

Change Your Mind

The Call to Sobermindedness

Romans 12:1–2 (NKJV)

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. **2** And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

What is Sobermindedness?

- Spiritual health
- A correct or appropriate way of reasoning
- A sense of moderation
- A moderation or reserve that is expressed in inner equilibrium
- Temperance

Sobermindedness

“He did not permit all manner of gifts without restriction or restraint, but only those which were not made under the influence of sickness, or drugs, or imprisonment, or when a man was the victim of compulsion or yielded to the persuasions of his wife. He thought, very lightly and properly, that being persuaded into wrong was no better than being forced into it, and he placed deceit and compulsion, gratification and affliction, in one and the same category, believing that both were alike able to pervert a man’s reason. “ – Plutarch on Solon

Components of Human Nature

- Mind - Spiritual
 - Will
 - Conscience
 - Reason
 - Emotion
- Body - Physical

Who/What is in Charge?

- **Mind - Spiritual**

- Will

- Conscience**

- Reason**

- Emotion

- Body - Physical

- Mind - Spiritual

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- Conscience

- Reason

- Emotion**

- **Body - Physical**

1 Peter 1:13–15 (NKJV)

Therefore gird up the loins of your mind, **be sober**, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; **14** as obedient children, not conforming yourselves to the former lusts, as in your ignorance; **15** but as He who called you is holy, you also be holy in all your conduct,

With what is soberness contrasted?

- Demon-possession – Luke 8:35

Luke 8:35 (NKJV)

Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid.

With what is soberness contrasted?

- Demon-possession – Luke 8:35
- Pride and self importance – Rom. 12:3

Romans 12:3 (NKJV)

For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to **think soberly**, as God has dealt to each one a measure of faith.

With what is soberness contrasted?

- Demon-possession – Luke 8:35
- Pride and self importance – Rom. 12:3
- The exalted feelings of closeness to God – 2 Cor. 5:13

2 Corinthians 5:13 (NKJV)

For if we are beside ourselves, it is for God; or if we are of sound mind, it is for you.

Who needs Sobermindedness?

- Elders and their wives - 1 Tim. 3:2, 3, 11; Tit. 1:8

Elders and their Wives

1 Timothy 3:2 - A bishop then must be blameless, the husband of one wife, temperate, sober-minded, of good behavior, hospitable, able to teach;

1 Timothy 3:11 - Likewise, their wives must be reverent, not slanderers, temperate, faithful in all things.

Who needs Sobermindedness?

- Elders and their wives - 1 Tim. 3:2, 3, 11; Tit. 1:8
- Older men - Tit. 2:28

Titus 2:2 (NKJV)

that the older men be sober, reverent,
temperate, sound in faith, in love, in patience;

Who needs Sobermindedness?

- Elders and their wives - 1 Tim. 3:2, 3, 11; Tit. 1:8
- Older men - Tit. 2:2
- Young men - Tit. 2:6

Titus 2:6 (NKJV)

Likewise, exhort the young men to be sober-minded,

Who needs Sobermindedness?

- Elders and their wives - 1 Tim. 3:2, 3, 11; Tit. 1:8
- Older men - Tit. 2:2
- Young men - Tit. 2:6
- Young women - Tit. 2:4

Titus 2:4–5 (NKJV)

that they admonish the young women to love their husbands, to love their children, **5** to be **discreet**, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed.

Who needs Sobermindedness?

- Elders and their wives - 1 Tim. 3:2, 3, 11; Tit. 1:8
- Older men - Tit. 2:2
- Young men - Tit. 2:6
- Young women - Tit. 2:4
- All Christians - 1 Thes. 5:6-8

1 Thessalonians 5:6–8 (NKJV)

Therefore let us not sleep, as others do, but let us watch and **be sober**. **7** For those who sleep, sleep at night, and those who get drunk are drunk at night. **8** But let us who are of the day **be sober**, putting on the breastplate of faith and love, and as a helmet the hope of salvation.

When do we most need Soberness?

- When emotions are high
- When emotions are low
- When we are not at our best physically



Why do we need Soberness?

1 Peter 5:8 - Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

1 Peter 4:7 - But the end of all things is at hand; therefore be serious and watchful in your prayers.

How do we develop Soberness?

- Be aware of the need for it

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- Learn what God's grace teaches us about soberness

Titus 2:11–14 (NKJV)

For the grace of God that brings salvation has appeared to all men, **12** teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, **13** looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, **14** who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.