

## I. What is Soberness Biblically Speaking?

1. The combined words “sober,” “soberness,” and “soberly” appear 15 times in 15 verses in the New Testament only.
  - a. Underneath these English words are seven Greek words.
2. *sophron* (G4998 adjective) used four times in the NT.
  - a. Translated as “sober” (2x), “temperate” (1x), and “discreet” (1x).
  - b. Example usages: [1 Tim. 3:2](#); [Tt. 1:8](#), [2:2](#), [5](#).
3. *nepho* (G3525 verb) used six times in the NT.
  - a. Translated as “be sober” (4x) and “watch” (2x).
  - b. Example usages: [1 Th. 5:6](#), [8](#); [2 Tim. 4:5](#); [1 Pt. 1:13](#), [4:7](#), [5:8](#).
4. *sophroneo* (G4993 verb) used six times in the NT.
  - a. Translated as “in his right mind” (2x), “soberly” (1x), “we be sober” (1x), “to be sober minded” (1x), and “be ye...sober” (1x).
  - b. Example usages: [Mk. 5:15](#); [Lk. 8:35](#); [Rm. 12:3](#); [2 Cor. 5:13](#); [Tt. 2:6](#); [1 Pt. 4:7](#).
5. *sophronizo* (G4994 verb) used one time in the NT.
  - a. Translated as “to be sober” (1x).
  - b. Example usage: [Tt. 2:4](#).
6. *sophronos* (G4996 adverb) used one time in the NT.
  - a. Translated as “soberly” (1x).
  - b. Example usage: [Tt. 2:12](#).
7. *sophrosune* (G4997 noun) used three times in the NT.
  - a. Translated as “sobriety” (2x) and “soberness” (1x).
  - b. Example usages: [Ac. 26:25](#); [1 Tim. 2:9](#), [15](#).
8. *nephalios* (G3524 adjective) used three times in the NT.
  - a. Translated as “sober” (2x) and “vigilant” (1x).
  - b. Example usages: [1 Tim. 3:2](#), [11](#); [Tt. 2:2](#).
9. All of these definitions have one major commonality: **the mind must be kept sound or healthy.**
  - a. Anything that would harm the health of the mind would affect soberness.
  - b. God wants our minds to be sound ([2 Tim. 1:7](#)).

## II. How to Be Sober

1. Feed the mind with healthy food ([2 Tim. 1:13](#); [Tt. 1:9](#), [13](#), [2:1-2](#), [8](#)).
  - a. Reading required ([1 Tim. 4:13](#)).
2. Get your exercise ([Heb. 5:14](#)).
  - a. senses (*aistheterion* G145 noun) *faculty of the mind* for perceiving, understanding, judging (Thayer 17).
  - b. exercised (*gymnazo* G1128 verb) *to exercise* vigorously, in any way, either the body or the mind (Thayer 122).
  - c. discern (*diakrisis* G1253 noun) *a distinguishing, discerning, judging* (Thayer 139).
  - d. Meditation and study required ([1 Tim. 4:15-16](#); [2 Tim. 2:15](#)).
3. Abstain from anything that would cause damage to the mind.
  - a. Drugs ([Gal. 5:20](#); [1 Cor. 6:12](#)).
  - b. Unhealthy scenes and sounds ([Ps. 101:3](#), [119:104](#), [128](#)).
4. Guard the mind ([Pr. 4:23](#)).
  - a. Application of what was previously stated required.