

ADORNED

Living Out the Beauty of the Gospel

DISCUSSION QUESTIONS — Chapter 8

Chapter 8: A “Sophron” State of Mind (pp. 158-180)

1. What was one primary takeaway for you from this chapter?
2. If you are familiar with the Billy Joel song, “New York State of Mind,” how would you summarize a “Sophron” state of mind? (see p. 164)
3. Read 2 Timothy 1:7. What other meanings of “sophron” are expressed here?
4. How does 2 Timothy 1:7 express the opposite of a sound mind? In what ways do these thoughts hinder you?
5. What does Philippians 4:8-9. say we should do with these hindering sort of thoughts? Think: What hasn't God given us? What has He given us?
6. Read Philippians 4:13. What promise does the Lord give us here?

7. In what areas do we need a sound mind, discipline, or self-control? Now specifically, review the “Are you Sophron” list on pp. 170-171 and select just one quality where you have grown and one quality in which you sense the Lord wants you to grow.
8. Is there someone who has modeled self-control for you? What have you learned from her example that, with the Lord’s help, you could imitate?
9. In there a group of women in the church that you could meet with to help each other grow in self-control?

✓ Application

How am I going to put into practice what I learned this week?

My commitment this week:

📖 Personal Reflection

My verse to memorize this week:

“But as for you, speak the things which are proper for sound doctrine: that the older men be sober, reverent, temperate, sound in faith, in love, in patience; the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things—that they admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed...not pilfering, but showing all good fidelity, that they may adorn the doctrine of God our Savior in all things.”

—Titus 2:1–5, 10 (NKJV)