

W O M E N ' S B I B L E S T U D Y

Equipped

F O R T H E F I G H T

A Healthy Church

Titus 2:1-10

Lesson 13

There is little doubt that we live in a society obsessed with health issues. We have no lack of information on maintaining a healthy lifestyle. Yet, eating healthy foods and exercising regularly are challenges for almost everyone. We know the benefits of healthy choices, but it is still hard to practice them. Clearly, information is not enough. We have to implement what we know. That was the test Titus faced with the church on Crete.

In this week's passage, Paul continues his instructions to Titus on how to have a healthy church. Much of what Paul tells Titus can be considered preventative medicine. To help the church from falling prey to the sickening effects of false doctrine, Paul equips Titus with some practical advice. To begin with, he commands Titus to stick to the truth or sound doctrine (v. 1). After all, truth is the very best medicine and it will result in right living when it is applied correctly.

Paul continues by giving Titus explicit commands for the men and women in the congregation to follow in order for the church to thrive and stay healthy. He calls the older men and women to be godly examples since they have special opportunities to share wisdom that their years of walking with the Lord have afforded them. As for the younger men and women in the congregation, they were also called to live wisely and to take their Christian lives seriously.

Remember that these saints were saved from pagan lifestyles and they had to learn a whole new way of thinking and living that would distinguish them from others that lived on the island of Crete. Titus would set the pattern for them to follow as he lived among them and walked after the Lord. Likewise, when Christian men and women live out the Word of God today, we can have a powerful impact on the people around us. As they see a healthy church in action, they are drawn to us and the awesome result is that people are added to the kingdom of God!

**Open your Bible and begin with a word of prayer**

**This Week's Scripture: Titus 2:1-10**

*"But as for you, speak the things which are proper for sound doctrine: <sup>2</sup>that the older men be sober, reverent, temperate, sound in faith, in love, in patience; <sup>3</sup>the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things—<sup>4</sup>that they admonish the young women to love their husbands, to love their children, <sup>5</sup>to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed. <sup>6</sup>Likewise, exhort the young men to be sober-minded, <sup>7</sup>in all things showing yourself to be a pattern of good works; in doctrine showing integrity, reverence, incorruptibility, <sup>8</sup>sound speech that cannot be condemned, that one who is an opponent may be ashamed, having nothing evil to say of you. <sup>9</sup>Exhort bondservants to be obedient to their own masters, to be well pleasing in all things, not answering back, <sup>10</sup>not pilfering, but showing all good fidelity, that they may adorn the doctrine of God our Savior in all things." NKJV*

**This Week's Memory Verse:**

***"In all things showing yourself to be a pattern of good works;  
in doctrine showing integrity, reverence, incorruptibility."  
Titus 2:7***

1. What does Paul exhort Titus to do in verse 1 of this week's passage? \_\_\_\_\_  
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- a. Paul goes on to explain the effects that sound doctrine should have on the way people conduct themselves. According to verse 2, how should older men act?  
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- b. According to verse 3, how should older women act? \_\_\_\_\_  
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\_\_\_\_\_
- c. Why do you think Paul's focus was on the older generations? \_\_\_\_\_  
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\_\_\_\_\_

*"If God has given graces to some good women, revealing to them something holy and good through His Holy Scriptures, should they, for the sake of the defamers of the truth, refrain from writing down, speaking, or declaring it to each other? Ah! It would be too impudent to hide the talent which God has given us, we who ought to have the grace to persevere to the end. Amen!"*

*– Marie Dentière, former abbess and wife of a Protestant minister (1495-1561)*

2. According to verses 4-5 of this week's scripture, what are the characteristics of a godly woman? \_\_\_\_\_

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a. Although some of these traits may cause you a bit of discomfort, what reason is given for this list at the end of verse 5? \_\_\_\_\_

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**Blaspheme:** to speak irreverently about God

b. In light of the definition above, why do you think it is important that the Word of God not be blasphemed because of our conduct? \_\_\_\_\_

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3. According to verses 6-8, what godly attributes should young men have? \_\_\_\_\_

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a. Even though this list is directed towards younger men, do you think it can be applied to all Christians? Look up 2 Timothy 3:16 to help with your answer. \_\_\_\_\_

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*“Sharper than any double-edged sword.’ A sword with two edges has no blunt side; it cuts both this way and that. The Word of God is edge all over. It is alive in every part, and in every part keen to cut the conscience and wound the heart. Depend on it: not a verse in the Bible is superfluous or a chapter that is useless.”*

*– Charles Spurgeon (1834-1892)*

4. Verses 9-10 of this week’s scripture speak to bondservants. Although we do not have bondservants today, we can apply these verses to our modern day employer-employee relationships. According to these verses, how should employees conduct themselves?

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- a. Why are they exhorted to behave this way? Read the latter half of verse 10 in the NLT version, if available. \_\_\_\_\_

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- b. How does Colossians 3:22-25 shed further light on this truth? \_\_\_\_\_

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**Group Discussion**

How can we apply these directions to our current circumstances? \_\_\_\_\_

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*“Trustworthy messengers refresh like snow in summer. They revive the spirit of their employer.”*

*Proverbs 25:13 NLT*



