



Are You *Sophron?*

Adapted from the book *Adorned* by
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Sophron

(Pronounced *so-phrone*.)

What does that word sound like to you? Maybe it brings to mind the aromatic, orangey spice saffron, which is prevalent in much Indian and Mediterranean cuisine. You may think exotic. Earthy. Colorful and flavorful. Hold on to that association because we need a fresh appreciation of the beauty and fragrance of *sophron* in our lives.

Sophron comes from two other Greek words—*soos*, meaning either “sound” or “saved,” and *phren*, meaning “outlook” or “mind.” When we put the two together, it means to have a “sound mind” or a “saved mind.”

It’s tough to come up with one English word that conveys the full meaning of this word. In many modern translations it’s translated “self-controlled.” Other translations render it as “discreet” (NKJV) or “sensible” (NASB). In a few instances it is rendered “sober” or “temperate.”

A *sophron* lifestyle begins with a *sophron* state of mind—a way of thinking that affects everything about the way we live. A sensible, sound, self-controlled mindset will result in sensible, sound, self-controlled behavior. By the same token, irrational, impulsive, undisciplined, out-of-control behavior is evidence of thinking that is not *sophron*.

As I’ve pondered this word and its meaning, I’ve come to see it as one of the most practical and vital aspects of my personal walk with the Lord. My reactions to everyday or unexpected circumstances can often be explained simply by asking one basic question: “Is it *sophron*?”


The *Sophron* Woman

To help you understand the impact that a sound—*sophron*—mind has on every area of our lives, I’d like to paint a portrait of two kinds of women. The chart that follows lists tendencies and characteristics that indicate a woman is *not sophron*—that she doesn’t have sound thinking and is not self-controlled. On the right side are corresponding qualities that characterize a woman who *is sophron*.

Of course, no woman falls entirely on one side or the other. Within the course of a single day, we may demonstrate qualities from both lists. But thinking about these characteristics has helped consider whether I am being a *sophron* woman in any given moment or situation. I hope it will help you do the same. I would encourage you to set aside some time to go through the chart prayerfully, with a pen or highlighter in hand. Make a notation next to those qualities that are often characteristic of your life. Then ask yourself:

- Am I generally a *sophron* woman?
- What are the areas of my life where I need greater *sophron* thinking and living?

By choosing to let Scripture reshape our thinking and redirect our choices, we can become *sophron* women of God.



Are You *Sophron*?

Non-*Sophron* Woman

Sophron Woman

HER MINDSET AND ATTITUDES

1. Impetuous, impulsive	Exercises restraint and self-government
2. Easily taken in by unbiblical ways of thinking and ungodly philosophies	Brings every thought captive to the obedience of Christ; processes everything through the grid of Scripture
3. Overly concerned about what other people think	Fears the Lord; lives for His approval
4. Lacks discernment; not careful about what influences her; lets anything in	Careful/discerning regarding what she reads, watches, listens to
5. Feeds the flesh; flesh controls the spirit	Feeds the spirit; restrains the flesh; spiritually/mentally/morally vigilant—heart and mind are grounded and guarded
6. Seeks escape from pressure and problems	Willing to endure hardship for the sake of ultimate gain/reward
7. Victim of her circumstances and past	Uses her past as a stepping stone to greater fruitfulness
8. Self-centered—“How does this affect me?”	Others-centered—“How does my behavior affect others?”
9. Consumed with externals	More concerned about being godly than looking fashionable, beautiful, or youthful
10. Mentally unstable	Healthy, stable; mind fixed on the Lord
11. Has good intentions but doesn't follow through; commitments are short-lived	Follows through on commitments; develops godly disciplines
12. Discontented; entitlement mindset: “I deserve better”	Contented, humble, grateful; gives thanks in all things
13. Manipulative; takes matters into her own hands	Surrendered; waits for the Lord to act
14. Focuses on the here and now; little or no thought for eternity	Has an eternal perspective; views the here and now in light of eternity

HER EMOTIONS

15. Emotions controlled by circumstances; lives on emotional roller coaster	Emotionally stable; remains calm/doesn't lose it under pressure
16. Choices driven by feelings, external pressure, circumstances	Choices driven by the Word of God
17. Falls apart in a crisis	Heart is steadfast, trusting in the Lord; responds in faith rather than fear when facing challenges; confident in the Lord; has presence of mind and knows what to do in a crisis
18. Easily provoked/irritated; flies off the handle quickly	Slow to get angry; not easily provoked
19. Fearful	Trusts in the Lord
20. Moody, sullen, temperamental	Peaceful, joyful; the joy of the Lord is her strength
21. When life doesn't work, becomes angry, resentful, depressed, loses hope	Hopes in the Lord; trusts Him to write her story; waits on Him to right all wrongs
22. Fretful, anxious	Prayerful, trusting

HER TONGUE

23. Says whatever comes to mind without hesitating	Slow to speak; words are measured; thinks first
24. Talks too much	Good listener
25. Quick to vent frustration/anger	Quick to praise, give thanks
26. Wounds/belittles/tears down others with her words	Words minister grace/blessing/encouragement to the hearer
27. Exaggerates	Careful with the truth
28. Speaks roughly, uses profane or crass talk	Gracious, pure words
29. Argumentative—has to get the last word	Humble; yields the right to be right
30. Excessive shyness; fearful to talk	Blesses others by speaking good words in due season

HER BEHAVIOR

31. Life is out of order—chaos, confusion, perpetual drama; out of control	Well-ordered, peaceful life; controlled by the Spirit and convictions vs. circumstances and emotions
32. Instant gratification—must fulfill cravings now!	Willing to delay gratification; can say no now for future benefits
33. Impulsive spender; buys things she can't afford or doesn't need; temporal values	Wise, restrained spending—doesn't spend money she doesn't have; lays up treasure in heaven; generous
34. Eats whatever she feels like eating when she feels like eating it; lives to eat	Temperate, balanced eating—eats to live versus living to eat
35. Unpredictable	Consistent
36. Rash—acts without thinking about the consequences or impact	Stops and considers the potential consequences of her choices before acting
37. Morally careless—lacks discretion; flirtatious, sensual, easily led astray; seductive; leads others astray	Modest in dress and behavior; morally chaste/pure
38. Yields easily to temptation; in bondage to fleshly, sinful desires	Resists temptation; servant to God and righteousness
39. Frivolous; lover of vain pleasures; lives for temporal pleasure	Eternal values; finds joy in the things that bring God pleasure
40. Procrastinates—puts off hard or unpleasant duties; play now, work later	Diligent and faithful in her responsibilities—worship and work first, play later
41. Struggles to maintain consistent disciplines and routines	Develops and maintains healthy, consistent disciplines and habits
42. Given to excesses and extremes	Temperate, moderate lifestyle
43. Makes foolish decisions; lacks wisdom to deal with difficult issues	Shows good judgment; has the ability to solve difficult problems
44. Wasteful	Wise steward of the resources God has entrusted to her
45. Silly, vain, trite, foolish	Sober-minded, wise
46. Loves mindless entertainment; life's a party	Enjoys wholesome recreation for the glory of God
47. Fritters away time; lives for the moment	Uses time purposefully; considers long-term results of her choices
48. Easily distracted—flits from one thing to another; inability to focus, concentrate, or finish a task	Focuses on what God has given her to do at the moment; brings tasks to completion
49. Makes decisions based on personal feelings or what is easiest or most comfortable	Makes decisions based on biblical principles, even if that requires difficult choices