



The following is the summary of the Sunday sermon that is sent to the body at Steadfast in an email called "The Weekly"

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## Titus 2:1-10

### A Healthy Church

Just as healthy hygiene leads to healthy living, healthy doctrine produces a healthy church. The word "sound" in Titus 2:1 means sound, solid, wholesome, and healthy. This Greek word for "sound" is where we get our English word "hygiene." Healthy doctrine (teaching) produces a healthy church. Our spiritual hygiene matters! Sound (healthy) doctrine helps give us the spiritual immune system to not only fight disease, but also to grow. In Titus chapter 2, we will see both healthy doctrine and how that healthy doctrine is to be lived out. In Titus 2:1-10, Paul explains what healthy living looks like among various groups of people.

Paul addresses the older men, the older women, the younger women, the younger men, Titus, and the slaves in the church. He gives character qualities that should be exemplified by each as they follow Jesus. To learn more about what Paul said, I want to encourage you to get online and listen to the message. When we, as followers of Jesus, allow healthy teaching to translate into healthy living, we honor the Word of God. We adorn the doctrine of God our Savior in every respect! In other words, our behavior (how we live) should make what is being taught even more attractive. Our actions should magnify the beauty of the Gospel! God is watching and people are watching. As we live out healthy doctrine in our roles as men and women, we bring glory to God and are a strong witness to the world. As you seek to apply this passage to your life, ask yourself these questions:

- **Am I willing to commit myself to having good spiritual hygiene?** Good spiritual hygiene starts with healthy doctrine. Are you committed to knowing God's Word? Healthy doctrine must be accompanied by healthy living. This means living out our God ordained roles as men and women, husbands and wives, and parents and children.
- **Does my life make the gospel of Jesus look good?** If an alien from outer space landed on earth and the only picture of the gospel they had was you, what would they say?

Healthy doctrine accompanied by healthy living should be a defining characteristic of the church!

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