

## Be Humble and Have A Sober Spirit (1 Peter 5: 1-10)

### Introduction

Our HYPF Monthly Bible Study is focusing on the subject, “Our Place in the Church.” Our first message mainly talks about being humble and having a sober spirit. It’s important we keep this in mind when going through struggles and difficulties in church and trying to figure out our place in the church.

\*It helps to open your bibles up to the actual verses when going through the summary

### 1 Peter 5: 1-10

Verses 1-3: Speaking to elders/leaders of the church

“Oversight”=Greek word **Episkopeo** (ep-ee-skop-eh')

- To look upon, inspect, oversee, look after, care for

“Compulsion”= Greek word **Anagkastos** (an-ang-kas-toce')

- Constraint or by force

“Voluntarily” = Greek word **Hekousios** (hek-oo-see'-ose)

- Willingly, of one's own accord

Lead because you want to voluntarily lead. Don't do it for any sordid gain. Do not lead as if lords or higher than everyone else.

Verse 5: Mainly talking to youth or younger leaders. Be humble. Bring yourselves down. Don't be proud. Have humility towards one another. “You're not better than the next guy”

Verse 6: More importantly humble yourself under God. You not anything compared to God. We constantly sin. Understanding that is important. God will then exalt you in proper time.

Verse 7: Cast all your anxiety on Him

Verse 8: Be of a sober spirit for the devil seeks to devour.

“Sober”= Greek word **Nepho** (nay'-fo)

- to be sober, to be calm and collected in spirit
- to be temperate, dispassionate, circumspect; to have equanimity

Looking at the word “sober” we must look at every aspect of the word. We usually look at only the meaning of being “not drunk” but there are deeper levels to it. Let's look at each word and their meaning.

Temperate- moderation

Dispassionate- not influenced by strong feelings, not affected by emotional involvement

Circumspect- aware of consequences

Equanimity- evenness of mind especially under stress; not too excessive nor lacking but just the right amount

Verse 10: You may suffer in keeping that sober spirit but Christ will perfect, confirm, strengthen and establish you.

“Perfect”= **Katartizo** (kat-ar-tid'-zo)

- to mend (what has been broken or rent), to repair, to complete

“Confirm” or “Stablish”= **Sterizo** (stay-rid'-zo)

- to make stable, to strengthen
- make firm, to render constant, confirm, one's mind

“Strengthen”= **Sthenoo** (sthen-o'-o)

- to make strong of one's soul, strengthen

“Establish” or “Settle”= **Themelioo** (them-el-ee-o'-o)

- to lay the foundation or establish you; make stable

### Conclusion

The main thing I want us to get from this message is to be humble and to have a sober spirit. Ironically, right before I was supposed to lead this bible study about finding your place in the church, I myself questioned my own place in my church and was ready to leave. It was hard to see myself in my church because of the lack of direction to reach out to others, which is a struggle I feel in most Malayalee churches. But through that time of stress and unevenness of mind, God said to basically stay humble, keep a sober spirit, and don't make a decision purely based on emotion.

That sober spirit of having a levelness or equanimity is where you are neither too excessive nor lacking but just at the right level with God. When you keep that levelness, the devil cannot “devour” you or take advantage of you through stress or emotions especially when making decisions or evaluating your place in the church. But how are we supposed to know what is sober or just the right level? That's what we'll look at in the next message: Figuring out exactly what the right level of a sober spirit is.