You Have to be Sober to be Sober Minded

The recreational use of alcohol and drugs is prevalent in our society and a societal norm, meaning such is considered normal and acceptable conduct by most (Copilot Answer). With this thought in mind, I asked Google why do people consume alcohol, and why do people consume drugs? Google's responses were: "1) Alcohol - People consume alcohol to relax, socialize, or have fun by experiencing its pleasurable and euphoria-inducing effects, 2) Drugs - To feel good; Many drugs provide a powerful and intense rush of pleasure by flooding the brain with dopamine, a neurotransmitter that helps regulate reward and motivation. This can be a strong motivator for continued use." Although modern day drugs did not exist during Bible times, alcohol has long been present and used by man. Thus, it seems safe to place alcohol and the improper use of controlled and illicit drugs into the same category since each can produce euphoric inducing effects upon the brain.

Solomon warned that consuming "intoxicating drink" could cause one to forget the law (Proverbs 31:4-5). The inspired writer helps us understand the importance of keeping the mind in a sober condition. Today, the word sober is commonly used to describe those who have walked out of a life driven by alcohol and/or drugs. According to Google: "Sobriety is the condition of not having any effects from alcohol and other drugs. Sobriety is also considered the natural state of a human being at birth. A person in a state of sobriety is considered sober." Yes, modern man understands that the mind can be altered by using alcohol and/or improper use of controlled drugs or illicit drugs.

Considering the afore mentioned, we as Christians need to give due diligence to the Bible's teaching regarding sobriety. Sober minded, sobriety, and sound mind

carries with it the basic idea of being under the control of or ruled by the mind, intellect, and reason. It also means not being under the influence of an intoxicant that can rob a person of good sense, sound judgment, and reason (Vine, W. E., & Unger, M. (1996), p. 583). This concept is emphasized in the New Testament.
"We should live soberly, righteously, and godly" - Titus 2:12,
“Let us watch and be sober” - 1 Thessalonians 5:6,
“Therefore gird up the loins of your mind, be sober” - 1 Peter 1:13,
“Be serious and watchful in your prayers" - 1 Peter 4:7,
“Be sober, be vigilant" - 1 Peter 5:8.

Most people arrested for DUI (Driving Under the Influence of alcohol or drugs) do not know they are under the influence. A critical effect of alcohol and other drugs is the impairment of a person's judgment and ability to self-assess (AI Overview, Google). This should help us appreciate and understand just how the Devil works. Even more so, it should help us understand why as Christians we need to have a sober mind and not allow our minds ability to be muddled up by any substance or thing. As Peter declares, "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour" (1 Peter 5:8).