

## SOUND MIND

(σωφρονισμοῦ = 'sohfronnismou')

*A well behaved mind, an admonishing or calling to soundness of mind, to moderation and self-control, self-control, moderation.*

**2 Timothy 1:7. "For God has not given us a spirit of timidity and fear, but of power and of love and of a sound mind."**

This *sound mind* or *wise discretion* in the Greek is literally 'a well behaved mind' (*safe-thinking*) and denotes 'excellent judgment, disciplined thought patterns, self-control and the ability to make right decisions under pressure'. Therefore, when we remember our past victories, and have an attitude of thanksgiving towards God in the midst of adverse conditions, this state reflects a **sound mind** - *one that is exercising good judgment, is disciplined, and has the ability to make the right decisions under pressure.*

This is a very important verse. We are not to have any fears except to fear the Lord. He has given us the Holy Spirit, who is Spirit of power, love and a sound mind. A "sound mind" is one that is clear, focused on God and truth, not confused or muddled, and not distracted. We get clarity from the Holy Spirit. If we live in fear, or entertain any type of fear, that is evidence that we are not trusting God. We must lay our fears at His feet and leave them there. Doing this will fill us with the power of God and we will become more like Him.

This is a promise, and if we stand on it and lay our fears down, we discover the power of Christ in our lives and we are filled with love and have a "sound mind," or a mind that functions well – a well-behaved mind that has the ability to make right decisions under pressure.