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07/11/2020



# Temperance



# What you will Learn

- 1 Cor. 6:19, 20
- 1 Cor. 3:17
- What is meant by
  - Drug abuse
  - Temperance
- The harm in using:
  - i. Tobacco
  - ii. Alcohol
  - iii. Other drugs
- Why some people choose to smoke, drink alcohol, or use drugs.
- How you can choose not to use substances that destroy our bodies.
- Ask the Doctor some questions



# Choose the Correct Answer: What is Temperance?

- a) Self control –not eating too much
- b) Moderation –watching less T.V
- c) Self-restraint –not saying bad words
- d) Sleeping on time
- e) Not spending too much money
- f) Getting to school on time
- g) Looking after your body
- h) Making good choices in everything we do



# What is meant by Drugs?

- a) Medicines used to treat or prevent disease
- b) Substances that make you feel better when you are in pain
- c) Substances that give you energy
- d) Chemicals that are taken for pleasure
- e) Substances that takes control of your mind
- f) Chemicals that change the way a persons body works



# True or False?

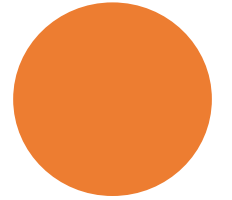
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- a) Some drugs can make you feel better but others can cause harm to your body?
- b) Is alcohol a drug?
- c) Can you be sent to prison for keeping drugs that are not allowed?
- d) Can good drugs become harmful when taken incorrectly?



# Which do you think are drugs?

- Tobacco
- Sugar
- Chocolate
- Alcohol
- Caffeine
- Food
- Coffee
- Paracetamol
- Cannabis
- Cocaine



# What is meant by drug abuse?

- a) Taking substances or chemicals that have been banned
- b) The use of medicine or tablets for purposes other than to treat an illness
- c) Taking more medicine or tablets than prescribed by the Doctor



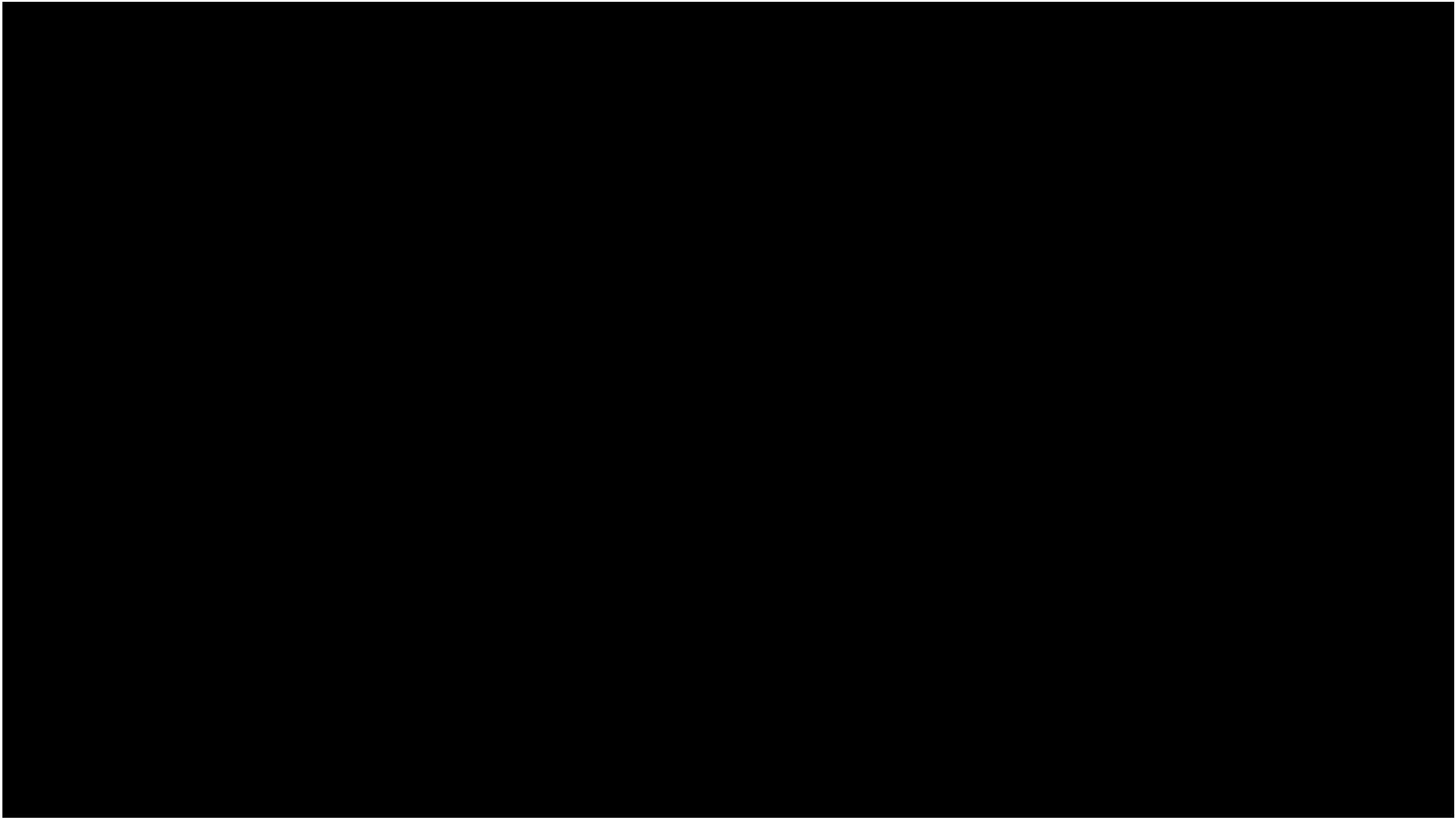


# Why do some people choose to take illegal Drugs?

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- a) They think drugs are 'Cool'
- b) Fit in or follow what their friends are doing
- c) Afraid to say **NO**
- d) They think it makes them forget their problems
- e) Say it makes them feel good
- g) They are bored or curious
- h) No self-control





# How can you say **No** to what is bad for your body?

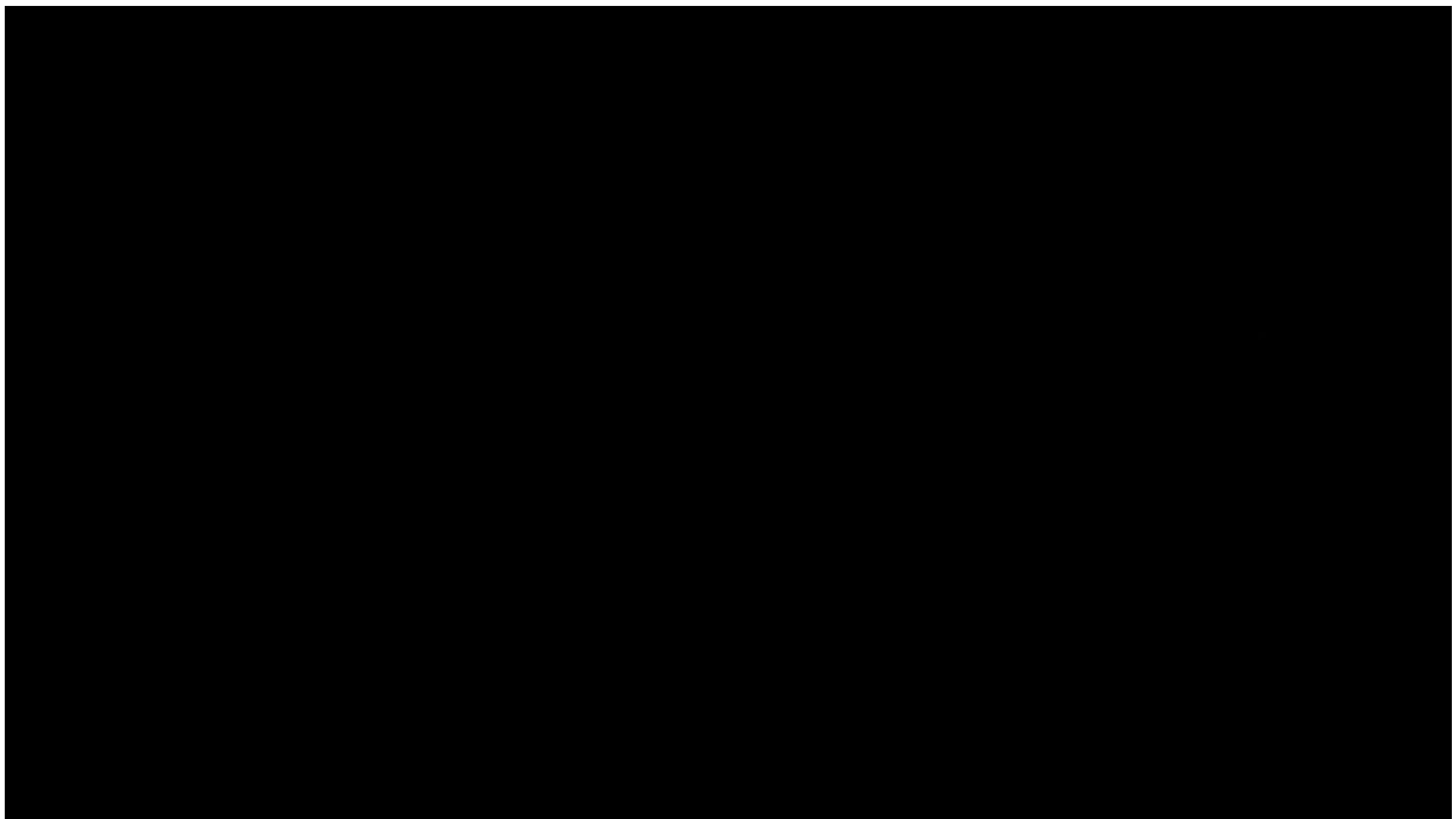
- Take time to think and ask God to help you make the right choice
- Make good friends who will help you to make good choices
- Ask your parents and trust their advice
- Remember that God said your body is his temple
- Ask yourself if it is harmful or helpful
- Follow the Bible teaching



# 1 Corinthians 6: 19 & 20

- ❖ Don't you realise that your body is the temple of the Holy Spirit who lives in you and was given to you by God?
- ❖ God bought you with a high price. So you must honor God with your body





# Dangers of taking harmful substances

- **Addictive** –makes you want it all the time
- **Depressant** –slows you down
- **Hallucinogenic** –see/hear things that are not there
- **Narcotic** –makes you sleep
- **Health problems**
- Inability to work or concentrate at school

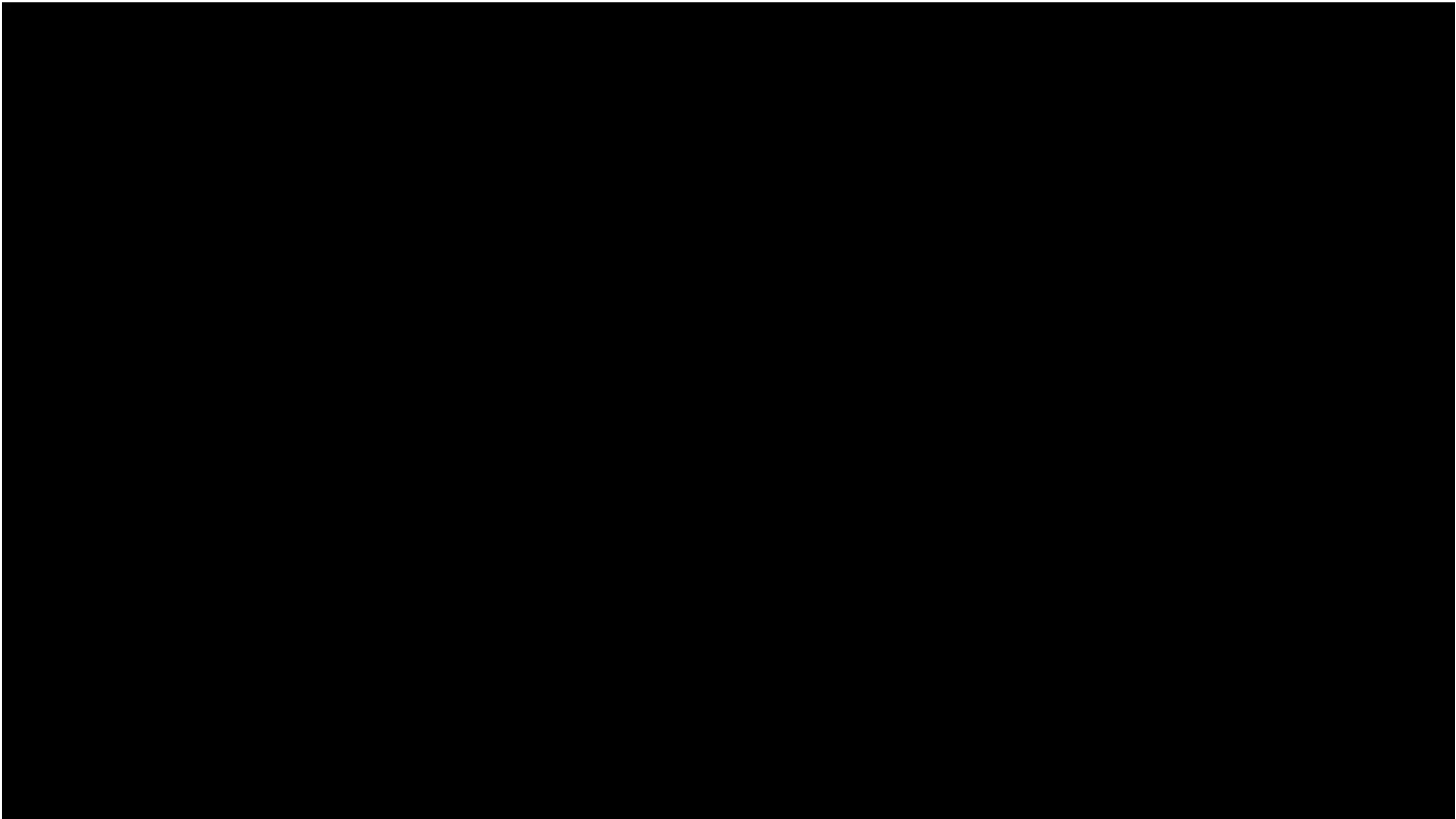


# 1 Corinthians 3: 17

❖ God will destroy anyone who destroys this temple. For God's temple is holy, and you are that temple

Healthy Children Learn Better







What are  
some things  
you can do  
to keep  
Healthy?

- Sports
- Instruments
- Arts and Crafts
- Gardening
- Reading
- Playing in the Park
- Climbing hills
- Cooking and Baking
- Repairing Clothes
- Building Lego





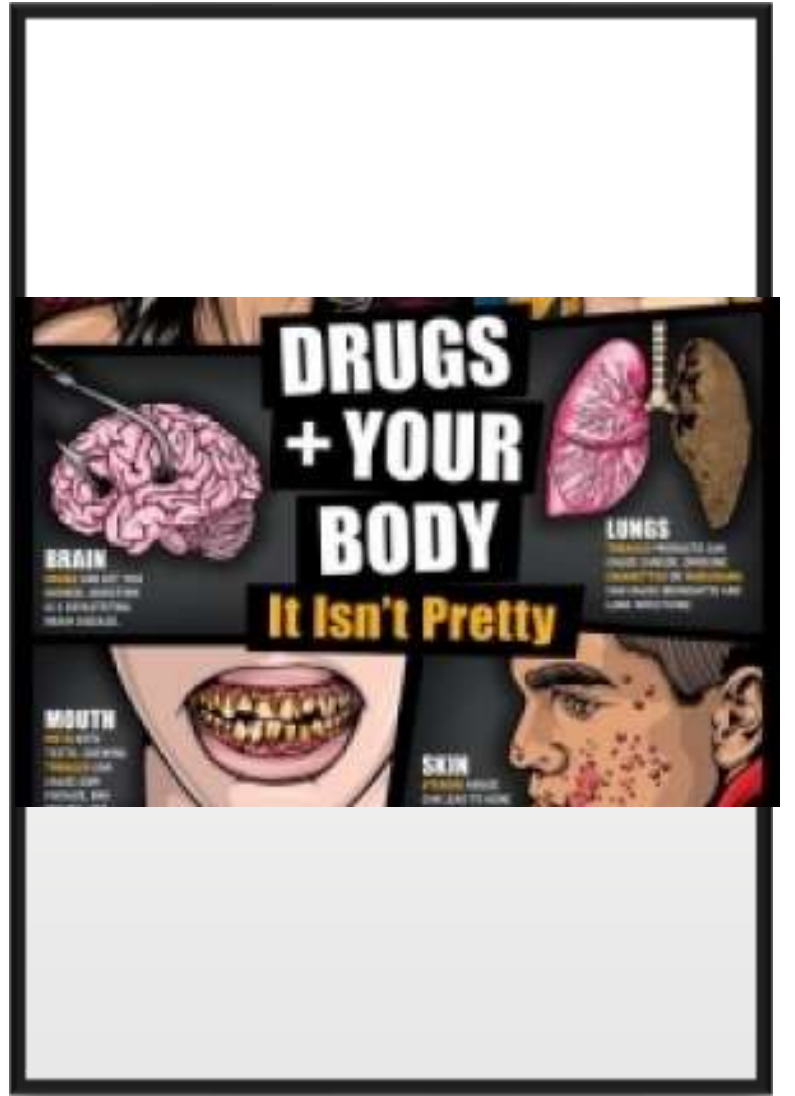
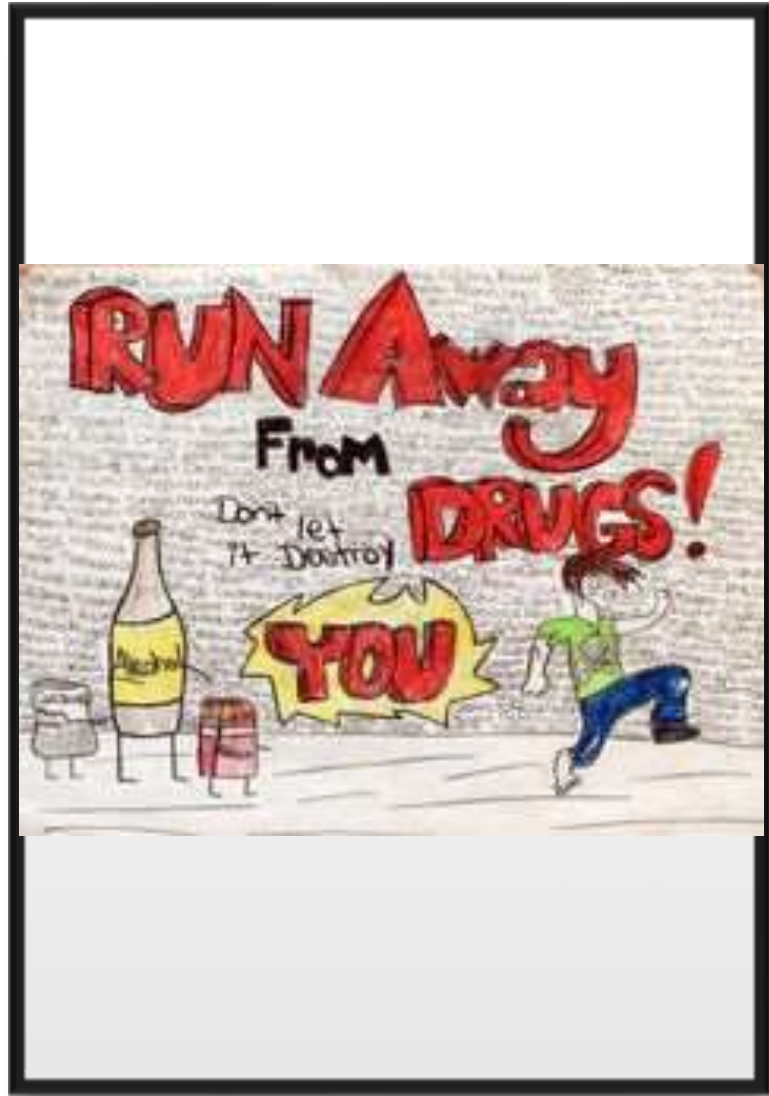
# Doctor in the room

Ask the Doctor some questions

# Homework

- Plan a skit or play encouraging others to say “NO” and perform it with your family for worship
- Design an antismoking, antidrug, anti-alcohol slogan and paint it on a T-shirt **OR** Create a poster or illustration showing the dangers of drug abuse.
- Identify two famous people who are the best in their area and tell why they do not use tobacco, drugs or alcohol **OR** Interview two people you know who live happily and healthfully without using tobacco, drugs or alcohol, and discuss with them their reasons for being temperate.





THANK YOU



Enjoy keeping healthy

THE END