



Adorned

Are you Sophron?

Adapted from the book *Adorned* by

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Are you Sophron?

Non-sophron Woman

Sophron Woman

HER MINDSET AND ATTITUDES

<ol style="list-style-type: none"> 1. Impetuous, impulsive 2. Easily taken in by unbiblical ways of thinking and ungodly philosophies 3. Overly concerned about what other people think 4. Lacks discernment; not careful about what influences her; lets anything in 5. Feeds the flesh; flesh controls the spirit 6. Seeks escape from pressure and problems 7. Victim of her circumstances and past 8. Self-centered—“How does this affect me?” 9. Consumed with externals 10. Mentally unstable 11. Has good intentions but doesn’t follow through; commitments are short-lived 12. Discontented; entitlement mindset: “I deserve better” 13. Manipulative; takes matters into her own hands 14. Focuses on the here and now; little or no thought for eternity 	<p>Exercises restraint and self-government</p> <p>Brings every thought captive to the obedience of Christ; processes everything through the grid of Scripture</p> <p>Fears the Lord; lives for His approval</p> <p>Careful/discerning regarding what she reads, watches, listens to</p> <p>Feeds the spirit; restrains the flesh; spiritually/mentally/morally vigilant—heart and mind are grounded and guarded</p> <p>Willing to endure hardship for the sake of ultimate gain/reward</p> <p>Uses her past as a stepping-stone to greater fruitfulness</p> <p>Others-centered—“How does my behavior affect others?”</p> <p>More concerned about being godly than looking fashionable, beautiful, or youthful</p> <p>Healthy, stable; mind fixed on the Lord</p> <p>Follows through on commitments; develops godly disciplines</p> <p>Contented, humble, grateful; gives thanks in all things</p> <p>Surrendered; waits for the Lord to act</p> <p>Has an eternal perspective; views the here and now in light of eternity</p>
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HER EMOTIONS

<ol style="list-style-type: none"> 15. Emotions controlled by circumstances; lives on emotional roller coaster 16. Choices driven by feelings, external pressure, circumstances 17. Falls apart in a crisis 18. Easily provoked/irritated; flies off the handle quickly 19. Fearful 20. Moody, sullen, temperamental 21. When life doesn’t work, becomes angry, resentful, depressed, loses hope 22. Fretful, anxious 	<p>Emotionally stable; remains calm/doesn’t lose it under pressure</p> <p>Choices driven by the Word of God</p> <p>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</p> <p>Slow to get angry; not easily provoked</p> <p>Trusts in the Lord</p> <p>Peaceful, joyful; the joy of the Lord is her strength</p> <p>Hopes in the Lord; trusts Him to write her story; waits on Him to right all wrongs</p> <p>Prayerful, trusting</p>
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Non-sophron Woman**Sophron Woman****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 her 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