



Being Sober-Minded: More Than Sobriety

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1 Peter 1:13 *Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.*¹

I. What Does it Mean to be Sober-minded?

- A. Greek word Nepho (knee-pho) - clear-minded, not drunk, self-restrained
- B. Being Intentional in these three ways:
 - 1. prepare your mind for action
 - 2. be sober-minded
 - 3. set your hope
- C. John (MacArthur) explains Peter's charge to "keep sober."²

A disciplined mind is a mind that avoids the intoxicating elements and allurements of the world. We're talking about somebody whose mind is clear, whose priorities are fixed, who has a spiritual steadfastness, who exercises self-control in their thinking, who has balanced priorities. You could even call it moral decisiveness because there are fixed principles in the mind. That's why sound doctrine is so important; you have to have fixed principles in the mind in order to establish priorities of behavior, mental alertness. It's the opposite of sort of whimsically careening through life in reckless self-indulgence at the response of your emotions to every option. It's being able to clear out

¹ All scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

² Jeremiah Johnson, Grace to You, quoting John MacArthur's sermon in a 4/17/2017 blog entitled Friday's Featured Sermon: Fundamental Christian Attitudes: Self-Discipline, Part 1, found at <https://www.gty.org/library/blog/B170407> accessed April 28, 2021. The sermon being referenced is *Fundamental Christian Attitudes: Self-Discipline, Part 1*, which was originally preached by Dr. MacArthur on Dec 1, 1996.



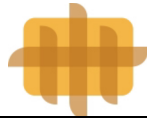
the clutter from life's entanglements and sort out what really matters in your mind.

- D. Obey the commands of **Ephesians 5:15-21** *Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another out of reverence for Christ.*
- E. Being sober-minded is being filled with the Holy Spirit
1. How? Being saturated with God's Word
 2. Not just the obtaining of knowledge and information
 3. Being obedient to Christ!

II. Contrast A Drunkard with a Sober-Minded Person

A. Characteristics of a Drunkard

Characteristic of a Drunkard	Scripture
Broke and Sleepy	Proverbs 23:19-21 <i>Hear, my son, and be wise, and direct your heart in the way. ²⁰ Be not among drunkards or among gluttonous eaters of meat, ²¹ for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.</i>
Reckless, no fear of God	Proverbs 23:29-35 <i>²⁹ Who has woe?</i>
Depressed, defeated	<i>Who has sorrow?</i>
Argumentative with others, alone	<i>Who has strife?</i>
Gripping, complaining, grumbling	<i>Who has complaining?</i>
Hurting not healing	<i>Who has wounds without cause?</i>
Hopeless, led by the flesh,	<i>Who has redness of eyes?</i>



led by emotions	
Focused upon pleasure	<i>³⁰ Those who tarry long over wine; those who go to try mixed wine. ³¹ Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly. ³² In the end it bites like a serpent and stings like an adder. ³³ Your eyes will see strange things, and your heart utter perverse things.</i>
Unstable emotionally, and physically not at rest	<i>³⁴ You will be like one who lies down in the midst of the sea, like one who lies on the top of a mast.</i>
Caught up in a cycle of self	<i>³⁵ "They struck me," you will say, "but I was not hurt; they beat me, but I did not feel it. When shall I awake? I must have another drink."</i>
Stubborn, rebellious	<i>Deuteronomy 21:18-21 ¹⁸ "If a man has a stubborn and rebellious son who will not obey the voice of his father or the voice of his mother, and, though they discipline him, will not listen to them, ¹⁹ then his father and his mother shall take hold of him and bring him out to the elders of his city at the gate of the place where he lives, ²⁰ and they shall say to the elders of his city, 'This our son is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard.' ²¹ Then all the men of the city shall stone him to death with stones. So you shall purge the evil from your midst, and all Israel shall hear, and fear.</i>
Unwise and inflicts pain on others and then repeats his folly	<i>Proverbs 26:9-11 Like a thorn that goes up into the hand of a drunkard is a proverb in the mouth of fools. ¹⁰ Like an archer who wounds everyone is one who hires a passing fool or drunkard. ¹¹ Like a dog that returns to his vomit is a fool who repeats his folly.</i>



B. The Characteristics of the Sober-Minded

Characteristic of the Sober-Minded	Scripture	Contrasted with the Drunkard
Richly saturated in the wisdom of the Word	Col. 3:16-17 <i>Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. ¹⁷ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.</i>	Contrast with broke and sleepy
Alert, careful and fearful of God	Proverbs 9:10-12 <i>The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is insight. ¹¹ For by me your days will be multiplied, and years will be added to your life. ¹² If you are wise, you are wise for yourself; if you scoff, you alone will bear it.</i>	Contrast with reckless, no fear of God
Strength from Christ	Psalm 118:14 <i>The Lord is my strength and my song; he has become my salvation.</i>	Depressed, defeated
Thankfulness to God fills the heart	Psalm 30:1-5 <i>I will extol you, O Lord, for you have drawn me up and have not let my foes rejoice over me. ² O Lord my God, I cried to you for help, and you have healed me. ³ O Lord, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit. ⁴ Sing praises to the Lord, O you his saints, and give thanks to his holy name. ⁵ For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.</i> 2 Cor 9:15 <i>Thanks be to God for his inexpressible gift.</i> * Bible Dictionary Quote: Greek words derived from the root of eucharist in the New Testament are almost exclusively in the sense of thanksgiving directed to God.” eucharist) ³	Argumentative with others, alone; Gripping, complaining, strife, grumbling; Hurting not healing
Led by the Spirit and the desires of the Spirit	Gal. 5:16-26 <i>But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident:</i>	Led by the flesh, led by emotions, Led by the pursuit of pleasure

³ David Noel Freedman, Editor-in-Chief, *The Anchor Yale Bible Dictionary*, Doubleday: New York, 1992. Entry on “thanksgiving” using Logos Bible Software.



	<p><i>sexual immorality, impurity, sensuality,²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions,²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,²³ gentleness, self-control; against such things there is no law.²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.²⁵ If we live by the Spirit, let us also keep in step with the Spirit.²⁶ Let us not become conceited, provoking one another, envying one another.</i></p>	
Stable emotionally	<p><i>Col. 3:1-8 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.² Set your minds on things that are above, not on things that are on earth.³ For you have died, and your life is hidden with Christ in God.⁴ When Christ who is your life appears, then you also will appear with him in glory.⁵ Put to death therefore what is earthly in you:] sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.⁶ On account of these the wrath of God is coming.⁷ In these you too once walked, when you were living in them.⁸ But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.</i></p>	Unstable emotionally
Serving others	<p><i>John 13:34-35 A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.</i></p>	Caught up in a cycle of self
Being obedient	<p><i>Hebrews 5:8 Although he was a son, he learned obedience through what he suffered.</i></p>	Stubborn, rebellious
Wise and loving toward others	<p><i>Proverbs 29:11 A fool gives full vent to his spirit, but a wise man quietly holds it back.</i></p>	Unwise; inflicts pain on others; repeats his folly



III. Conclusion

- A. Sensual living leads to less sensitivity to the Holy Spirit. God wants you to be prepared, alert.
- B. Being intentional in three ways:
 - 1. Prepare your mind for action
 - 2. Be sober-minded
 - 3. Set your hope