MODERATION

The avoidance of excess in all areas of life.

PROVERBS 25:16
Have you found honey? Eat only what you need, lest you have it in excess and vomit it. (NASB)

OPPOSITE: Over-indulgence
DEFINITION AND DISCUSSION (KJV)

1. What is MODERATION? Define it in your own words? Take time to memorize the following definition taken from the reverse side of this sheet:
   MODERATION = The avoidance of excess in all areas of life.

2. When someone mentions the word MODERATION, what comes to mind?

3. Give examples of how people often live in excess in the following areas:
   a. Eating habits - (stuffing oneself at the dinner table)
   b. T.V. watching - (spending too much time in front of the T.V.)
   c. Spending habits - (buying the most expensive things)
   d. Exercise - (running so much that joints are damaged)
   e. Reading as a hobby - (spending all ones spare time reading)
   f. Sleeping - (sleeping in all the time)
   g. Recreation and sports - (being a sportsaholic)
   h. Work - (being a workaholic)
   i. Alcohol - (getting drunk)

4. Can you think of other areas where people often struggle with moderation?

5. How could a person show moderation in each of the areas mentioned in questions 3 and 4 above?

6. Why is moderation important for the Christian? (as a witness, to keep in balance, to live in obedience to God's Word, to stay healthy)

7. Explain why a teen might need to develop moderation in relation to music. (He might need to limit it to a certain amount each day so other things like homework can get done in a timely manner)

8. How can accountability help a person develop moderation in various areas of life? Give examples. (A mom could hold her daughter accountable on TV)

9. How can lack of moderation, hinder a person from doing God's will? (If a person gives too much time to sports, there is no time for ministry.)

10. Read Proverbs 25:16. Explain it in your own words. How does it relate to moderation?

11. What kind of a plan could a family make to show moderation in their finances during Christmas and birthdays?

12. Who do you know that lives a life of moderation? Explain. Do you respect them for this?

13. Does moderation equal living a boring life? Explain. (No! It is exciting because a person is healthier, in balance, and doing what really matters.)

14. Why do many people live lives of excess? (boredom, laziness, stress)

15. Do people need to exercise moderation in ministry? Why? (Yes! Excess ministry leads to burnout, especially for pastors. It also takes time away from family. However, most people rust out before they burn out.)


ACTIVITIES AND APPLICATION

1. Role play a situation at the dinner table where you know you don't need a second helping but you are offered one.

2. Evaluate your moderation in the following areas. Is it poor, fair or good? Should you make any changes in your lifestyle? Explain.
   a. Eating -
   b. T.V. watching -
   c. Work -
   d. Recreation -

3. Are there other areas of your life where you need moderation? Explain.

4. Devise a plan to build moderation in the above area/s. What can you do to change? Who can hold you accountable?


6. Display this life quality sheet in your home for the next week.

7. Close in prayer asking God to help you develop moderation.