

**“Sober-Minded, Self-Controlled, Respectable”, 1 Timothy 3:1–7  
Pastor Shawn Newberry, January 18, 2026**

## **1. Sober-Minded**

**Definition:**

Clear-headed, emotionally steady, alert, discerning

**Key Traits**

- Not reactive, distracted, or impulsive
- Reads situations well; understands people
- Temperate; not hot-headed or quarrelsome
- De-escalates conflict; brings calm
- Approachable, discerning, peace-seeking

## **2. Self-Controlled**

**Definition:**

Paul is describing the kind of temperament required for church leadership – “safe” and “mind”

**Meaning**

- Integrated, stable inner life
- Not ruled by extremes, urgency, or fear

**Key Traits**

- Emotionally steady
- Morally clear
- Calm, content, balanced
- Life marked by order, not chaos

## **3. Respectable**

**Definition:**

A life of moral, mental, and emotional symmetry

**Key Traits**

- Purposeful, prepared, intentional
- Calm under pressure
- Disciplined with healthy rhythms
- Solution-oriented, not divisive

Paul teaches in 1 Timothy 3:2 that leadership in the church is a noble calling that requires proven character, not charisma or ambition. An overseer must be sober-minded—clear-headed, discerning, and peaceable rather than reactive or divisive; self-controlled—marked by a sound, integrated inner life that is not ruled by impulses, fear, or urgency but grounded in trust in God’s sovereignty; and respectable—living with moral, mental, and emotional order that is visible in speech, conduct, work ethic, and relationships. These qualities are not accidental but intentionally cultivated, producing leaders who bring calm to chaos, resist worldly division, and reflect the steady, non-anxious faithfulness of Christ in a fractured and reactive culture.

## Discussion Questions

\* **Sober-Mindedness:**

In what situations do you notice yourself becoming reactive, defensive, or emotionally “heated”? What practices could help you remain clear-headed and peace-bringing in those moments?

\* **Self-Control:**

What desires, fears, or habits are most likely to compete for control of your thoughts or decisions? How can you intentionally submit those areas to Christ for Spirit-empowered mastery?

\* **Respectability:**

When you look at your life as a whole—speech, work, relationships, and habits—where do you see order and integrity, and where do you see inconsistency or disorder?

\* **Culture vs. Christ:**

How does the surrounding culture (media, politics, social pressure) influence your emotional reactions and worldview? What would it look like to respond with a non-anxious, Christ-centered posture instead?

\* **Application:**

What is one specific, measurable change you can make this week to grow in sober-mindedness, self-control, or respectability—and who can help hold you accountable?