem to have an excessive number of _____.

(8) PRINCIPLE OF MODERATION (18:24)

_____ is not necessarily better.

G. It's a problem to speak an excessive number of _____.

Some of us talk and talk and talk, because if we were to stop, we might hear something about us that we just don't want to hear. Prov. 10:19 encourages moderation even with our words.

The wise person exercises Moderation in all _____.

The key that enables moderation is in understanding that we serve a God who has thoroughly loved us in Christ Jesus and has pledged to supply all that we might need. It is Christ who is able to handle our life tensions. He alone can give us security when we feel insecure. He can tackle our fears when we are afraid. He can affirm us when life tears us down. He is sovereign and He is in control and He loves us.

If you don't know the Savior – why don't you invite Him to save you? If you do know Him, and yet are saddled with excessive behavior then there is evidently more of Him for you to know. Won't you yield to Him today?

FOR FURTHER DISCUSSION

Use this section in your personal or family devotions to better apply the truth.

1. Have there been times in your life when you have pursued something to excess? Have you ever wondered why? What was your conclusion?
2. Which principle of moderation seems to speak most fiercely to you?
3. What needs to happen in order for you to experience freedom from excess?