



## RCCG Sunday School Students Manual Lesson 43: 22 June 2025

### Description

RCCG Sunday School Student manual for the adult class.

**Today's Lesson 43 topic: MODERATION**

**Date:** 22 June 2025

**Read:**

- [RCCG Sunday School Teachers Manual Lesson 43](#)
  - [Open Heaven 22 June 2025 Devotional](#)
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**Note:** Check [RCCG SUNDAY SCHOOL HYMN LYRICS](#)

## **RCCG SUNDAY SCHOOL STUDENT MANUAL LESSON 43 (22 JUNE 2025)**

**TOPIC: MODERATION**

**BIBLE PASSAGE: Philippians 4:5-6, 11-12**

5 Let your moderation be known unto all men. The Lord is at hand.

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

11 Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.

12 I know both how to be abased, and I know how to abound: every where and in all things I am

instructed both to be full and to be hungry, both to abound and to suffer need.

## **MEMORY VERSE:**

“Let your moderation be known unto all men. The Lord is at hand.” Philippians 4:5.

## **LESSON INTRODUCTION**

Moderation is keeping our behaviour and lifestyle in check so that our actions, feelings and habits can be within reasonable bounds.

It is avoiding excesses in all we do. Moderation is a desirable virtue for a Christian. Good and legitimate desires can become a sin when they go over lawful limits. Living a life of moderation is demanding in today's world. However, the Bible teaches us that excess of anything is not good (Ecclesiastes 2:10-11). It is expedient for Christians to understand how and why we should live in moderation.

## **LESSON OUTLINE 1: THE REASONS FOR MODERATION**

Moderation aligns with the biblical principle of self-control and avoidance of extremes (Galatians 5:22-23; 2 Peter 1:5-6).

It helps other people to know where we stand (Philippians 4:5).

It is associated with being honoured and valued by men (Proverbs 17:28; Luke 14:8-11).

It brings honour to God and makes us acceptable before men.

Note: The only area, in which we do not need to be moderate, is our love for God. We are to love God without limits (Mark 12:30).

## **CLASS ACTIVITY 1:**

The class should mention other reasons for moderation.

## **LESSON OUTLINE 2: HOW TO LIVE IN MODERATION**

Moderation should be reflected in every area of our lives. Christians should show moderation in:

Speech (James 1:19; Proverbs 10:19).

Appearance (1 Timothy 2:9-10).

Eating and drinking (Proverbs 23:20-21; 25:16).

Relaxation/pleasure (1 Timothy 5:6; 2 Timothy 3:4-5).

Desires (Colossians 3:5).

Cares of life (Luke 21:34).

Happiness (Matthew 14:6-10).

Money (1 Timothy 6:6-10).

Celebrations (Daniel 5:23-30).

Liberty (1 Corinthians 8:9).

Personal convictions (Romans 14:1-5).

Friendship (2 Corinthians 6:14-18; Proverbs 25:17)

To keep within lawful bounds, believers should:

Make no provision for the flesh to fulfil its lust (Romans 13:14; Galatians 5:24).

Not follow the examples of the world (1 John 2:15-16).

Walk in the Spirit and be heavenly-minded (Romans 8:6; Galatians 5:16).

## **CLASS ACTIVITY 2:**

The class should discuss the consequences of living extravagantly.

## **CONCLUSION: RCCG Sunday School Students Manual 22 June 2025**

To enjoy a peaceful life, be moderate in all things. Those who want to win the race to eternal life must also be temperate in all things (1 Corinthians 9:24-27).

## **ASSIGNMENT: RCCG Sunday School Students Manual Lesson 43**

Mention five areas of your life where you must show moderation (2×5=10 Marks).

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