

Gospel Shaped Lifestyle - Maintain Perspective

1. Intro:
 - a. When people happen...
 - i. Growing up → siblings know how to push your buttons
 - ii. People trying to push my buttons as a pastor
 - iii. People trying to push you as a Christian
 - iv. In those moments, what controls you?
 - b. When life happens...
 - i. Illness, financial problems → get mad at God? Panic? Lose your faith?
 - ii. Things don't go your way → Get angry? Lash out?
 - iii. Shooting in Charleston at the church... look at the responses of the family
 1. How do they maintain perspective to forgive at a time like that?
 - c. **When the sky is falling and you're losing control, what do you do?**
 - d. This week: *1 Timothy 3:2*, "Therefore an overseer must be above reproach, the husband of one wife, sober-minded, self-controlled, respectable, hospitable, able to teach..."
 - i. Prescribed for all, but must describe our leadership
 - ii. We can't have leaders who go Rambo on people when life gets messy
 - iii. How do we become less controlled by our emotions and circumstances?
2. What does it mean?
 - a. Acts as another summary statement for the way a person behaves...
 - b. Sober Minded:
 - i. 1) sober, temperate 1a) abstaining from wine, either entirely or at least from its immoderate use
 1. Here we are concerned w/ how it relates to your mind
 - ii. Definition: Cool; calm; not marked with passion; free from fiery passion;
 - iii. Negative example: fickle, rash, emotions drives the train
 - iv. Positive examples: Paul, Phil 1, people preaching to make his life worse; Jesus in the Garden
 - c. Self Controlled:
 - i. 1) of a sound mind, sane, in one's senses 2) curbing one's desires and impulses, self-controlled, temperate
 - ii. Negative example: People who are always ready to snap → walking on eggshells; you're almost afraid to tell them anything b/c they are delicate
 - iii. Positive example: Jesus → meek = power under control; angel armies
 - d. Both have to deal with how you respond to external stimuli
 - i. Sober-Minded = our emotional response
 - ii. Self-Controlled = our manifested reaction
 - e. **Someone who is sober-minded and self-controlled maintains perspective as they go through the storms of the day.**
 - f. **Train illustration** → a sober minded person is driven by truth, not emotions
3. Why does it matter?

- a. **When you're squeezed, whatever comes out reveals a great deal about what you worship.**
 - b. Worship of God or worship of an idol → "Back pocket American Jesus"
 - c. The root of these struggles is control idolatry → the lie that you are god
 - i. Same lie that Satan used in the Gospel
 - d. **You panic because you think you're God, but in those moments your own divinity crumbles & you become completely aware of your humanity.**
 - i. And it terrifies you...
 - e. **But The gospel teaches us where we can place our trust.**
 - i. We are not God & that delusion brought us and the world to ruin
 - ii. We are not God, so we couldn't fix ourselves. We need a savior.
 - iii. God, who is all powerful, subjected himself to men to be executed.
 - iv. He was faithful to the end, sober minded, self controlled
 - 1. For our good... For his glory...
4. What do you need to do?
- a. **#1 - Maintain perspective by worshipping the SOVEREIGN God.**
 - i. All things are under God's rule and control; nothing happens without His direction or permission. God works not just some things but all things according to His own will and glory. **This is his story and he's got it.**
 - ii. *Psalm 46:10, Be still and know that I am God*
 - 1. Literally means to "let it drop"
 - 2. The opposite of being still is...
 - a. Panic, manipulation, anger, frustration, worry, grasping at straws, paranoia, stress
 - 3. If those characteristics describe you more often than not, then you need to remember that HE IS GOD, not you.
 - iii. **God is IN CONTROL, so you need only to BE STILL**
 - iv. *And he is before all things, and in him all things hold together. (Col 1:17)*
 - v. **When the sky seems like it is falling, let it fall. You can't catch it anyway.**
 - b. **#2 - Maintain perspective by keeping your eyes fixed on the cross.**
 - i. God has already given you everything...
 - ii. What else is there to worry about?
 - iii. Think back on your life: How often have you panicked, cried out to God, it has worked out, and you forgot to even thank him?
 - 1. This too will pass. It seems like a mountain now, but can it even compare to what God has already done for you?
 - 2. Can it compare to the chasms he has crossed?
 - iv. Even if your life falls apart, is he still God?
 - v. Even if your world crumbles, did he not still die on the cross for YOU?
 - vi. *"Who shall separate us from the love of God?" Romans 8:35* → Nothing.
 - c. **Maintain perspective by remembering that God is sovereign, and by fixing your eyes on the cross.**