

31-DAY CONSECRATION FAST DEVOTIONAL

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January 13, 2021 "Temperance"

Read [Galatians 5:22-25](#), [Romans 13:14](#), [1 Corinthians 9:27](#), [2 Peter 1:6](#)

Temperance is a fruit of the Spirit. To have temperance means you have restraint and know how to be moderate in your actions, thoughts, and feelings. Is temperance developed in your life? Do you know how to operate with restraint or self-control or is your behavior often impulsive? As you think about temperance, consider your habits. Do you have habits that you tend to overindulge instead of using moderation? Refusing to practice self-control and do things in moderation will cause your habits to turn into strongholds and strongholds hinder your Spiritual growth. If you are accustomed to operating based on your fleshly impulse, take a moment and consider the consequences. If you seek the Lord prior to acting on impulse, you will find temperance at work in your life. It is only with the help of Holy Spirit that we can experience the restraint that will ultimately save us from trouble and despair. Today, when you pray, be honest with the Lord and tell Him about the areas you struggle with self-control. Ask Him to help you. He will help you.



DAY 13