

**Day 22 ~ TEMPERATE IN ALL THINGS**

*“Every man that striveth in the games is temperate in all things.”*

*“I buffet my body, and bring it into bondage.”*

*1 Corinthians 9:25, 27*

Paul here reminds us of the well-known principle that anyone competing for a prize in the public games is *“temperate in all things.”* Everything, however attractive, that might be a hindrance in the race is given up or set aside. And this in order to obtain an earthly prize. And shall we, who strive for an incorruptible crown, and that Christ may be Lord of all — shall we not be temperate in all things that could in the very least prevent our following the Lord Jesus with an undivided heart?

Paul says: *“I buffet my body, and bring it into bondage.”* He would allow nothing to hinder him. He tells us: *“This one thing I do: I press towards the mark for the prize.”* No self-pleasing in eating and drinking, no comfort or ease, should for a moment keep him from showing the spirit of the cross in his daily life, or from sacrificing all, like his Master. The cross was not only the theme of his preaching, but the rule of his life in all its details. Read the following four passages which comprise his life-history:

2 Corinthians 4:8-12 — *“We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; <sup>9</sup>persecuted, but not forsaken; struck down, but not destroyed — <sup>10</sup>always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. <sup>11</sup>For we who live are always delivered to death for Jesus’ sake, that the life of Jesus also may be manifested in our mortal flesh. <sup>12</sup>So then death is working in us, but life in you.”*

2 Corinthians 6:3-10 — *“But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses, <sup>5</sup>in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fastings; <sup>6</sup>by purity, by knowledge, by longsuffering, by kindness, by the Holy Spirit, by sincere love, <sup>7</sup>by the word of truth, by the power of God, by the armor of righteousness on the right hand and on the left, <sup>8</sup>by honor and dishonor, by evil report and good report; as deceivers, and yet true; <sup>9</sup>as unknown, and yet well known; as dying, and behold we live; as chastened, and yet not killed; <sup>10</sup>as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things.*

2 Corinthians 11:22-27: *“Are they Hebrews? So am I. Are they Israelites? So am I. Are they the seed of Abraham? So am I. <sup>23</sup>Are they ministers of Christ? — I speak as a fool — I am more: in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often. <sup>24</sup>From the Jews five times I received forty stripes minus one. <sup>25</sup>Three times I was beaten with rods; once I*



## *“The Secret of the Cross”*

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*was stoned; three times I was shipwrecked; a night and a day I have been in the deep; <sup>26</sup>in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; <sup>27</sup>in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness —”*

We need to pray God that this disposition may be found in all Christians and preachers [and teachers] of the gospel, through the power of the Holy Spirit. When the death of Christ works with power in the preacher, then Christ’s life will be known among the people.

Let us pray that the fellowship of the cross may regain its old place, and that God's children may obey the injunction: *“Let this mind be in you that was in Christ Jesus.”* He humbled Himself and became obedient unto the death of the cross. For, *“if we have been planted together in the likeness of His death, we shall be also in the likeness of His resurrection”* (Romans 6:5). ♥