"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.

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.

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

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

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.

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)

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)

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)

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)

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Lesson Two

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)

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)

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

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

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
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

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

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

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
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
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 enoble 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

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 be ________________ 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

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

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) (See also p. 62)

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)

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)

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

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
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)
Lesson Seven

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

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
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
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)

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)

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

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


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:
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

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  
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
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

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 __________, forbidding __________, 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)

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

pages 130-136

1. "Those who __________ themselves are __________ to
1. "Let us seek to ________________ how to ________________ the people." (131)

2. "We must learn ________________ to ________________ too fast, and require too ________________ of those who are ________________ converted to the truth." (131)

3. 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? (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

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 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.

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

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

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)
By Voice--A Part of Our Evangelistic Message

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

(a)

(b)

(c)

Temperance Education an Objective of Our Medical Work

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
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 efforts 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) "Drunkensness, 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

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 accomplished by this kind of ____________." (260)

7. Visiting an alcoholism center called Washingtonian Home, 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

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)

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 ________________ man. Resist ________________ as a man. In the ________________ of Jesus Christ of Nazareth you can lay hold upon _________________. Christ will ________________ in behalf of ________________ of you." (291)

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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.

Ernest H. J. Steed, Director
Temperance Department
General Conference of Seventh-day Adventists

Study Guide Index