

# Lesson 11

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## Striving to Live Sensibly in a Non-Sensible World Jana Brackbill

*Like a city that is broken into and without walls  
Is a man who has no control over his spirit.*  
~ Proverbs 25:28

### **How does the Bible address the word sensible?**

1. It is third in the list of things that young women need to learn according to Titus 2, so it must be important.
2. Older women are told to teach it to the younger women.
3. It is listed six times in the book of Titus.
  - Older men
  - Older women
  - Younger women
  - Younger men
  - Servants
  - All believers

### **The word “sensible” comes from the Greek word *sofroneo*, which means:**

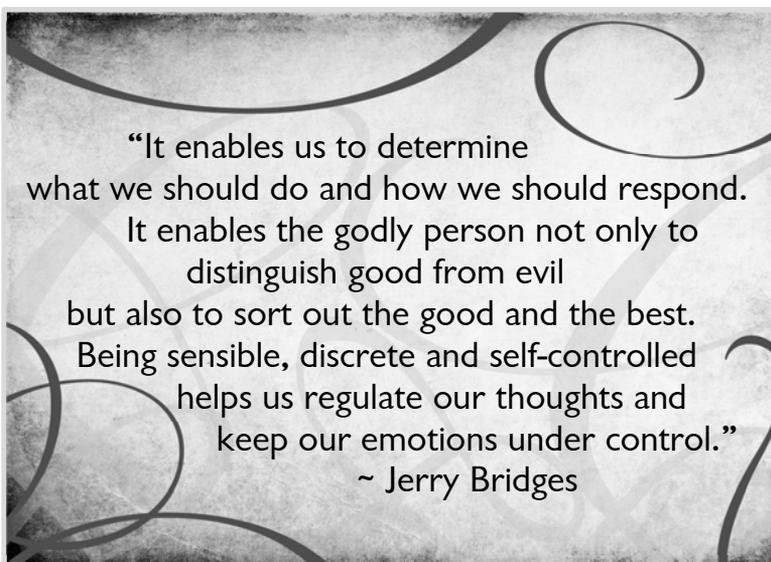
- To be of sound mind
- To be in one’s right mind
- To exercise self-control
- To put a moderate estimate upon one’s self
- To think of one’s self soberly
- To curb one’s passions

## **In Titus 2:5, “Sensible” has been translated as:**

- English Standard “self-control”
- King James or New King James “discreet”
- New American Standard “sensible”

### **Importance of Being Sensible**

- It is first and foremost for God’s Glory (Ephesians 1:12)
- It is a mark of true belief in God (Galatians 5:22-23)
- It is a distinction of maturity in a Christian (II Peter 1:6)
- It is for the good of the individual (Galatians 5:23)
- It ensures future leadership for the church (Titus 2:2, 6)
- It establishes a pattern for future generations (Psalm 78:6-7)



## **Characteristics of One Who is Not Sensible Galatians 5:19-21**

- Lacks discretion
- Follows worldly philosophies
- Fleshly driven
- Lacks follow-through
- Self-centered
- Discontented
- Emotions controlled by circumstances
- Seeks escapism from problems
- Easily provoked
- Yields easily to temptation
- Struggles to develop consistent life disciplines
- Enjoys mindless entertainment
- Looks for the easy way out
- Thinks about the short-term rather than the long-term
- Demanding
- Fritters away time
- Makes decisions based on what is easiest
- Falls apart in a crisis

“Self-control is the believer’s wall of defense against the sinful desires that wage war against his soul.”

~ Charles Bridges



## **Characteristics of One Who is Sensible Galatians 5:22-25**

- Restrained in:
  - thoughts (Proverbs 12:5)
  - tongue (Psalm 19:14)
  - eating (I Corinthians 10:31)
  - spending (Luke 16:11)
  - reactions (Titus 2:6-8)
- Calm under pressure and doesn't "lose it" (Psalm 57:7)
- Purposeful in the use of time (Ephesians 5:16)
- Good steward (Romans 12:1)
- Morally chaste (Ephesians 5:1-4)
- Well-ordered life (I Corinthians 14:40)
- Shows good judgment (Proverbs 9:10)
- Responds in faith versus fear (Hebrews 11:1)
- Guards heart and mind (Proverbs 4:23)
- Evaluates what is read or heard in light of Scripture (Psalm 101:3)
- Mentally disciplined (Mark 14:38)
- Shows delayed gratification (Proverbs 22:3)
- Demonstrates others-centered living (Philippians 2:3)
- Diligent and faithful in responsibilities (Colossians 3:23-24)
- Intentional (Proverbs 4:25-27)
- Modest in dress and behavior (I Timothy 2:9-10)
- Hopes in God (Psalm 78:7)
- Gives thanks in all things (I Thessalonians 5:18)
- Makes wise, Biblical decisions (Psalm 119:34)
- Prays (Psalm 55:17; I Thessalonians 5:17)
- Demonstrates the Spirit controlling the flesh (Galatians 5:24-25)

"Wouldst thou have thy flesh obey thy spirit? Then let thy spirit obey thy God. Thou must be governed, that thou may'st govern." ~ Augustine

## **Examples of Those Who Possessed the Characteristic of Being Sensible**

Jesus (Philippians 2:1-8; Isaiah 53:7)

Paul (I Corinthians 11:1)

Others (Hebrews 11; II Corinthians 3:2-3)

## **Specific Areas that Should Be “Targeted” When Striving for a Sensible Mindset**

### **Relationship with God and His Word**

- Daily Bible Reading
- Prayer (Mark 1:35)
- Remembering the presence of God (Psalm 139:5)
- Considering His lovingkindnesses in all circumstances (Hebrews 10:35)
- When bad things happen to us
- Even when prayers seem to go unanswered
- Meditation and memorization of His promises (Psalm 119:11)
- Always rejoicing in God (Luke 10:20; Philippians 3:1; Philippians 4:4)

### **Relationship with Others**

- Relationship with parents (Proverbs 1:8)
- Relationship with siblings (I Thessalonians 3:12)
- Relationship with the church family (I Timothy 5:1-2)
- Relationships with friends (I Corinthians 15:33)
- Girl/boy relationships (II Corinthians 6:14-15; Hebrews 13:4; 1 Thessalonians 4:3,5; Matthew 5:28; Job 31:1)
- Relationship with authority (Hebrews 13:17)
- Relationship with others (Galatians 5:13-14)

## **Health**

- Eating
- Sleep and Rest
- Exercise

## **Emotions**

- Anger (Proverbs 22:24)
- Rage (Luke 6:11)
- Self-pity (Romans 12:3)
- Jealousy (Proverbs 27:4)
- Greed (Ephesians 5:3)
- Fear (Proverbs 29:25)
- Bitterness (Hebrews 12:15)

Emotions release our own ungoverned sinful passions, but more importantly they wound those who are recipients of such outbursts. They damage the self-respect of others, create bitterness and destroy relationships. Resentment, bitterness and self-pity build up inside our hearts and eats away at our spiritual lives like a slowly spreading cancer.

~ Jerry Bridges

## **Pursuits**

- Teenagers have many pursuits and are overstretched.
- Ask God to show which pursuits would glorify His name (Psalm 40:8)
- Be willing to give up some pursuits and concentrate on permanent, positive and productive pursuits (Psalm 51:17)
  - Permanent-pursuits of eternal significance
  - Positive-pursuits that are good and edifying
  - Productive-pursuits that can yield results
- Be alert to any pursuits that would generate inordinate pride and boastfulness (1 Corinthians 4:7)
- Teenagers should develop time-management (Ecclesiastes 12:1)

## **Realistically Striving to Be Sensible in a Sin Cursed World**

- We need to magnify our responsibility of encouraging our teens to be sensible, discreet and self-controlled (Deuteronomy 6:7)
- We need to honestly take a look at our own lives (Jeremiah 17:9-10)
- We need to pray that God will give us a desire to be sensible, discreet and self-controlled (James 5:16; Matthew 7:7)
- We need to be willing to change (I Samuel 3:9; I Corinthians 9:27; I Corinthians 6:12; Luke 9:23)
- We have to understand that God has to work through us to develop a sensible life-style (Philippians 2:13)
- We need to understand being sensible or self-controlled is not gained by just suppressing our desires, but by controlling the lusts of the flesh through the power of the Word and the enablement of the Holy Spirit's empowerment (Galatians 5:24-25)
- We need to be humble before God and be honest with our teenagers (Micah 6:8)
- We need to be an example in becoming sensible, discreet and self-controlled (II Thessalonians 3:7)
- We need to understand that we are engaged in a constant struggle with our sinful desires (Ephesians 4:22; James 1:14)
- We need to focus on God rather than on our failures (2 Peter 1:3)



The emphasis in the struggle for self-control should be on the word *growing*. We will never fully attain self-control in all areas in this life. Furthermore, we must realize that the battle of self-control is different for each of us. One person may have no problem at all with bodily self-control, but he may struggle with thought of spiritual pride. Another may never be bothered with impure thoughts but may indulge his emotions in resentment or in self-pity. As we are tempted to judge others for their lack of self-control in areas where we have no problems, let us remember our own areas of struggle and be charitable in our opinions.

~ Jerry Bridges

Our source is Jesus Christ, He alone will be our Sustainer and He will by His resurrection power enable us to continue striving for the goal of living “sensible,” “discreet” and “self-controlled” lives for His glory.

### **Romans 11:36**

*For from Him and through Him and to Him are all things.  
To Him be the glory forever. Amen.*

### **Sources Used:**

Revive Our Hearts Broadcast: Sound Thinking, October 31, 2008

The Practice of Godliness by Jerry Bridges

### **Suggested Sources:**

Proverbs for Parenting by Barbara Decker

Operational Definitions of Character Qualities

<http://ati.iblp.org/ati/family/curriculum/characterqualities.pdf?show=true>

Resolutions of Jonathan Edwards (organized in categories)

<http://www.desiringgod.org/resource-library/articles/the-resolutions-of-jonathan-edwards>

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