

Titus 2 Sunday Bible Study

How to Be Self-Controlled

Titus 2:5 (Amp) To be **self-controlled**, chaste, homemakers, good-natured (kindhearted), adapting and subordinating themselves to their husbands, that the word of God may not be exposed to reproach (blasphemed or discredited).

The Greek word for self-controlled is *sōphrōn* (of a sound mind, sane, in one's senses; curbing one's desires and impulses, self-controlled, temperate) and we have seen a similar word before.

Sane and sober of mind in v.4 is the Greek word *sōphronizō* (restore one to his senses; to moderate, control, curb, discipline; to hold one to his duty; to admonish, to exhort earnestly).

Here is the difference – one is an _____ (v.5) and one is a _____(v. 4).

Sōphrōn is who a Titus 2 woman is.

Sōphronizō is what a Titus 2 woman does.

On 3/7, I shared about what a *Sōphrōn* woman looks like:

- Grow in Knowledge
- Diligent
- Watch Their Words
- Patient
- Mindful of Their Companions
- Quick to Repent
- Receive Correction

How to be a *Sōphrōn* Woman

1. Take _____ out of it. (Eph. 4:22-25 & Gal. 2:20)
2. Be _____ with the Holy Spirit. (Eph. 5:18 & Gal 3:3)
3. Fully operate in the _____ of the Spirit. (Gal. 5:21-23)
4. Do not _____ the Holy Spirit. (Eph. 4:30)

Take Away's:

1. Are you a *Sōphrōn* woman?
2. Are you doing what a *Sōphrōn* woman would do?
3. What areas do you need to demonstrate more self control?
 - Faith
 - Family
 - Friends
 - Finances
 - Fitness
 - Firm