

DAY 3 – A Sober Mind

SCRIPTURE TO READ:

Romans 12:3

(Optional Additional Reading: 2 Corinthians 10:5; Philippians 4:8)

THINK IT THROUGH:

To “think soberly” means to think rightly—to see life through the clear lens of truth instead of the fog of pride, fear, or emotion. A sober mind is balanced: it doesn’t exaggerate success or magnify failure. It remembers that everything we have—our gifts, our strength, our value—comes from grace. When truth governs our thoughts, we stop swinging between arrogance and insecurity.

PUT IT INTO PRACTICE:

Write down a few recent thoughts you’ve had about yourself—good or bad. Next to each, ask, “Is this true according to God’s Word?” If it’s prideful, surrender it. If it’s shame-filled, replace it with grace.

PRAYER FOR TODAY:

“Lord, help me to think rightly today. Remove the lies that distort and fill my mind with truth that sets me free.” Amen.

GO FURTHER

Each time you catch yourself saying “always,” “never,” or “can’t,” pause and correct that thought with Scripture.



East Auburn Baptist Church

