



BEING SOBER-MINDED

WHAT IS IT?

The key mental condition God wants us to have in a battle-raging world is that of being “sober-minded.” Paul even told Timothy as he faced his own fights to have this mental trait.

WHY DO IT?

“One of the most important things we need to learn and teach others is how to guard, strengthen, and renew our minds, because the battle for sin always starts in the mind.” [Rick Warren]

RELATED SCRIPTURE

“Therefore, with your minds ready for action, be sober-minded and set your hope completely on the grace to be brought to you at the revelation of Jesus Christ.” [1 Peter 1:13]

“But as for you, exercise self-control in everything, endure hardship, do the work of an evangelist, fulfill your ministry.” [2 Timothy 4:5]

A BRIEF OVERVIEW

Being “sober-minded” refers to keeping a clear level head and operating with balanced thinking. The sober mind does not get distracted from what is of the utmost importance—the Gospel, nor does it get detoured. In a world of extremism and with endless hobby horses and quirky pet peeves, the “sober minded” maintain a fresh and yet relentless focus on, and passion for, the essence of the faith.

GIVE IT A TRY!

1) Admire and appreciate Jesus.

Study His life and His interactions in the Gospel stories. He was always the “master of every situation.” Now remember that God’s goal for us is to be like His Son in all the situations with which He sovereignly places us.

2) Ask Jesus for His wisdom.

Before you think your natural thoughts, share your natural opinions or react your natural way, pause and pray for help. Remember, one of the gifts of the Gospel is the “mind of Christ”.

P: Prone to wander (and wonder)

This is a confession of my sinful tendencies and weaknesses. I need help!

A: Ask for help

Prayer is a war-time walkie talkie to get grace, mercy & supernatural help.

U: Unite my heart

My heart is divided, split and fractured by so many things. Getting my heart focused on the supremacy and sufficiency of Christ is crucial.

S: Step with the Holy Spirit

Being in step with the Holy Spirit includes faith, obedience, and displaying the fruit of the Spirit.

E: Exhibit Jesus

God places His followers in situations so that we can display His Son so that Jesus can live His life through us.

3) Evaluate your mental intake.

The adage “Garbage in, garbage out” applies. Perhaps you need to watch less tv or less cable news. Maybe all that social media intake, while interesting, is not helpful. Maybe you need to stop missing church or finally start that consistent time with God in His Word. Here’s a general rule of thumb: Does what I am allowing in my mind help my fight of faith, stir my joy in Jesus, and promote the peace of Christ in my heart? And the key phrase is “what I am allowing ...” We choose what we consume. Then it consumes us. Consume Christ and give the world more of Christ! It all starts in our head.