

# Marks of a Man #4

KJV: Sober NKJV: Sober-Minded NASB: Prudent ESV: Self-Controlled

NIV: Self-Controlled

Area: Emotional Balance

Definition: in one's right mind, as opposed to being emotionally out of control

Scripture: 1 Tim. 3:2; Titus 1:8; 2:2,5; Rom. 12:3; 1 Pet. 4:7; 2 Tim. 1:7

Bible usage: Sane, with the fleshly emotions under control, being the opposite of (1) pride, Rom. 12:3; (2) cowardice, 2 Tim. 1:7; and (3) temporal thinking, 1 Pet. 4:7. See also 1 Tim. 5:21

Proverbs: 3:21-26; 3:34; 11:1; 24:10; 28:1 and Eccl. 3:11

## Functions of the Soul

1. Mind - Perception of what emotional balance is, starting with the 3 above areas
2. Conscience - I'm evading no inner convictions of emotional imbalance
3. Heart - I master at least the 3 areas
4. Frame - I develop principles and goals for keeping my emotions under control
5. Will - No decisions made when emotionally out of control
6. Emotions - Constantly checked for legitimacy of source

Resolved: to reject the emotional imbalance and insanity of pride, cowardice and temporal thinking.

## Essay

Source: it appears that pride, cowardice, and temporal thinking all combine to send us to "panic palace," that is, emotional imbalance, out of our minds. Pride tells us we can handle problems, cowardice sets in when we see we can't, and temporal thinking puts us into full blown emotional imbalance.

Problem: we are all but worthless as leaders, losing our capacity to be true men. There will be no "pioneer advance," of the Gospel, Phil. 1:12.

Solution: constant "searchings of the heart," Judges 5:16, condemning paralyzing pride, retreating cowardice, and panic in temporal thinking. We can examine every decision, attempting to discern if any of them reflects this weak unmanly state toward the warfare we are in.

Avoidance: constantly in the Word, spending time with our Lord, and the accountability of other men. I can also keep my mind occupied with heroes and heroines of the faith, past and present, constantly renewing my vision.

