

I Peter 5:6-9

The Christian & SOBRIETY

A dark silhouette of a person in a prayerful pose, with their head bowed and hands clasped, set against a blue gradient background.

Sobriety is necessary in order to think & do as God expects us to think & do.

The Christian & SOBRIETY

Sobriety allows us to know and tell the truth.

*"While Paul was saying this in his defense, Festus said in a loud voice, "Paul, you are out of your mind! Your great learning is driving you mad." But Paul said, "I am not out of my mind, most excellent Festus, but I utter words of **sober** truth." (Acts 26:24,25) NASB*

Sobriety: To be clear and collected in one's spirit. Having the ability to control one's thoughts & actions.

Sobriety is necessary in order to think
& do as God expects us to think & do.

The Christian & SOBRIETY

Sobriety allows us to recognize our sin and stop sinning.

*"Do not be deceived: "Bad company corrupts good morals." Become **sober-minded** as you ought, and stop sinning; for some have no knowledge of God. I speak this to your shame." (I Corinthians 15:33,34) NASB*

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Sobriety allows us to be alert and ready for battle.

*“for you are all sons of light and sons of day. We are not of night nor of darkness; so then let us not sleep as others do, but let us be alert and **sober**. For those who sleep do their sleeping at night, and those who get drunk get drunk at night.” (I Thessalonians 5:5-7) NASB*

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Sobriety allows us to stand for the truth when things get tough.

*"But you, be **sober** in all things, endure hardship, do the work of an evangelist, fulfill your ministry."*

(I Timothy 4:5) NASB

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Sobriety allows us to stay completely focused on Jesus.

*"Therefore, prepare your minds for action, keep **sober** in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ."*

(I Peter 1:13) NASB

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The Christian & SOBRIETY

Sobriety allows us to pray to God as we ought to.

*"The end of all things is near; therefore, be of sound judgment and **sober** spirit for the purpose of prayer."*

(I Peter 4:6-8) NASB

Sobriety: To be clear and collected in one's spirit. Having the ability to control one's thoughts & actions.

Sobriety is necessary in order to think & do as God expects us to think & do.

There are substances and conditions in life that can cause us to lose our ability to think clearly.

- alcohol

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*“Now the works of the flesh are obvious: sexual immorality, moral impurity, promiscuity, idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, envy, **drunkenness, carousing**, and anything similar. I am warning you about these things—as I warned you before—that those who practice such things will not inherit the kingdom of God.”*
(Galatians 5:19-21) CSB

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- alcohol

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*"Besides this, since you know the time, it is already the hour for you to wake up from sleep, because now our salvation is nearer than when we first believed. The night is nearly over, and the day is near; so let us discard the deeds of darkness and put on the armor of light. Let us walk with decency, as in the daytime: not in **carousing** and **drunkenness**; not in sexual impurity and promiscuity; not in quarreling and jealousy. But put on the Lord Jesus Christ, and don't make plans to gratify the desires of the flesh."* (Romans 13:11-13) CSB

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There are substances and conditions in life that can cause us to lose our ability to think clearly.

- alcohol

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*“Therefore, since Christ suffered in the flesh, arm yourselves also with the same understanding—because the one who suffers in the flesh is finished with sin—in order to live the remaining time in the flesh no longer for human desires, but for God’s will. For there has already been enough time spent in doing what the Gentiles choose to do: carrying on in **unrestrained behavior**, evil desires, **drunkenness**, orgies, **carousing**, and lawless idolatry” (1 Peter 4:1-3) CSB*

Sobriety is necessary in order to think & do as God expects us to think & do.


There are substances and conditions in life that can cause us to lose our ability to think clearly.

- alcohol
- Drugs (illicit & prescription)
- uncontrolled emotions

The devil uses these as his tools to keep us from being self-controlled, sober, and able to resist his evil influences.

He draws us in by deceiving us into thinking that these are appropriate means of coping with life's difficulties.

The Christian & SOBRIETY

A dark silhouette of a person, possibly a woman, in a dynamic pose with one arm raised, set against a lighter blue background.

Sobriety: To be clear and collected in one's spirit. Having the ability to control one's thoughts & actions.

"Who has woe? Who has sorrow? Who has conflicts? Who has complaints? Who has wounds for no reason? Who has red eyes? Those who linger over wine; those who go looking for mixed wine. Don't gaze at wine because it is red, because it gleams in the cup and goes down smoothly. In the end it bites like a snake and stings like a viper. Your eyes will see strange things, and you will say absurd things. You'll be like someone sleeping out at sea or lying down on the top of a ship's mast. "They struck me, but I feel no pain! They beat me, but I didn't know it! When will I wake up? I'll look for another drink." (Proverbs 23:29-35) CSB


He draws us in by deceiving us into thinking that these are appropriate means of coping with life's difficulties.

Sobriety: To be clear and collected in one's spirit. Having the ability to control one's thoughts & actions.

What can be done to help those who are afflicted with struggles with a lack of self-control & insobriety?

- The afflicted need to see God as their true refuge in this difficult life.

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Alcohol can depress the central nervous system so much that it results in impairment such as slurred speech, unsteady movement, disturbed perceptions, and an inability to react quickly. Mentally, alcohol reduces an individual's ability to think rationally, lessens inhibitions, and distorts judgment. If an individual consumes too much alcohol too rapidly, they can depress the central nervous system to a point of respiratory failure, coma, or death. (addictioncenter.com)

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"Lord, I seek refuge in you; let me never be disgraced. Save me by your righteousness. Listen closely to me; rescue me quickly. Be a rock of refuge for me, a mountain fortress to save me. For you are my rock and my fortress; you lead and guide me for your name's sake. You will free me from the net that is secretly set for me, for you are my refuge. Into your hand I entrust my spirit; you have redeemed me, Lord, God of truth." (Psalm 31:1-5) CSB

What can be done to help those who are afflicted with struggles with a lack of self-control & insobriety?

- The afflicted need to see God as their true refuge in this difficult life.


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"God is our refuge and strength a helper who is always found in times of trouble. Therefore we will not be afraid, though the earth trembles and the mountains topple into the depths of the seas, though its water roars and foams and the mountains quake with its turmoil." (Psalm 46:1-3) CSB

What can be done to help those who are afflicted with struggles with a lack of self-control & insobriety?

- The afflicted need to see God as their true refuge in this difficult life.
- We as disciples need to create a culture where the afflicted feel safe to be honest with their struggles.
- We need to take advantage of the expertise of those who deal with these issues professionally.

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