

Let Us Be Sober  
(1 Thessalonians 5:1-11)

Introduction:

1. These verses contain several important instructions that are designed to help us be prepared for the Lord's return.
2. The Lord wants us to be ready for His return, and He wants us to be watching.
3. Twice we are instructed to "*be sober*" (vs.6, 8).
4. In our lesson we are studying a number of additional passages that relate to being sober.
5. As we examine these verses, let us keep in mind the things we pointed out this morning in relation to "thinking soberly" (Romans 12:3).
6. Our thinking will determine what we say, what we do, and what we are.

Discussion:

- I. MEN AND WOMEN OF ALL AGES ARE TO BE SOBER (Titus 2:1-6)
  - A. (vs.1) Titus was responsible for teaching "*things which become sound doctrine.*"
    1. Titus was left in Crete with big responsibilities (1:5).
    2. The people in Crete did not have a good reputation (1:12-14).
    3. Titus was responsible for teaching the people in Crete who became Christians how to live.
  - B. Titus was to include "being sober" in his teaching to:
    1. aged men (vs.2)
    2. aged women (vs.3; 1 Timothy 2:9-10)
    3. the aged women who were to teach the younger women (vs.4-5)
    4. the young men (vs.6).
  - C. In the church, men and women of all ages are to be sober.
- II. PREPARATION FOR THE LORD'S RETURN INCLUDES BEING SOBER
  - A. We touched on this earlier in 1 Thessalonians 5:1-11.
  - B. While we look for the Lord's return, we are to "*live soberly*" (Titus 2:11-15).
  - C. While we look forward to the blessings that the Lord will provide when He returns, we are to "*be sober.*"
    1. 1 Peter 1:13-16
    2. 1 Peter 4:7
  - D. Preparation for the Lord's return includes being sober.
- III. RESISTING THE DEVIL INCLUDES BEING SOBER (1 Peter 5:6-9)
  - A. God wants to help His children (vs.6-7).
  - B. Our adversary is the devil, and he must be resisted (vs.8-9).
  - C. In addition to being vigilant, we must be sober.

Conclusion:

1. Being sober plays a key role in Christianity.
2. We are to "think soberly," and we are to "be sober."
3. Let us diligently follow the instructions from God's Word that we have studied today.