

Title: LET US WATCH AND BE SOBER

Text: I Thessalonians 5:6

Intro: The word “**watch**” is used 61X in the KJB. The word “**watch**” means to remain awake, be alert, and sober as opposed to being sound asleep and unaware of the surroundings. You see, the Rapture of the church (our blessed hope) could take place at any time. Because of this, we should not be sleeping but rather be watchful Christians. There are at least 6 important things Christians must watch.

I. WATCH What You Think (II Cor. 10:5)

A. Many Christians fail to bring their thoughts into captivity by the Lord. Instead, they are dominated by negative and evil thoughts which influence attitude (**Prov. 23:7a**). Eventually, you become what you always think.

B. At the first sign of evil and negative thoughts, we should refuse and fight them back by filling our hearts and minds with that which good and positive (**Phil. 4:8**).

II. WATCH What You See (Psa. 141:8a)

A. One of Satan’s most effective wasters of precious time and energy is television. Television is the devil’s vision. Millions of people are being brainwashed daily by scenes of immorality and violence in TV shows. Even commercials and ads are filled with sights of half-naked men and women.

B. What would Jesus want us to see? Surely not the daily filth and garbage of the world but that which aids our spiritual growth and strengthens our faith (**Psa. 119:18**).

III. WATCH What You Hear (Prov. 23:12)

A. We live in a society that is constantly flooded and bombarded with noisy and annoying music, foul language, verbal abuse, gossip, and cursing – each competing for our attention and hearing. We should habitually filter what we hear and reject whatever things are anti-God and anti-Bible.

B. We must pay much more attention to the study of God’s word and to the cries of the poor and needy; the lonely and the perishing (**Rom. 10:17; Prov. 21:13**).

IV. WATCH What You Say (Matt. 12:36-37)

A. All of us can recall instances where our irresponsible remarks have wounded feelings. If we are not careful in what we say, we will always bring more harm than good.

B. We must make it a habit to think at least twice before we say something sensitive. Sometimes the mouth is much faster than the mind! (cf. **Prov. 15:1; Col. 4:6**)

V. WATCH What You Do (Col. 3:23; I Cor. 10:31)

A. We are saved by grace through faith in Christ (**Eph. 2:8-9**). But after salvation, our Christian profession should be backed up by good works. Of all people, Christians should be #1 and champions of good deeds (**Eph 2:10; Tit. 2:14**).

B. No matter how often we say and profess our Christianity, people would like to see the difference. They will observe and judge us by our deeds and actions.

C. Truly actions speak louder than words! Sometimes people become deaf to what we are saying because our deeds shout so loud! If you say that you are a Christian, then act and live like one! Let us DO more and speak less!

VI. WATCH Where You Go (Prov. 9:6)

A. Some Christians are so occupied and go almost anywhere during the week except the church. It seems that even among professing believers texting, surfing, gaming, and "malling" have become more popular than prayer, worship, Bible study and soul-winning. People are becoming lovers of pleasure more than lovers of God (**II Tim. 3:4**).

B. It is a tragedy that there are more people lining up in theaters, lotto stations and bargain sales than in Christian churches. Thus, the many vacant pews inside chapels during Wednesdays and Sundays are a reproach to all believers and a mockery to the Christian faith (**Heb. 10:23-25**).

Conclusion: God calls all of us Bible-believing, Christ-loving believers to watch and be sober in everything we SEE, THINK, HEAR, SAY, DO, and GO – because all of these have present and future consequences, whether for good or bad.