

*You can Have a
Healthy Faith!*

Titus 2:1-10

A photograph of a sunset over a mountain range. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky. The mountains are silhouetted against the bright light. The text "Hold On" is written in a white, cursive font across the middle of the image.

Hold On

Titus 2:1-10



*But you are to proclaim things consistent with sound teaching. ² **Older men** are to be self-controlled, worthy of respect, sensible, and sound in faith, love, and endurance.*

*³ In the same way, **older women** are to be reverent in behavior, not slanderers, not slaves to excessive drinking.*

*They are to teach what is good, ⁴ so that they may encourage the **young women** to love their husbands and to love their children...*

Titus 2:1-10



*⁵ to be self-controlled, pure, workers at home, kind, and in submission to their husbands, so that God's word will not be slandered. ⁶ In the same way, encourage the **young men** to be self-controlled ⁷ in everything. Make yourself an example of good works with integrity and dignity^[a] in your teaching. ⁸ Your message is to be sound beyond reproach, so that any opponent will be ashamed, because he doesn't have anything bad to say about us...*

Titus 2:1-10



⁹ **Slaves** are to submit to their masters in everything, and to be well-pleasing, not talking back ¹⁰ or stealing, but demonstrating utter faithfulness, so that they may adorn the teaching of God our Savior in everything.

HOW
Do You Have a
Healthy Faith?



1. Watch Your Spiritual Diet!



*“Paul, a servant of God and an apostle of Jesus Christ, for the faith of God’s elect and **their knowledge of the truth** that leads to godliness...” Titus 1:1*

*“...holding to the **faithful message** as taught, so that he will be able both to **encourage with sound teaching...**”
Titus 1:9*

*“But you are to proclaim things consistent with **sound teaching...**” Titus 2:1*

1. Watch Your Spiritual Diet!



*“7)...Make yourself an example of good works with integrity and dignity in **your teaching**. 8) Your **message** is to be sound beyond reproach...” Titus 2:7,8*

“All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting for training in righteousness, so that the man of God may be complete, equipped for every good work.” 2 Tim. 3:16,17

ALL of us need a Healthy Spiritual diet! v. 2,3,4,9

2. Watch the Company you Keep



“Do not be deceived: Bad company corrupts good morals.” 1 Cor. 15:33

“My son, if sinners entice you, don’t be persuaded...don’t travel that road with them...” Prov. 1:10, 15

“The one who walks with the wise will become wise, but a companion of fools will suffer harm.” Prov. 13:20

Choose your heroes, friends, & mentors well!

3. Have a Teachable Spirit & be an Example to the NEXT Generation!



“But you are to proclaim things consistent with sound teaching.” Titus 2:1

“Make yourself an example of good works with integrity and dignity...” Titus 2:7

- **“Proclaim”, is NOT what you think!** It means have random faith conversations, used “especially with children, meaning to talk much.” Read Deut. 6:5-9, v. 7

3. Have a Teachable Spirit & be an Example to the NEXT Generation!



*⁵ Love the LORD your God with all your heart, with all your soul, and with all your strength. ⁶ These words that I am giving you today are to be in your heart. ⁷ **Repeat them** to your children. **Talk** about them **when you** sit in your house and **when you** walk along the road, **when you** lie down and **when you** get up. ⁸ **Bind them** as a sign on your hand and let them be a symbol on your forehead. ⁹ **Write them** on the doorposts of your house and on your city gates.*

Deut. 6:5-9

You can have a Healthy Faith!



- **Eat WELL** – Spend time in the Word... Seek out good teaching... *“that leads to godliness...” Titus 1:1*
- **Choose your Friends Carefully** – are your friends helping you grow in your faith?
- **Invest in those around you - ESPECIALLY** the Next Generation! How much time do you spend talking with those younger than you about Jesus?