

# To Be Sober ~

## A Good Thing For Women To Learn

Today we are going to begin our study of the “good things” that God wants the younger women in the church to learn. The first thing on His list is for them to learn “to be sober.”

Before we begin to talk about what it means *to be sober*, I want to show you something very interesting about the verse where this admonition comes from.

Turn with me to Titus 2:4 and let’s read the verse.

The first phrase of that verse says, “That they (*the older women*) may teach the young women to be sober.”. When I looked in the original Greek for the meaning of the phrases “teach the young women”, and “to be sober”, I discovered that they mean exactly the same thing! They both come from the Greek word *sophronizo*, which means “to make of a sound mind, or to be sensible.”

What does it mean to “be sensible” and have a “sound mind”?

The root of the word *sophronizo* is *sophron*, which means “safe in mind, self-controlled (moderate as to opinion or passion): discreet, sober, and temperate.

It is as if the Lord is saying to the older women, “***Teach the younger women to have a sound mind, PLEASE teach them to be sensible and have a sound mind.***”

Now, why do you think God would place a double emphasis on this?

I believe it is because He knew that if the young women never learned how to be sober, they would never grasp the other lessons that He wanted the older women to teach them either.

What are the other lessons that He wants them women to learn? Turn back to Titus 2:4-5 and let’s name them: “*to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husbands.*” What is God’s ultimate purpose for all of this instruction? It says it in the last phrase of verse 5, “*that the word of God be not blasphemed.*”

Now, I want to ask you a question, why do you think it is so important (to God) that the young women learn these kinds of lessons? What do you think He wants them to be prepared to do? I believe it is to build a home. God wants Christian women to commit their lives to building their homes.

Please turn with me to Proverbs 14:1 as I show you something else that I found very interesting in regards to building a home and the importance of teaching the young women FIRST to being sober.

***“Every wise woman buildeth her house: but the foolish plucketh it down with her hands.”***

The word *wise* in this verse means “to be sensible, or to have wisdom.” In light of this definition, what do you think the word *foolish* means? It means “silliness”. Long before Paul instructed Titus to teach the women the importance of being sober, God was already trying to teach them. Why? Because He knew that if they weren’t trained to be sober minded, they would never be able to grasp the rest of the good character that is needed to build a godly home.

How does a sensible woman build her house?

In what ways can a foolish one tear hers down?

Before we go any further, who remembers the original purpose for which woman was created? Yes, she was created to be a helpmeet for man. And one of the main ways that she was supposed to help him was by keeping his home.

Home making is important business to God. The family was the first institution created by Him, and the care of the family is of great concern to Him.

That is why He makes such a big deal about emphasizing to the women that they need to learn to be sober.

Let’s talk a little about what it means to be sober (or wise and sensible) in God’s eyes:

**1. It means to learn to live by the Word of God, rather than by the ways of the world.**

If we are going to learn to be sober, we are going to have to commit ourselves to stay in harmony with God’s purpose for our lives, doing what God thinks is right, not just what we think feels good.

**2. It means to learn to live a Spirit-controlled life, rather than a circumstance-controlled one.** This means that we need to train ourselves to carefully *respond* to what goes on around us, rather than *react* to them.

**3. It means to live within limits, rather than indulge ourselves in excess.** How do we learn to do this? By establishing things like a schedule, a routine, a menu, and set of principles to guide our lives. Don’t be afraid of rules and standards, they are really a woman’s best friend! They help us to spend our days being sober by teaching us how to live a life of self-control.

**4. It means to stay in our role as helper, rather than controller.** Believe it or not, other than gossiping and overeating, women struggle the most with being *controlling*. That’s where the “fruit” of nagging and depression come from. When we want things our own way, and we aren’t able to make it happen, we either nag everyone to death, or we frustrate ourselves into depression over it. And these are not the characteristics of being sensible or having a sound mind.

Well, now that we know what being sober is all about, why it is so important, and what it is supposed to help us do, I want to finish this study by reminding us of the ways we are supposed to learn it:

- **Know God's Word.** *None of us can live a wise or sensible life if we don't know the way that God wants us to live this life. How can you know God's Word? By daily Bible reading, going to the services at church, attending a good Bible study, and by reading good Christian books.*
- **Decide to Obey God's Word.** *No amount of knowledge or study will be helpful if you aren't willing to apply what you learn.*
- **Pray About Everything.** *Life is tough, there is no doubt about it. God knows that a woman has to deal daily with many disappointments and aggravations. But He wants to be the One to help us as we carry our burdens. If we will give our troubles to Him, just as soon as we have them, we will find ourselves becoming more stable in our emotions and consistent in our behavior.*
- **Live by Plans and Principles.** *Don't allow yourself to just "exist" each day. Establish some standards in your life and live by a routine. This will keep you from being idle and giving way to foolish behavior like overspending or slanderous talking.*
- **Be Careful About Your Associations.** *The Bible makes it clear that "bad company corrupts good morals". No matter how much you read your Bible, commit to obey God, pray about everything, and live your life by a plan . . . if you hang around the wrong people, you will not be able to keep a sober mind for long.*

It is God's desire for women to be taught how to be sober. This means that He wants them to be trained to think sensibly and have a sound mind. And the reason for this is because He wants to use them to build their homes for Him.

Next week we will study "to love their husbands", the next good thing that God wants us to learn as we build godly homes for Him.

Hope to see you next week!

*Julie Fink*