

February 19, 2020

Living Soberly

Titus 2:11-12 “For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;” Last week we looked at what it means to deny worldliness. This week we will shift our attention to how we should live in this present world. Titus begins by saying that we should live soberly.

The word sober means to be serious minded, grave or solemn. It speaks of one’s mental faculties and is often used in contrast to one who is under the influence of strong drink. Strong drink affects the mind and inhibits one’s ability to think right. As Christians, we are to guard our thought life. Romans 12:13 says that we are to “think soberly.” Titus 2:6 admonishes the young men to be “sober minded.” In I Peter 1:13 we are to “gird up the loins of your mind, be sober.”

The Bible has much to say about our thought life. II Corinthians 10:4-5 reminds us that “the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” Everything we say or do begins with a thought. If we think right, we will speak right and do right.

How then do we control our thought life and bring it into the obedience of Christ? Often our thought life is affected by the things we see and hear. To begin with, we must guard what we watch and listen to, making sure that they are things that are right and pleasing to God. As Christians, we need to be more selective in our viewing and listening habits, lest we fill our minds with ungodly thoughts. Then, we must focus our minds on the things of God by reading, studying, memorizing and meditating upon the Word of God. Joshua 1:8 “This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.” See also Psalm 1:1-3.

Many young people today are focused on having fun. They are living for the present without giving a lot of consideration to where today’s decisions will lead them. To be successful and prosperous, we must discipline our thought life, learning to think soberly in this present world.