

BE NOT MOVED

Sober Up: Calm In Adversity

- I. **3 keys in not being moved and receiving the end of your faith: 1.Gird up 2.Sober up 3.Toughen up**—*1Pt1:3-Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope (Rm8:23) by the resurrection of Jesus Christ from the dead, ⁴To an inheritance incorruptible, and undefiled, and that fades not away reserved in heaven for you, ⁵Who are kept by the power of God through faith unto salvation ready to be revealed in the last time. ⁶Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: ⁷That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honor and glory at the appearing of Jesus Christ: ⁸Whom having not seen ye love; in whom though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory: ⁹Receiving the end of your faith, even the salvation of your souls...¹³Wherefore gird up the loins of your mind, be sober, and hope (faith) to the end for the grace that is to be brought unto you at the revelation (appearing) of Jesus Christ*
- II. **Being sober includes the ability to absorb the blow of adversity, not get overly emotional and stay in faith**
- A. Be sober is not a suggestion—*1Th5:6-Be sober...⁸ Be sober; Tit2:2-Aged men be sober...⁴ Teach young women to be sober; ⁶ Young men...be sober minded; 1Pt4:7-Be sober; 1Pt5:8-Be sober*
- B. Sober—Calm, controlled, unmoved by feelings and therefore able to make the necessary decisions to accomplish a purpose—1.Calm/collected in spirit; 2.Temperate (not controlled by emotions); 3.Dispassionate (unmoved by feelings, not under the influence of passion, having one's wits; 4.Cool dispassionate reason—Reserved and prudent in avoiding errors and selecting the best means to accomplish a purpose; 5.Circumspect—Watching, guarding
- C. What's the connection between being sober and hoping to the end? On the way to the end you'll experience all kinds of emotions and so to believe to the end and receive the end of your faith you must learn how to experience negative emotions, but not be moved (out of faith) by them—You have to learn how to feel the fear and sorrow, but stay in faith
1. Peter let how he felt move him out of faith and he didn't believe to the end and receive the end of his faith—*Mt14:28-Peter answered him and said, Lord, if it be thou, bid me COME UNTO THEE ON THE WATER. ²⁹ And he said, Come. And when Peter was come down out of the ship, he walked on the water, TO GO TO JESUS. ³⁰ But when he saw the wind boisterous, HE WAS AFRAID; and beginning to sink*
 2. Jairus absorbed the blow and didn't allow how he felt to move him out of faith—*Mk5:23-My little daughter lieth at the point of death: I pray thee, come and lay thy hands on her, that she may be healed; and she shall live. ²⁴ And JESUS WENT WITH HIM; ³⁵...There came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further? ³⁶ As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe; **Lk8:50-Fear not: believe only, and she shall be made whole***
 - a. Is it insensitive to tell him to fear not (don't allow how you feel to move you)—No, I understand how you feel, but don't yield to it
 - b. Is it unreasonable to say fear not (don' allow how you feel to move you)—He can't help how we feels right? Jesus isn't talking about how he feels, he's talking about what he yields to – Feel the fear, but don't yield to it
 - c. Jesus was telling him don't quit in the middle because of how you feel
- III. **You must not come out of faith, no matter how you feel or what you feel**
- A. Be sober in every situation—When is it okay to freak out?—*2Tm4:5-KJ-Watch (sober) thou IN ALL THINGS; AM-Be clear-headed in every situation [stay calm and cool and steady], endure every hardship without flinching; NIV-Keep your head in all situations*

- B. They get this bad report and God says be quiet-*Is7:3*-His (Ahaz) heart was moved, and the heart of his people, as the trees of the wood are moved with the wind. ³Then said the Lord unto Isaiah, Go forth now to meet Ahaz...⁴And say unto him, Take heed, and be quiet (appease-to calm, be still, quiet the soul when agitate) ; fear not, neither be fainthearted for the two tails of these smoking firebrands..⁶Let us go up against Judah, and vex it, and let us make a breach therein..⁷...It shall not stand, neither shall it come to pass. ⁹...If ye will not believe, surely ye shall not be established
- C. You don't have to freak out, no matter what it is-*Jn14:1,27*-Let not your heart be troubled, neither let it be afraid: ye believe in God, believe also in me; *Ph4:6*-Be careful for nothing
- D. You can believe God no matter how you feel-*Ps42:5-KJ*-Why are you cast down (depressed), O my soul? And why are you disquieted (troubled) within me? Hope thou in God: for I shall yet praise him-*VO*-Despite all my emotions, I will believe and praise the One who saves me and is my life

IV. Being sober doesn't mean we don't have feelings, it means we're not moved by them

- A. The problem is not feeling something, but letting your feelings govern you-*Eph4:26*-Be angry (any violent emotion), and sin not
- B. You can have a feeling and not be governed by it-You can't control all the feelings that come to you, but you can control which ones you allow to control you-*Pr29:11-GW*-A fool expresses all of his emotions but a wise person controls them; *CEV*-A fool gives vent to all his feelings but the wise, thinking of afterwards, stills them; *EHV*-A wise person calmly restrains them; *Pr16:32*-He that rules his spirit (seat of emotion) than he that takes a city; *CSB*-Controlling one's emotions, than capturing a city; *Ph3:19-GW*-Their own emotions are their god; *Jude19-PH*-They are led by human **emotions** and never by the Spirit of God

V. Don't be emotional, be tactical – No matter how you feel, you want to make the necessary decisions to get the result that you desire

- A. You can get emotional and make decisions that let the enemy in-*1Pt5:8*-Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour
1. Roger Herbert Commander of the Navy Seal training program-When you look at historic mistakes on the battlefield, they are almost always associated with fear and panic. So the capacity to control these impulses is extremely important.
 2. David didn't act emotionally, but tactically-*1Sm30:3*-So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives. ⁴Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep. ⁶And David was greatly distressed..but David encouraged himself in the Lord his God. ⁸And David enquired at the Lord
- B. Deal based on knowledge not emotion-No matter how you feel, there is still certain things you have to do, if you want to experience victory-*Pr13:16*-Every prudent man dealeth with knowledge; *GNV*-Every wise man will work by knowledge; *RSV*-In everything a prudent man acts with knowledge