



## **Titus 3:8-11** **“To Your Health”**

*8 This is a faithful saying, and these things I want you to affirm constantly, that those who have believed in God should be careful to maintain good works. These things are good and profitable to men. 9 But avoid foolish disputes, genealogies, contentions, and strivings about the law; for they are unprofitable and useless. 10 Reject a divisive man after the first and second admonition, 11 knowing that such a person is warped and sinning, being self-condemned.*

**1 Timothy 1:15** It is a **faithful statement**, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all.

**1 Timothy 3:1** It is a **faithful statement**: if any man aspires to the office of overseer, it is a fine work he desires to do.

**1 Timothy 4:9** It is a **faithful statement** deserving full acceptance.

**2 Timothy 2:11** It is a **faithful statement**: For if we died with Him, we shall also live with Him.

**III. Trying to live a healthy life physically challenge** **Food content, exercise, rest**

### **☐ Things to Maintain**

#### **✓ Good works-**

Faith that saves one's soul includes at least three main elements (1) firm persuasion or firm conviction, (2) a surrender to that truth and (3) a conduct emanating from that surrender. In sum, faith shows itself genuine by a changed life.

The theology of Christianity is based on grace; the ethics of Christianity are based on gratitude.

**Spurgeon** asks...

What are **good works**? The term is greatly inclusive. Of course we number in the list works of charity, works of kindness and benevolence, works of piety, reverence, and holiness. Such works as comply with the two tables of command are good works. Works of obedience are good works. What you do because God bids you do it, is a good work. Works of love to Jesus, done out of a desire for his glory, these are good works. The common actions of every-day life, when they are well done, with a view not to merit, but out of gratitude-these are good works.

- ✓ **Obedience**
- ✓ **Works of love**
- ✓ **Motivations of gratefulness**
- ✓ **Thinking of others ahead of myself**

**Good works cost money, take sacrifices- time and effort.**

**When is the last time you invested cash and time to do good works? When is the last time you took someone out to lunch and paid?**

**Galatians 2:16**- Knowing that a man is not justified by the **works** of the law, but by the faith of Jesus Christ, even we have believed in Jesus Christ, that we might be justified by the faith of Christ, and not by the **works** of the law: for by the **works** of the law shall no flesh be justified.

**Ephesians 2:10**- For we are his workmanship, created in Christ Jesus unto good **works**, which God hath before ordained that we should walk in them.

**1 Timothy 6:18**- That they do good, that they be rich in good **works**, ready to distribute, willing to communicate;

**Titus 2:7**- In all things shewing thyself a pattern of good **works**: in doctrine *shewing* uncorruptness, gravity, sincerity,

**Titus 2:14**- Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good **works**.

**Titus 3:14**- And let ours also learn to maintain good **works** for necessary uses, that they be not unfruitful.

**Hebrews 10:24**- And let us consider one another to provoke unto love and to good **works**:

**James 2** clearly says that **works are not for salvation, but are because of salvation!**

- **Result:**

## **GOOD AND PROFITABLE**

**Profitable** (**ophelimos**) means useful, profitable, serviceable, helpful, beneficial and refers to that which yields advantageous returns or results. It provides something that one needs to attain a certain goal. Changed lives of believers are **profitable** for both lost and saved men to see, as they convict the lost and encourage the saved to do likewise

## **□ Things to Avoid**

**Avoid- to stand all around, i.e. (near) to be a bystander, or (aloof) to keep away from:—avoid, shun, stand by (round about).**

But shun profane and vain babblings: for they will increase unto more ungodliness.- 2 Timothy 2:16

- **FOOLISH (moros) DISPUTES**

**1 Timothy 1:4** nor give heed to fables and endless genealogies, which cause disputes (zetesis) rather than godly edification which is in faith

**2 Timothy 2:23** But refuse foolish and ignorant (disputes) **speculations** (zetesis), knowing that they produce quarrels (generate strife).

It refers to persistent contention, bickering, petty disagreement, and enmity. It reflects a spirit of antagonistic competitiveness that fights to have its own way, regardless of cost to itself or of harm to others. It is produced by a deep desire to prevail over others, to gain the highest prestige, prominence, and recognition possible. Strife is characterized by self-indulgence and egoism. It has no place even for simple tolerance, much less for humility or love.

Paul explains the relationship between controversial questions (zetesis = controversies here in Titus 3:9) and strife recording that...

1 Timothy 6:3-4 If anyone advocates a different doctrine, and does not agree with sound words, those of our Lord Jesus Christ, and with the doctrine conforming to godliness, he is conceited and understands nothing; but he has a morbid interest in controversial questions (zetesis) and disputes about words (logomachia = literally "word battles") out of which arise envy, strife (eris), abusive language, evil suspicions... "

- **GENEALOGIES**

- **CONTENTIONS**

éris, er'-is; a quarrel, i.e. (by implication) wrangling:—contention, debate, strife, variance.

**2 Timothy 2:23-** But foolish and unlearned questions avoid, knowing that they do gender strifes.

**Romans 13:13-** Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife <sup>G2054</sup> and envying.

**1 Corinthians 1:11-** For it hath been declared unto me of you, my brethren, by them *which are of the house* of Chloe, that there are contentions <sup>G2054</sup> among you.

**1 Corinthians 3:3-** For ye are yet carnal: for whereas *there is* among you envying, and strife, <sup>G2054</sup> and divisions, are ye not carnal, and walk as men?

- **STRIVINGS ABOUT THE LAW**

máchē, makh'-ay; a battle, i.e. (figuratively) controversy:—fighting, strive, striving.

**In the** the list of qualifications of an overseer, Paul records that a candidate should not addicted to wine or pugnacious, but gentle, **uncontentious**, free from the love of money. (**1 Timothy 3:3**)

In a study of the NT it reveals a number of habitual, visible unrepentant acts which clearly call for church discipline:

(1) sexual immorality, (2) covetousness, (3) idolatry, (4) reviling, (5) drunkenness, (6) extortion ([1 Corinthians 5:11](#)), (7) disorderliness laziness ([2 Thessalonians 3:6, 7, 8, 9, 10, 11, 12](#)), (8) false teaching ([1 Timothy 1:18, 19, 20](#)), (9) divisiveness ([Titus 3:10, 11](#)).

Vincent says: “More than turned away from the right path: rather, turned inside out!” (turn inside out as a garment)

- **Result:**

## **UNPROFITABLE AND USELESS**

Mátaios; empty, i.e. (literally) profitless, or (specially), an idol:—vain, vanity.

[James 1:26](#)- If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain. [G3152](#)

What result do you choose?

**III.** People living in misery and doing nothing about it.

## **Maintenance Program**

✓ **REJECT**

## **BE VERY CAREFUL HERE!!!**

Paraitéomai; to beg off, i.e. deprecate, decline, shun:—avoid, (make) excuse, intreat, refuse, reject.

**III.-** Amish and many cults have instituted this very strongly.

[2 Timothy 2:23](#)- But foolish and unlearned questions avoid, [G3868](#) knowing that they do gender strifes.

**Warren Wiersbe** offers a practical application of this section suggesting that...

If a church member goes about trying to get a following, and then gets angry and leaves the church, let him go. If he comes back (maybe the other churches don't want him either), and if he shows a repentant attitude, receive him back. If he repeats this behavior (and they usually do), receive him back the second time. But if he does it a third time, do not receive him back into the fellowship of the church ([Titus 3:10](#)). Why not? "Such a man is warped in character, keeps on sinning, and has condemned himself" ([Titus 3:11](#), literal translation). If more churches would follow this principle, we would have fewer "church tramps" who cause problems in various churches. ([Wiersbe, W: Bible Exposition Commentary. 1989. Victor](#))

2 Thessalonians 3:10-15

✓ **KNOW**

**(Subverted- KJV)Perverted** [ekstrepho](#) from **ek** = out + **strépho**= to turn) turn out of a place, as for a tree or post from the earth, to turn inside out as a garment. Figuratively as used in this verse (only NT use) **ekstrepho** means a change for the worse, to subvert or to pervert.

Perverted is in the [perfect tense](#) indicating the permanence or settled state of their perversion. These men at some point in time have been turned out of place, away from the Way, the Truth, the Life and they are still in that state. The [passive voice](#) indicates the turning out of place is produced in the subject by a force from without the subject.

Used metaphorically meaning to change for the worse. Turned or twisted out and medically referred to twisted ankles, turned knees, etc.

There are always plenty of thorn about, and there are certain professors who spend half their lives in fighting about nothing at all. There is no more in their contention than the difference between Tweedledum and Tweedledee; but they will divide a church over it, they will go through the world as if they had found out a great secret,- it really is not of any consequence whatever,-but having made the discovery, they judge everybody by their new-found fad, and so spread a spirit that is contrary to the Spirit of Christ.

**To Your Health**

**Maintain and avoid**

**What does your spiritual health plan look like?**