

INTRODUCTION

The grace of *sophrosune*, or sobriety, in our bibles is called modestie, sobriety, moderation, self-control. To summarize what we learned last week, the grace of sobriety is:

- that way of living in which you act not by what is unreasonable because it's based on falsehood, but what makes sense because it's based on the truth, on what the Bible says.
- that way of living in which you think, speak, and act not more than you ought, but what is meet.
- that way of living in which you renounce and deny worldly lusts; you say, "No" to worldly passions, remembering that our Savior Jesus Christ gave Himself to redeem you from the lawless deeds you used to do by worldly lusts, to make you His special people, and to purify you for Himself.

Sofrosune or sobriety is the grace of

- embracing the truth of the bible, and
- rejecting the lusts of your flesh,
- exercising control over yourself
- so that you consistently do what is appropriate and moderate, not going too far in anything.

Trench: an entire command over the passions and desires, so that they receive no further allowance than that which the law and right reason admit and approve

The grace of sobriety is a self-control that keeps your behavior in a state of modestie or moderation.

Your lusts or desires or passions tempt you to do extreme, sinful things that do not even make sense. To adorn yourself with the grace of sobriety is to renounce those desires with the truth of the scriptures, and so to exercise self-control that keeps your behavior safely within the bounds of modestie or moderation.

So far we came together last week, understanding what the grace of *sophrosune* or sobriety is.

Today we study into this further, looking at the grace of sobriety in view of Adam and Eve, Jesus Christ and His apostle Paul, and the women of this church.

TEXT

1 Timothy 2:8-15

Titus 2:11-14

BODY

I. The Dreadful Lack of the Grace of Sobriety, As Seen in Adam and Eve

A. The first woman, Eve, did not adorn herself with sobriety

1. God gave her every tree in the garden to eat from, except one. Of that one tree, the tree of the knowledge of good and evil, God had told her, “you shall not eat”
2. Eve had natural, God-given desires to taste, to see, and to learn (Gen 3:6)
 - a) APPLICATION: understand that of yourselves, my dear sisters;
 - (1) your desires or lusts or passions or urges can be categorized in a variety of ways; but here see how the bible describes them in three categories
 - (a) desire to taste something (senses involving contact)
 - (b) desire to look at something (senses not involving contact)
 - (c) desire to know something
 - (2) these desires are in you by creation; the desires are not themselves evil
3. by the truth of the word of God she would keep those desires under control, so her behavior was modest, was moderate
 - a) when she had the desire for food, she would eat from any tree in the garden but that one; this way of governing her desire for food was based on the truth of the word of God, and made perfect sense
 - b) when she had the desire for knowledge, she could reason from what she found in nature; she could ask her husband; she could even ask God in person, as He sometimes walked with her in the garden; these ways of gaining knowledge or wisdom were based on the truth of the word of God, and made perfect sense
4. but the devil tempted Eve, and deceived her; he told her lies, which she believed; so, she sought to fulfill her desire for knowledge or wisdom, and her desire for food, by something based not on the truth of the word of God, but on the lies of the devil; so, she did something that did not even make sense; her behavior or conduct went outside of what was modest or moderate; she was then in transgression of God’s law; she sinned

B. Eve’s lack of sobriety was the means by which the devil tempted her husband so sin

1. by way of Eve, the devil also tempted Adam; his wife gave him the forbidden fruit to eat, also;
2. he was not deceived as his wife was; yet he did not control his desires, but allowed his desires to control him, so that his behavior went outside of what was modest or moderate, into what was sinful, into what transgressed the law of God; Adam sinned
3. and he is culpable for it; he tried to blame the woman, but he himself was to blame;
4. but what grief it was that the woman’s lack of sobriety was the devil’s tool for tempting him to it

II. The Beautiful Exercise of the Grace of Sobriety As Seen in Our Lord Jesus Christ and His Apostle Paul

A. In Jesus Christ Himself

1. we see no instance of the Lord Jesus Christ living by His desires in any ways that is unwholesome, excessive, unloving, disobedient

2. He has human desires; but unlike Adam and Eve, He never obeys them, but always governs them, controls them

3. be refreshed by hearing about His desires

Luke 22:7-15 Then came the Day of Unleavened Bread, when the Passover must be killed. (8) And He sent Peter and John, saying, "Go and prepare the Passover for us, that we may eat." (9) So they said to Him, "Where do You want us to prepare?" (10) And He said to them, "Behold, when you have entered the city, a man will meet you carrying a pitcher of water; follow him into the house which he enters. (11) Then you shall say to the master of the house, 'The Teacher says to you, "Where is the guest room where I may eat the Passover with My disciples?"' (12) Then he will show you a large, furnished upper room; there make ready." (13) So they went and found it just as He had said to them, and they prepared the Passover. (14) When the hour had come, He sat down, and the twelve apostles with Him. (15) Then He said to them, "**With *fervent* desire I have desired to eat this Passover with you** before I suffer;

a) the desire to obey God's ordinance of eating the Passover with His friends

b) He knows what the word of God says; it says to eat the Passover

c) He knows that the Passover represents His sacrifice of Himself on behalf of sinners, for their salvation

4. Yet see how He keeps that desire from moving Him to do beyond what He ought to do

a) He desired to observe the Passover with His disciples, but He did not observe it before the date God had ordained

B. In our Lord's apostle Paul

1. Philippians 1:23 For I am in a strait betwixt two, having a **desire** to depart, and to be with Christ; which is far better:

a) he desires to leave this world and be with Christ in heaven

2. 1 Thessalonians 2:17 But we, brethren, being taken from you for a short time in presence, not in heart, endeavoured the more abundantly to see your face with great **desire**.

a) he desires to see the other Christians

III. The Application of the Grace of Sobriety to the Women of This Church

- A. Know yourself; understand your vulnerabilities; think of the desires the devil played to, by which he deceived and tempted Eve
 1. it might seem that only to look is okay, as long as you don't taste; but all aspects of desire must be kept safely under control
 2. it might seem that only to want to know is harmless; but even the desire to know things must be kept under control, so you maintain modesty or moderation
- B. Think not only of yourself, but of those around you
 1. consider all those you hold dear, and all those who hold you dear
 2. consider your family; consider this church
 3. the first woman of our race, by failing to control her desires, opened the door to all manner of suffering for her husband and children, as well as herself
 4. exert all effort to renounce desires, to say, "No" to worldly passions
- C. By what method does a woman keep her desires safely under control?
 1. Romans 6:12 Let not sin therefore reign in your mortal body, that ye should obey it in the **lusts** thereof.
 2. Romans 13:14 But put ye on the Lord Jesus Christ, and make not provision for the **flesh**, to fulfil the **lusts** thereof.
 3. Galatians 5:16 This I say then, Walk in the Spirit, and ye shall not fulfil the **lust** of the flesh.
 4. Colossians 3:5 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil **concupiscence**, and covetousness, which is idolatry:
 5. 2 Timothy 2:22 Flee also youthful **lusts**: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.
 6. 1 Peter 2:11-12 Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly **lusts**, which war against the soul; (12) Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by your good works, which they shall behold, glorify God in the day of visitation.
 7. 1 John 2:15-17 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. (16) For all that is in the world, the **lust** of the flesh, and the **lust** of the eyes, and the pride of life, is not of the Father, but is of the world. (17) And the world passeth away, and the **lust** thereof: but he that doeth the will of God abideth for ever.

CONCLUSION

Your lusts or desires or passions tempt you to do extreme, sinful things that do not even make sense. To adorn yourself with the grace of sobriety is to renounce those desires with the truth of the scriptures, and so to exercise self-control that keeps your behavior safely within the bounds of modestie or moderation.

And so, dear sisters, as to physical adornment, adorn yourselves in comely, modest apparel. But as to spiritual adornment, adorn yourselves unto the Lord Jesus Christ with spiritual graces: the grace of shamefastness, by which you are held in a state of modesty by an honorable sense of shame; and the grace of sobriety, by which you maintain a state of modesty by keeping your desires safely under control.

Adorned with these graces, you are a delight to the Lord Jesus Christ, and a silent testimony to those around you of the truth of salvation through faith in Him.

D. Use in these pastoral epistles

1. commanded to
 - a) old men
 - b) young men
 - c) older women to train younger women
2. required of men to be selected as pastors

sometimes spelled *sophrosyne* for English language articles

Titus 2:12 ...worldly **lusts** [**G1939** *epithumia*] ...

Romans 7:7-8 What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known **lust**, except the law had said, Thou shalt not covet. (8) But sin, taking occasion by the commandment, wrought in me all manner of **concupiscence**. For without the law sin was dead.

James 1:14-15 But every man is tempted, when he is drawn away of his own **lust**, and enticed. (15) Then when **lust** hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

Mark 4:19 And the cares of this world, and the deceitfulness of riches, and the **lusts** of other things entering in, choke the word, and it becometh unfruitful.

John 8:44 Ye are of your father the devil, and the **lusts** of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.

Romans 1:24 Wherefore God also gave them up to uncleanness through the **lusts** of their own hearts, to dishonour their own bodies between themselves:

Romans 6:12 Let not sin therefore reign in your mortal body, that ye should obey it in the **lusts** thereof.

Romans 13:14 But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the **lusts** thereof.

Galatians 5:16 This I say then, Walk in the Spirit, and ye shall not fulfil the **lust** of the flesh.

Galatians 5:22-25 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, (23) Meekness, temperance: against such there is no law. (24) And they that are Christ's have crucified the flesh with the affections and **lusts**. (25) If we live in the Spirit, let us also walk in the Spirit.

1 Timothy 6:9 But they that will be rich fall into temptation and a snare, and into many foolish and hurtful **lusts**, which drown men in destruction and perdition.

2 Timothy 2:22 Flee also youthful **lusts**: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

James 1:14-15 But every man is tempted, when he is drawn away of his own **lust**, and enticed. (15) Then when **lust** hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

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Trench:

And according to Plutarch, sophrosyne refers to "a certain curtailment and regulation of passions, both removing those that are improper and excessive and also arranging those that are necessary to the proper time and in moderation."

RWP on Mark 4:19:

[I read this only after making the same observation myself, for which I am thankful!]

The word *epithumia* is not evil in itself. One can yearn (this word) for what is high and holy (Luk_22:15; Phi_1:23).

similar also in VWS

Edward Reynolds (1599-1676) A Treatise on the Passions and Faculties of the Soul

G1937 to desire

G1939 desire

Increase Mather (1639-1723) - Born in Massachusetts Bay Colony; minister at North Church in Boston; President of Harvard 1681-1701

Wo to Drunkards: Two Sermons Against the Sin of Drunkanness; Boston 1712

Sermon II

But then there is a Christian Sobriety, even that Grace of Sobriety, which Scripture speaketh of, & which differs as much from that Moral Sobriety that some Heathen excelled in, as the Sun Painted on the Wall cometh short of the Real Sun in the Firmament; the one being only a common, the other a special Grace of the Spirit. Christian Sobriety doth proceed from such Principles as no meer Moralist was ever acquainted with, from a Principle of Love to Christ. When a man out of sincere Love to Christ, & desire to be like Him, doth endeavour to walk even as He walked, that's Christianity, that's an Evidence of the Grace of Sobriety...

Also true Christian Sobriety is from Faith. Hence Peter saith concerning the Gentiles, that their Hearts were Purified by Faith, Acts 15:9. The Gentiles were much given to that defiling sin of Drunkenness, as the same Apostle elsewhere sheweth, 1 Peter 4:3. But by Faith they were taught to see the Evil of that, as well as of other Iniquities, & to Live Soberly as becometh the Gospel.

Again, Christian Sobriety is from that Grace of Hope: A Believer hath Good Hope through Grace, that he shall be with Christ for ever in Heaven: this Hope hath that blessed Effect upon his Heart & Life, as that it causeth him to abstain from all those Practices which are displeasing to the Lord, and to Purify himself, as He is Pure.

Here now is Christian Sobriety. All this may be intimated to us in that Scripture, 1 Thes 5:8 Let us who are of the day be sober, putting on the breastplate of faith & love, & for an helmet the hope of salvation. Now this Christian Sobriety is that which is especially necessary.

this Grace is very Beneficial...for the Christian that hath and doth exercise the Grace of Sobriety, is thereby capacitated to withstand the Temptations of Satan. Therefore is that, 1 Peter 5:8. Be sober, be vigilant, because your Adversary the Devil, as a roaring Lion, walketh about seeking whom he may devour.

by means of this Sobriety I am speaking of, Christians are fitted to attend the Duties of their Callings, not only Particular and Civil, but General & Heavenly. Hence is that, 1 Peter 4:7. Be ye sober, and watch unto Prayer. Insobriety...unfits for Prayer & for every other Good Work...even so where the Grace of Sobriety is always Exercised, a Soul is fit to have to do with God in any Duty, being always Prepared to have Blessed Communion with Him; than which, what can there be more Beneficial or Desirable?

5-29-2020 I heard Howard Caylor singing "All Creatures of Our God and King"
-Allison and I agreed she would play it for church the next week, first week of June

E. In Adam's transgression, we all transgressed

1. God had set up Adam as a representative for our race; God counted us as being in Adam; so that when Adam sinned, God counted us as having sinned; so now we

live in this world guilty of the sin we committed in Adam, when the first man and first woman did not adorn themselves in sobriety

2. and in that sin committed by Adam, our nature was corrupted by sin; now we all, as we come into this world, are tempted to sin not only by the devil and the world that is under his influence, but by our own sinful flesh; we come into this world with the corruptions of sin right in us
- F. Now we naturally live in this world without sobriety; we live not with control over our lusts, but under their control
1. Titus 3:3 For we ourselves were also once foolish, disobedient, deceived, serving various **lusts** and pleasures, living in malice and envy, hateful and hating one another.
 - a) serving lusts
 - b) ESV slaves to passions
 2. human beings walk in this world seeming to be free, but actually slaves to our passions, serving our lusts
- G. We may mistake our self-serving outward restraint for the grace of sobriety [here my thinking shows the influence of the sermon I read by Increase Mather]
1. by human effort, a sinner can exert some control over himself, so that he does not indulge all his desires outwardly, does not follow all his lusts openly
 2. that kind of self-control is often exalted by the world as virtuous
 3. this very Greek word used in 1 Timothy, *sophrosune*, has often been used to describe a kind of moderation or modesty practiced by people who recognize there is benefit in restraining oneself from doing whatever one feels like doing
 4. but such a sham sobriety is revealed for the shallow thing it is when it encounters God's law
 - a) the rich young ruler: Matthew 19:16-22 Now behold, one came and said to Him, "Good Teacher, what good thing shall I do that I may have eternal life?" (17) So He said to him, "Why do you call Me good? No one is good but One, that is, God. But if you want to enter into life, keep the commandments." (18) He said to Him, "Which ones?" Jesus said, " 'YOU SHALL NOT MURDER,' 'YOU SHALL NOT COMMIT ADULTERY,' 'YOU SHALL NOT STEAL,' 'YOU SHALL NOT BEAR FALSE WITNESS,' (19) 'HONOR YOUR FATHER AND YOUR MOTHER,' and, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.' " (20) The young man said to Him, "All these things I have kept from my youth. What do I still lack?" (21) Jesus said to him, "If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me." (22) But when the young man heard that saying, he went away sorrowful, for he had great possessions.
 - b) Paul: Romans 7:7-8 What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known **lust**, except the law had said, Thou shalt not covet. (8) But sin, taking occasion by the

commandment, wrought in me all manner of **concupiscence [NKJV desire ESV covetousness]**. For without the law sin was dead.

5. let a person hear God's law, especially the ways in which it prohibits undo desires, the way it bridles not only the words and actions, but the inner lusts, and sin, the natural man's master, will multiply desires, lusts, longings, passions, urges, in defiance of God's law; the person will rage inside with desire for those things he cannot rightly have
- H. By lack of sobriety, sinners even miss out on salvation by the gospel when it is preached
1. many people here the good news of repentance and forgiveness of sins in the name of Jesus Christ
 2. many of those who hear are interested in it; they don't intentionally reject it; they may go so far as to get baptized; they may think of themselves as Christians
 3. Mark 4:19 And the cares of this world, and the deceitfulness of riches, and the **lusts** of other things entering in, choke the word, and it becometh unfruitful.
 4. He lets no desire move him to do anything that is not God's will
Luke 22:41-44 And He was withdrawn from them about a stone's throw, and He knelt down and prayed, (42) saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done." (43) Then an angel appeared to Him from heaven, strengthening Him. (44) And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.
 - a) He desires to avoid the terrible suffering that is about to come
 - b) He desires to be saved from the wrath of God that is about to be poured out on Him
 - c) but our Lord Jesus Christ so adorned Himself with the grace of sobriety that He exerted all self-control, even in such agony, that he kept all natural urges safely under control, so that nothing He did was outside the will of God

Call to Worship and Opening Prayer - Judges 5:3 - Thad

Trinity 198 "Jesus Christ Is Risen Today" - Anna

Scripture Reading - Psalm 103

Trinity 227 "O Wherefore Do the Nations Rage" - Rita

Sermon

Trinity 699 "Tis So Sweet to Trust in Jesus" - Allison

