



Young Mothers 2018

September 23, 2018 | Lesson 03

Assignment:

Mothers of Teens 2015:

Sensible by Angela Frederick

Sensible

Dottie Smitley

Memory Passage: Psalm 26:2

Examine me, O LORD, and try me;

Test my mind and my heart.

What is meant by “sensible”?

Titus 2:2 tells older men to be sensible; 2:5 tells the older women to teach the younger women to be sensible; and 2:6 says that the young men are to be sensible as well. That pretty well covers the human race.

Sensible comes from the Greek word “sophron,” pronounced “so-phrone,” which basically means self-controlled or in a self-controlled manner. Another word we can use is disciplined. Paul mentions this self-control / discipline six times in Titus.

How can I be “sophron” or self-controlled?

1. *Self-control/Discipline begins with the mind.*

There is no end to the deceiving thoughts that we tend to substitute for sound thinking.

A. We are changed (transformed) by the renewal of our minds. (Romans 12:2; Ephesians 4:23)

How? By much time in God's Word: **READING, STUDYING, MEDITATING, OBEYING.**

B. We must make a deliberate decision to think Christ's thoughts, which will result in a different way of seeing, then a different way of behaving.

Let this mind be in you, which was also in Christ Jesus (Philippians 2:5 KJV).

We will know Christ's mind by **READING, STUDYING, and MEDITATING** on His Words.

“Strongholds . . . they begin with a **THOUGHT**. One thought becomes a **CONSIDERATION**. A consideration develops into an **ATTITUDE**, which leads then into an **ACTION**. Action repeated becomes a **HABIT**, and a habit establishes a ‘power base’ for the enemy, that is a stronghold.”
Charles Stanley

11. *Self-Control/Discipline of my Body*

A. Our bodies are to be a living and holy sacrifice (Romans 12:1)

1. Holy living in what we eat
 - a. Proper use of food
 - 1) See it as necessary for life
 - 2) See it as a gift from God
 - b. Misuse of food:
 - 1) Gluttony: Over-indulgent / consumption of food, drink, etc.
 - 2) Deprivation: depriving self of necessary/nutritional food
2. Holy living in exercise
 - a. We all need exercise and should try to get at least 30 minutes a day for 3-5 days a week. (plan for it or it won't happen!)
 - b. Get an accountability partner, take your kids and do it together.
 - c. BUT, too much exercise can be compulsive.
3. Holy living in sleep
 - a. Do I get enough? How much do I need to feel rested? 7-9 hrs?
 - b. If I don't, why? Babies get me up? Nap
 - c. Too much technology? Set limits and stick to it!
 - d. Do I sleep too much? (more hours than really needed, resulting in jobs undone)
4. Holy living in speech
 - a. Is what I say necessary? James 1:19, 26; 3:9
 - b. Is what I say edifying? Romans 14:19, Ephesians 4:15, 16; I Thessalonians 5:11
 - c. Is what I say truthful? Colossians 3:9; Ephesians 4:25; Proverbs 14:5; 24:26

B. What can I do to be better disciplined in these areas?

1. Bring them to God in prayer
2. Memorize verses that apply to your specific struggle
3. Find an accountability partner
4. Set reasonable goals for weight loss/exercise, making healthy choices
5. Constantly ask yourself: Can I do this, eat this or say this for God's Glory? (I Corinthians 10:31)

"Just two choices on the shelf, pleasing God or pleasing self." Ken Collier

III. Self-Control / Discipline of Time and Work

"A Christian finds fulfillment not in the particular kind of work he does, but in the way he does it. Work done for Christ all the time must be 'full-time Christian work.'"
Elisabeth Elliot

A. What are some of our jobs?

Making meals, cleaning, laundry, yardwork, changing diapers, feeding babies, caring for sick children, disciplining /schooling children, caring for parents, church ministries, member needs, etc.



B. We all have the same 24 hours.

“But I don’t have time to do everything!” –We have time to do everything GOD wants us to do.

Therefore, be careful how you walk, not as unwise men, but as wise, making the most of your time because the days are evil. (Ephesians 5:15, 16)

Jesus had many pressing things to do. Did He do everything He would have wanted to do? He didn’t heal everyone; some people never got to Him because they never heard about Him, or they had no one to bring them to Him. In His humanity He was limited by time and space; however, He was able to say, I have *“accomplished the work which You have given me to do.”* (John 17:4)

C. Begin to use time wisely by logging hours / minutes for EVERY activity you do in a week.

1. Evaluate to see where all your time is going
2. Am I spending too much time _____?
Does this control my time? (Facebook, Texting, etc.)
3. Make changes: take Facebook off my phone? Check messages at meal times?
4. Make a daily “To Do List,” prioritizing it:
 - Bible Time
 - Husband’s needs, requests
 - Children’s needs (take walks, read to them)
 - Household needs
 - Church ministry (take a meal to someone)
5. Weekly Planner (Ex: take kids to library, change beds on Tuesdays, clean bathrooms on Wednesdays)
6. Monthly / Yearly Planner (Ex: dust woodwork, clean a closet, etc.)

D. Be flexible.

1. Don't be a slave to your lists. When your lists control you, you can become resentful and bitter.
2. Sometimes your husband will have a last-minute request, a friend will need you to take her car to be repaired, or maybe a meal is needed for someone who is sick, etc.
3. God knows your schedule and He plans these things as a part of His working all things for good. *My times are in Your hand.* (Psalm 31:15)

“Lord, when there are interruptions, it seems that the disposal of time I had planned so well has slipped out of my hands. Help me then to remember that it has not slipped out of yours. In Your hands these unexpected things will be fashioned into an unexpected design.” Elisabeth Elliot

E. How can I find joy in doing the work assigned to me?

1. Remember Who you are ultimately doing this for. Many times our deeds go unnoticed and unappreciated. BUT God notices! *“Come . . . inherit the kingdom prepared for you . . . For I was hungry, and you gave Me . . .”* (Matthew 25:34-40)
2. Do all for His glory, not your own.

Whether, then, you eat or drink or whatever you do, do ALL to the glory of God. (I Corinthians 10:31)

3. Consciously offer your work as a “living sacrifice”. (Romans 12:1, 2)
Each day begin with a prayer: “Lord, what do YOU want me to do today?” Pray over your list and be ready to sacrifice YOUR list for His in order to babysit for a sick friend; or take a meal to someone.

4. Purposely and consciously pray about each task. We need to guard against the enemy who will try to discourage us in the work God has given us to do. Our prayer needs to be: *Let the favor of the Lord our God be upon us; and confirm (establish) for us the work of our hands. . . .* (Psalm 90:17)

“The enemy has plenty of means of dulling the shine, distracting us, making us bored with whatever is given us to do, making it appear worthless. It’s difficult to keep in mind the spiritual character of our work (for there is spiritual character to all work that God gives us).” Elisabeth Elliot

Pray while doing some of our tasks:

- folding wash – pray for each person whose wash you are folding
- making dinner – prayers of thanksgiving for God’s provision
- cleaning bathrooms – pray for the purity of each person using them

Being a disciplined woman requires a surrender of my will. You may need to reevaluate your “to do” lists. Some of us have added more to them than what God intends and that can be making us frazzled and frustrated; and some of us are neglecting some things God is calling us to do. A disciplined life is a balanced life. Pray for God to give you wisdom and to *equip you in every good thing to do His will, working in us that which is pleasing in His sight . . .* (Hebrews 13:20-21). God delights in answering this kind of prayer.

IV. Self-Control/Discipline of Possessions

A. Acknowledge that all things are given to us by God.

He gives us everything we need that is good for us— everything possible to help us be what He wants us to be and do what He wants us to do.

Every good thing given and every perfect gift is from above. (James 1:17; see also I Chronicles 29:12-16; Romans 8:32)

1. God gives indirectly by providing jobs to make money for all of our needs and desires, and through other's giving (friends, parents, etc).
2. God gives us our abilities, talents, appearances, and family members.

B. Receive all things with thanksgiving.

1. "Thanksgiving requires the recognition of the Source." Elisabeth Elliot
2. Thanksgiving helps us be content versus covetous.

When we are discontent with what we have and complain about what we don't have we become jealous of others and question the goodness, love and justice of God, all of which are sin.

"Gratitude turns what we have into enough."

"Faith looks up with open hands. 'You are giving me this, Lord? Thank You. It is good and acceptable and perfect.'" Elisabeth Elliot

C. Recognize that things can be used for sacrifice.

1. *Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver. ⁸ And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed . . . (2 Corinthians 9:7, 8)*
2. *THEN the people rejoiced because they had offered so willingly . . . with a WHOLE heart (1 Chronicles 29:9)*
3. Example: Hudson Taylor
4. Hoarding – Are we hoarders? “Frugality is one thing, hoarding is another.” Elisabeth Elliot
 - Just because it is on sale, or a good deal doesn’t mean we need it!
 - Ask yourself: Do I need it? Can I afford it? Do I have a place for it?
 - Clutter: Our homes become cluttered when we have a hard time letting go of things.
 - Sort through things (schedule on weekly / monthly planner), parting with some to make room for useful/needed things.
 - Kitchen: plastic containers? Twisties? Dishes? FOOD?
 - Closets: Shoes, purses, skirts, shirts, etc.?
 - Remember the Israelites who hoarded Manna?
 - Am I being stingy? Or am I ready to share with someone in need? (Luke 12:15)

Instruct them to do good, to be rich in good works, to be generous and ready to share (1 Timothy 6:18).

D. Recognize that things are given to us to enjoy for a time (Matthew 6:19)

Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy. (I Timothy 6:17-19)

1. Does this mean God may take things from me? God loves to give good things to His children (James 1:17, Matthew 7:11, Psalm 84:11), but what we think is good for us and what God KNOWS is good for us may be very different. He may choose to take things from us, and if He does we know that it will be far better for us (Romans 8:28; Job 1:21).

“Do not be afraid. Do not be afraid. The gain will outweigh everything.” Elisabeth Elliot

2. Am I willing to have open hands? **TESTS:**
 - a. My tithing: By tithing we show God that we believe all belongs to Him. “But we can’t afford to!” – *Honor the LORD from your wealth, and from the first of all your produce.* Proverbs 3:9
 - b. My reactions: How do I react when something of mine is broken or stolen? With anger? Resentment? Or do I say, “It’s God’s and He can do as He pleases.
 - c. My thinking: Do I spend time worrying about my possessions? My needs? (Matthew 6:32-33)
 - Will my car last? My AC? My bank account?
 - Do I hesitate to give a meal to someone in need because I think I will need it for my own family? *It is well with the man who is gracious and lends.* (Psalm 112:5)

V. Self-control / Discipline of Feelings

A. Our feelings cannot be trusted

1. They are always changing. Feelings are like sand, they are not good foundations.
2. They can be changed by people and circumstances.

B. Our feelings are deceitful

1. We confuse “emotions with facts.”
2. “I don’t feel like . . . getting up this morning, going to church, reading my Bible today, doing this chore, calling this person, loving him, forgiving her, disciplining him, obeying this scripture, etc.”)
3. Examples:
 - Daniel: *“I . . . was exhausted and sick for days. Then I got up again and carried on the king’s business.”* (Daniel 8:27)
 - Jesus: In the garden, on the cross
 - I Corinthians 13: This is NOT about FEELING love. Love is an ACTION. Jesus said in John 14:15, *“If you love Me, you will keep my commandments.”*
4. “I don’t feel . . . forgiven by God, God’s presence, joy etc.”

C. We are to live by God’s Words, not our feelings

1. What does God say about being forgiven? (I John 1:9) About His presence? (Psalm 139:7) About having joy? (Romans 15:13)
2. Examples
 - Noah** – obeyed God and built an Ark. Did he feel like being ridiculed?
 - Abraham** – obeyed God and offered his only son. Did he feel like trusting?

“It is the will that must deal with the feelings. The will must triumph over them, but only a will that is surrendered to Christ can do this!” Elisabeth Elliot

God’s Word shall stand forever!
God’s Word shall stand forever!

For feelings come and feelings go,
And feelings are deceiving;
My warrant is the Word of God,
Naught else is worth believing.

Though all my heart should feel condemned
For want of some sweet token,
There is One greater than my heart
Whose Word cannot be broken.
Martin Luther

CONCLUSION:

Being a “sophron” woman seems like an impossible task, and it is if we depend on our own willpower and determination. We can try to change our behaviors and make promises to ourselves and even learn Scripture. But if we don’t depend on the Lord Jesus for His power, victory will not be ours. This dependence comes by saturating our minds with Scripture, which will transform our thinking, which will affect our choices.

Sources:

Elliot, Elisabeth. *Discipline: The Glad Surrender*.

Wolgemuth, Nancy DeMoss. *Adorned: Living out the Beauty of the Gospel Together* (see also www.reviveourhearts.com/sophron)