

# GLAD TIDINGS

“And we bring you good tidings of the promise made unto the fathers...” (Acts 13:32)

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## Living soberly

By: Jerry Fite

**P**writes, “For the grace of God hath appeared, bringing salvation to all men, instructing us, to the intent that, denying ungodliness and worldly lusts, we should live soberly and righteously and godly in this present world” (Titus 2:11-12). The grace of God not only saves, but it also teaches us how to live. We must all live soberly if we apply God’s grace to our lives.

To live soberly, means we will live with the “right mind”. We will always maintain a “sound mind” as we go about life’s daily activities.

“Sober” living accompanies “sanctified” living (2 Timothy 2:15). We must deny ungodliness and worldly lusts, not be molded by them. “Right thinking” is therefore an essential element in the “renewed mind” unto a “transformed life”(Romans 12:2).

Sober living means we will be vigilant of the Devil’s ways to destroy us. “Be sober, be watchful: your adversary the Devil, as a roaring lion, walketh about seeking whom he may devour” (I Peter 5:8). We will think

“soberly” concerning our abilities in serving the Lord. We will not allow the Devil to tempt us to “think more highly than we ought to think” (Romans 12:3-8). Neither will think we have no place in the work of the Lord (I Corinthians 12: 14-17). “Right thinking” is the understanding that we all belong, and all have a contribution to make in the body of Christ.

Sober living will affect how we dress. For example, the godly woman will adorn herself “in modest apparel, with shamefastness and sobriety” (I Timothy 2:9). In commenting on the distinction between “sobriety” and “shamefastness” and how they work together in the godly life, Trench says sobriety is “the habitual self-government, with it’s constant rein on all the passions and desires, which would hinder the temptation to this from arising, or at all events from arising in such strength as should overbear the checks and barriers which *aidos* (shamefastness—jf) opposed to it.” A Godly woman will not dress in order to be ostentatious, but will dress in a becoming manner consistent with the one professing good works. Having her own passions and lusts in check, she will surely not dress in a revealing way

to excite the passions and lustful thoughts in the opposite sex.

The state of Virginia reminds us as to what 2 drinks of an alcoholic beverage will do. Depending upon one’s body weight, the two drinks will cause one to have a blood alcohol content of .02-.06 %. The functions of the brain that relate to “reason” and “judgment” will be adversely affected. “Dizziness, less inhibited behaviour, overestimation of skills, less sound judgment, slower reaction time” will occur. The National Clearinghouse for Alcohol and Drug Information warns all the “impairment begins with your first drink”

Knowing that drinking alcohol is what leads to the sin of drunkenness, and that a Christian should always have constant rein on their passions, with a vigilant eye upon the Devil’s advances, The Christian is certainly not going to engage in social behaviour that will cause “less sound judgment” and “less inhibited behaviour”. Social drinking has no place in the life of the Christian (I Peter 4:1-4). May we live soberly in all facets of our life. The grace of God demands it.