

Hey guys, how's it going? This is Jacqueline, the unimportant homemaker and today let's talk about discretion.

In the book of Titus 2, the younger woman is told to be discreet. In the concordance, the word discreet means safe, or sound, In mind or, in other words, self-controlled and moderate as to opinion or passion. Other words used to mean the exact same things include sober & temperate.

Those 2 other words are important because the younger woman wasn't singled out as if it's only her pattern to misbehave. The older man and the younger man in the exact same chapter are also commanded to be sober and while the older man has temperate added to his list as well. So she is in good company.

I am admitting that I skipped the first call to be sober in verse 4 because it wasn't in the NASB version, but it is first in the King James version. So before she worries about her duty to love her family, she is to be taught to be sober. I think if the older woman stresses anything to the new wife, she is to tell her about the seriousness of marriage. I've talked about it before, how I didn't understand that I was joining a man who had a mission from the Lord to lead a family and I thought we were just gonna hang out and enjoy our youth. I've mentioned that I misunderstood my assignment as a wife and those 2 things are sober-minded realities that I didn't understand.

Now seeing the word again rendered as sensible, after loving your husband and loving your children, it reminds her that she herself has to keep composure and be sensible and sober minded. I know I personally needed the reminder since those 2 areas can take up a lot of my time and efforts and could cause me to allow my hormones or emotions to take over when I am exhausted, or simply because it's tuesday and I'm itching for a fight. The fight to keep control of myself and my opinions and passions is literally a death match and I was dying daily and i dont mean the good kind. The out of control habit I built for myself threatened my family's continued existence every single week for years.

So I took stock of my eating habits that were driving my sugar-fueled rage and I examined the influences in my life that encouraged dissension & wildness & the like and I began to weed out the things that were drawing me away from sobermindedness.

For instance, I usually watched & rewatched a core batch of shows that I discovered all had domineering female leads who belittled their husbands and controlled the family and I just laughed and laughed. Was I training myself to be hardened & used to seeing usurpation in marriage? It didn't even faze me... i know, it's scripted but real people wrote this and their agenda could be to make woman-centered relationships commonplace.

Eating biscuits and jam with my morning coffee flavored sugar altered my mood & mental state and I was basically a babbling idiot around 8:45 in the morning so I quit white sugar. I stopped sitting around women who told their stories of going berserk on their children.

These are small steps, sure, but they were rendering me useless to my husband and daughter and fueling my unstableness and they needed to go. I started praying for sobermindedness, the

ability to be steady and not so unstable all the time. I took vitex pills and tinctures to help repair my hormones from when I took hormonal birth control as a teenager. I fought to gain mastery over myself and my moods and began refusing to crash out just because I could. It was a long hard road, especially once I stopped blaming my hormones and my husband and my childhood and the donuts and my lack of prioritizing sleep, and and and. The word stabilized me over and over again. How could I read about giving over my life then crash out on everyone over spilled milk? Again and again the word stripped my excuses away and called me to Follow peace with all men, and holiness, without which no man shall see the Lord and to put on a gentle and quiet spirit which is precious to God. This is sobermindedness. Feasting upon and loving the word is exactly what proverbs meant in chapter 2 When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul;

11 Discretion shall preserve thee, understanding shall keep thee:

I desired to be sober, I desired to be discrete, I wanted to understand and stop looking so foolish all the time. I had serious work to do of loving my husband and daughter among many other righteous pursuits, walking worthy of the call of God in Christ Jesus and to show myself sober in all things. I trusted the Lord and I trusted His word to get me there and I encourage you to do the same.

What about you? How have you changed from unstable to soberminded? Let me know down below in the comments section.

Thats it for today guys thank you for joining me, ill see you next time.