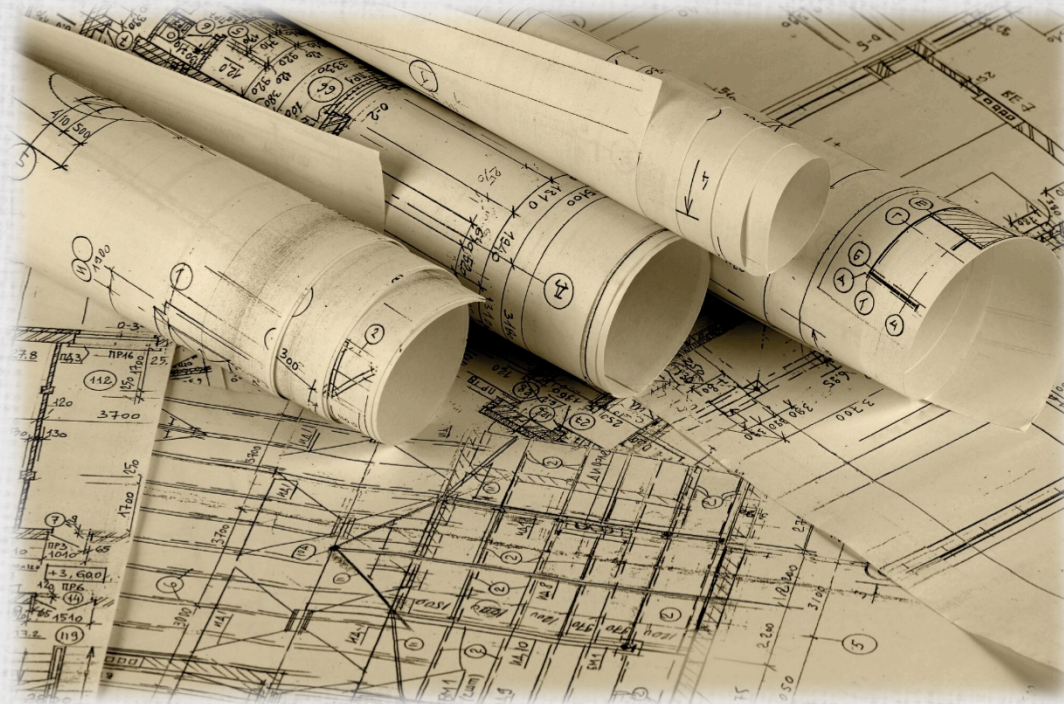


**THE
CHARACTER
OF
INFLUENCE**

1 Timothy 3:1-7 provides a blueprint for Christian maturity

**“Overseers” are those who live in an exemplary manner
how all Christians should live.**



The Summary Qualification: “above reproach” (1 Timothy 3:2a)

<i>Domestic Sphere</i>	<i>Internal Sphere</i>	<i>Relational Sphere</i>	<i>Secular Sphere</i>
husband of one wife (3:2)	temperate (3:2)	respectable (3:2)	has a good reputation with those outside (3:7)
manages his household well (3:4-5)	prudent (3:2)	hospitable (3:2)	
	not addicted to wine (3:3)	able to teach (3:2)	
	free from the love of money (3:3)	not pugnacious (3:3)	
	not a new convert (3:6)	gentle (3:3)	
		peaceable (3:3)	

**DISCIPLINED
IN APPETITES**

The Stanford Marshmallow Experiment



New York Times: “Famously, preschoolers who waited longest for the marshmallow went on to have higher SAT scores than the ones who couldn’t wait. In later years they were thinner, earned more advanced degrees, used less cocaine, and coped better with stress. As these first marshmallow kids now enter their 50s, Mr. Mischel and colleagues are investigating whether the good delayers are richer, too.”

One’s self-discipline to deny or delay gratification in order to achieve a superior reward makes one more successful in life.



- **Proverbs 25:28** – “*Like a city that is broken into and without walls is a man who has no control over his spirit.”*”



“An overseer, then, must be . . . temperate.”

—1 Timothy 3:2

**THE
CHARACTER
OF
INFLUENCE**

1. The *Definition* of Temperance

- The Greek word translated as “**temperate**” (νηφάλιος – “sober-minded” in the ESV), originally described “being very moderate in the drinking of an alcoholic beverage.” It described one who was not given to intoxication.
- By Paul’s day, the word was used in a figurative sense to describe one who was *not addicted* to fleshly gratification. It described **one who maintained *balance* or *sobriety* in life in general**, not only with respect to alcohol.
- “Temperance” thus describes one who was “**restrained in conduct, self-controlled, level-headed.**”

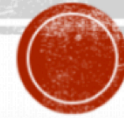
THE
CHARACTER
OF
INFLUENCE

“The standard here is one of self-control and mastery of his appetites. Wine would surely not be the only drink or food that a person can misuse.”

—John Piper

**THE
CHARACTER
OF
INFLUENCE**

SELF-CONTROL



“ . . . a governance or prudent control of one’s desires, cravings, impulses, emotions, and passions. It is saying no when we should say no. It is moderation in legitimate desires and activities, and absolute restraint in areas that are clearly sinful. It would, for example, involve moderation in watching television and absolute restraint in viewing Internet pornography [It] covers every area of life and requires and unceasing control with the passions of the flesh that wage war against our souls.”

—Jerry Bridges, *Respectable Sins*, 106-107



Do I exercise *healthy moderation* in those enjoyments that are a good part of life—such as eating? Can I easily say “no” to the permissible parts of life—such as a doughnut or the next episode of my favorite TV series?



Do I exercise *total restraint* in those areas where enjoyments are forbidden—such as illicit thoughts or the use of narcotics?



**The temperate man controls his appetites;
his appetites do not control him.**

“All things are lawful for me, but not all things are profitable.
All things are lawful for me, but I will not be mastered by anything.”

— 1 Corinthians 6:12

**THE
CHARACTER
OF
INFLUENCE**

2. The *Expectation* of Temperance

a. The Church's Elders

- **1 Timothy 3:2** – “An overseer, then, must be . . . temperate [νηφάλιος].”
- **Titus 1:7-8** – “For the overseer must be . . . self-controlled [ἐγκρατής].”
- As examples of sanctification, elders are to provide a tangible illustration of self-control for the rest of the congregation to imitate.
- In order to make wise decisions, to teach the truth faithfully, to counsel the weak, and to protect the church from enemies, elders cannot have their efforts influenced by fleshly appetites and the drive for temporal gratification.

THE
CHARACTER
OF
INFLUENCE

b. All Christians

- **1 Thessalonians 5:6, 8** – “so then let us not sleep as others do, but let us be alert and sober [νήφω]. . . . But since we are of *the* day, let us be sober, having put on the breastplate of faith and love, and as a helmet, the hope of salvation.”
- **Titus 2:2** – “Older men are to be temperate [νηφάλιος], dignified, sensible, sound in faith, in love, in perseverance.”
- **1 Peter 1:13** – “Therefore, prepare your minds for action, keep sober in spirit [νήφω], fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.”

THE
CHARACTER
OF
INFLUENCE

- **1 Corinthians 9:26-27** – “Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline [lit., *I bruise*] my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.”





“Afraid? Greater than the pope
and all his cardinals, I fear most
that great pope, *self*.”

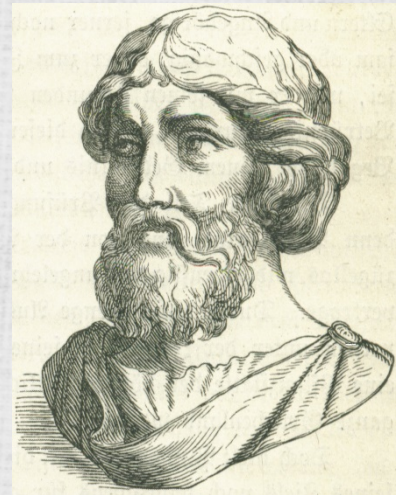
— Martin Luther

c. Leaders in General

For the Greeks, *self-control* belonged with *justice*, *wisdom*, and *courage* as life's greatest virtues.

“No man is free who cannot command himself.”

—Pythagoras (c. 570-490 BC)



“The first and best victory is to conquer self. To be conquered by self is, of all things, the most shameful and vile.”

—Greek philosopher Plato (427-347 BC)

“Self-control, regardless of what we are doing, whether it involves a physical act or a mental decision, must be maintained to produce desirable results. If emotion takes over, reason usually flies out the window and the acts or decisions are not likely to be as productive as they should be.”

—John Wooden

WOODEN ON LEADERSHIP™

THE ART OF **SUCCESS**

PYRAMID OF SUCCESS

“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”
John Wooden, Head Coach

*“Failure to prepare is preparing to fail.”
“Don’t mistake activity for achievement.”*
ACHIEVEMENT

“True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.”

COMPETITIVE GREATNESS
“Perform at your best when your best is required. Your best is required each day.”

POISE
“Be yourself. Don’t be thrown off by events whether good or bad.”

CONFIDENCE
“The strongest steel is well-founded self-belief. It is earned, not given.”

CONDITION
“Ability may get you to the top, but character keeps you there – mental, moral, and physical.”

SKILL
“What a leader learns after you’ve learned it all counts most of all.”

TEAM SPIRIT
“The star of the team is the team. ‘We’ supercedes ‘me.’”

SELF-CONTROL
“Control of your organization begins with control of yourself. Be disciplined.”

ALERTNESS
“Constantly be aware and observing. Always seek to improve yourself and the team.”

INITIATIVE
“Make a decision! Failure to act is often the biggest failure of all.”

INTENTNESS
“Stay the course. When thwarted try again; harder, smarter. Persevere relentlessly.”

INDUSTRIOUSNESS
“Success travels in the company of very hard work. There is no trick, no easy way.”

FRIENDSHIP
“Strive to build a team filled with camaraderie and respect: comrades-in-arms.”

LOYALTY
“Be true to yourself. Be true to those you lead.”

COOPERATION
“Have utmost concern for what’s right rather than who’s right.”

ENTHUSIASM
“Your energy and enjoyment will stimulate and greatly inspire others.”

12 LESSONS IN LEADERSHIP

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don’t Look At The Scoreboard
12. Adversity Is Your Asset

Success is not a destination, it is a journey.

Leadership

www.CoachJohnWooden.com

For the non-Christian: self-discipline is a matter of sheer willpower.

- What is needed is education to inform the will of its potential and the need for moral reformation.
- The will must then exert its power over the body and force the body to submit to its dictates.
- Self-discipline becomes a matter of stoic self-mastery. One gains control over self *by self* and *to the glory of self*.
- Inevitably, self-control becomes a matter of self-sufficiency.

THE
CHARACTER
OF
INFLUENCE

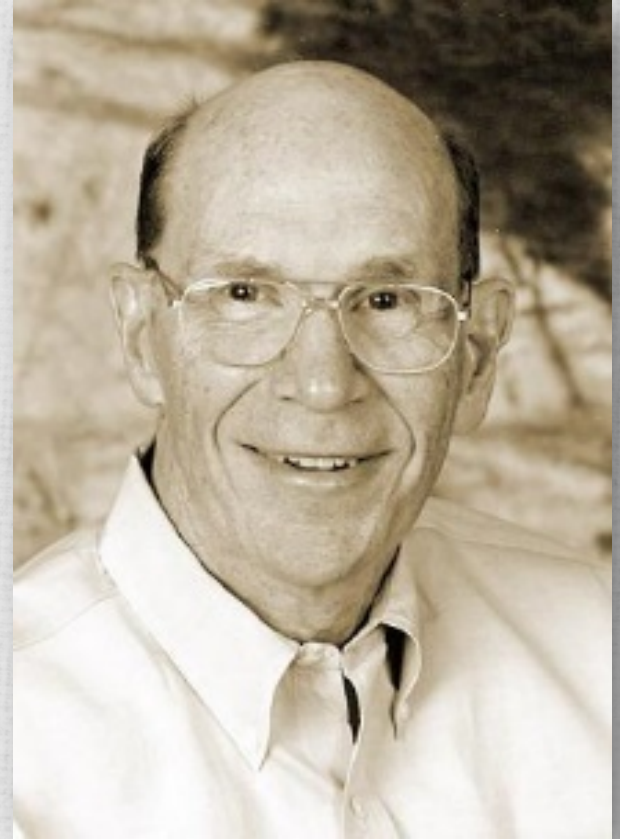
For the Christian: only the Holy Spirit can produce true self-control.

- The genuine ability to master one's appetites is an ability enabled by the Spirit's one-time work of regeneration and cultivated by the Spirit's ongoing work of sanctification.
- The practice of self-control is a matter of active dependency upon God and the resources He provides to those He has redeemed.
- **Galatians 5:22-23** – “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”
- *Soli Deo Gloria*

THE
CHARACTER
OF
INFLUENCE

“Biblical self-control is not a product of one’s own natural willpower. We know there are plenty of unbelievers who exercise self-control in specific areas of life for the purpose of achieving some goal. But in other areas, they may live with little or no self-control. An athlete may be strict in his diet while totally lacking in control of his temper. . . . We might say that self-control is not control *by* oneself through one’s own willpower but rather control *of* oneself through the power of the Holy Spirit.”

—*Jerry Bridges*



3. Some *Adversaries* of Temperance

a. Laziness



“Certainly work must be measured and planned and must include rest and recreation, but a Christian leader should never be vulnerable to the accusation of laziness. . . . An industrious leader is prepared for a crises and its accompanying demands, and he doesn’t contribute to it by carelessness or indolence.”

—Henry L. Reeder III, *The Leadership Dynamic*, 59

b. Entertainment

“While rest and wholesome entertainment are gifts from the Lord to be enjoyed, overexposure to such things quickly crowds responsibility at best, and cultivates a negative view of sober-minded hard work at worst.”

— Wragg, *Exemplary Spiritual Leadership*, 61



c. Food

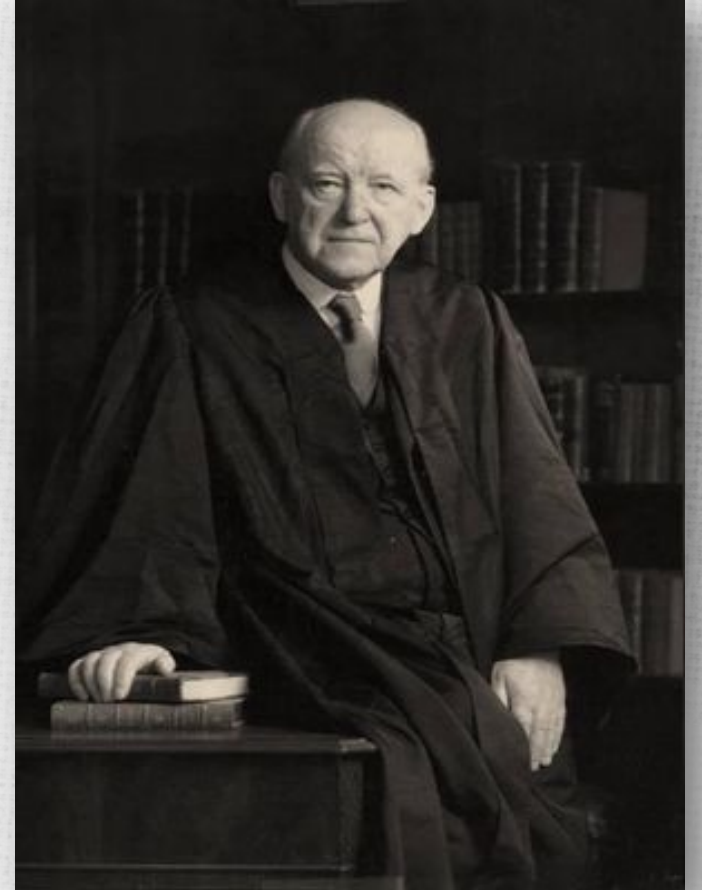
“Learn to say no to your feelings and impulses. Occasionally deny yourself pleasures that are perfectly legitimate for you to enjoy. Skip dessert after a meal. Drink a glass of iced tea instead of having that banana split that you love. Don’t eat that doughnut that caught your eye. Refraining from those things will remind your body who is in charge.”

—MacArthur, “Learning Self-Discipline”



“I defy you to read the life of any saint that has ever adorned the life of the Church without seeing at once that the greatest characteristic in the life of that saint was discipline and order. Invariably it is the universal characteristic of all the outstanding men and women of God Obviously, it is something that is thoroughly scriptural and absolutely essential.”

— *Martyn Lloyd-Jones*



4. The *Cultivation* of Temperance

EXHORTATION	TEXT	APPLICATION
1. Know yourself	<i>“Therefore let him who thinks he stands take heed that he does not fall”</i> (1 Cor 10:12).	Be aware of the particular areas of your life where your appetites tend to control you.
2. Watch yourself	<i>“Pay close attention to yourself and to your teaching”</i> (1 Tim 4:16).	Examine your life regularly to see whether you are becoming enslaved to a particular appetite.
3. Deny yourself	<i>“If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me”</i> (Luke 9:23).	Remember you are called to a lifestyle of self-denial.

EXHORTATION	TEXT	APPLICATION
<p>4. Embrace hardship</p>	<p><i>“I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline [lit. bruise] my body and make it my slave” (1 Cor 9:26-27).</i></p>	<p>Accept the fact that self-discipline does not develop without pain.</p>
<p>5. Consider the prize</p>	<p><i>“Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win” (1 Cor 9:24).</i></p>	<p>Remind yourself regularly of the reward for self-denial and delayed gratification.</p>
<p>6. Prioritize godliness</p>	<p><i>“Discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come” (1 Tim 4:7b-8).</i></p>	<p>Give even greater attention to the discipline of your soul than the discipline of your body.</p>

EXHORTATION	TEXT	APPLICATION
7. Cultivate contentment	<p><i>“But godliness actually is a means of great gain when accompanied by contentment”</i> (1 Tim 6:6).</p>	<p>Be satisfied with what you currently have and guard yourself from wanting more.</p>
8. Treasure Christ	<p><i>“That I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death”</i> (Phil 3:10).</p>	<p>Make your supreme gratification your communion with Jesus Christ.</p>

“A mature man, then, must be . . . temperate.”

**THE
CHARACTER
OF
INFLUENCE**