

HEALTHY SPIRITUAL STANDARDS

2 Timothy 1:13

Introduction:

A. Physical health

1. There are simple steps to follow that promote good health
 - a. E_____ (20-30 minutes 4 or 5 days per week)
 - b. E_____ healthy (balanced diet)
 - c. Avoid h_____ substances
 - d. Learn how to handle s_____.
2. Some factors are out of our control (e.g. bad g_____)

B. Spiritual health

1. 2 Tim 1:13 gives us the standards that guarantees spiritual healthiness.

Retain the standard of sound words (NAS)

Hold fast the form of sound words (KJV)

Hold on to the pattern of wholesome teaching (NLT)

2. The word translated as *sound*, or *wholesome* is often used to refer to good health (see Lk 5:31 for this same Greek word)
3. Do you want to be spiritually healthy?

Acquired only from Scripture

Retain the standard of sound words which you have heard from me.

A. Paul was passing on the words of J_____

1. Jesus stated that Paul would be a witness of things that He would reveal to him (Acts 26:16)
 - a. Jesus revealed to him the contents of the g_____ (Gal 1:11,12)
 - b. Jesus revealed to him the account of His l_____ supper with His disciples (1 Cor 11:23).
 - c. After Paul was baptized, he did not go to any of the apostles but went away in the Arabian desert for _____ years, where He was taught by Jesus (Gal 1:15-18).
2. Jesus told all His apostles that the Holy Spirit would bring to their m_____ all that He had taught (Jn 14:26).

B. Both the Old and New Testaments are the words of Jesus

1. Spiritual health does not come by just k_____ the scriptures but by h_____ to them
 - a. The word translated *retain* is better translated as *hold on*.
 - b. It is a picture of a person having a firm g_____
2. Can a wrong interpretation of scripture cause ill health?

- a. Sometimes interpretation is NOT a matter of good or bad spiritual health (e.g. 2 Tim 1:12 can be interpreted to mean that God is able to guard what Paul had entrusted to God OR it can mean that God is able to guard what God had entrusted to Paul).
- b. Sometimes wrong interpretation can bring spiritual sickness
 - 1) The Pharisees held to their r_____ concerning the Sabbath and condemned all who broke those rules.
 - a) The man who picked up his _____ on the Sabbath day.
 - b) Jesus who h_____ people on the Sabbath.
 - c) Anyone who spit on the g_____
 - d) Don't make Christianity a religion of man-made rules.
 - 2) The Jehovah's Witness deny that Jesus is God in the f_____, but say that He is a god.
 - a) Jn 1:1 – the Word is G_____
 - b) Jn 8:58 – Jesus said that He was the I AM of Ex 3:14, the God of Abraham, Isaac, and Jacob.
 - c) Jn 8:24 – Jesus said that one has to believe that He is the I AM (God) or else d_____ in your sins.
 - 3) Some interpret toleration as an act of love and overlook s_____ (but see 1 Cor 5:1,2,6)
 - a) Overlooking sin among people who profess to be believers in Christ causes sin to spread like y_____ spreads through a loaf of bread.
 - b) Confronting sin promotes spiritual health.

Activated only by faith

Retain the sound words which you have heard from me, in the faith...which are [is] in Christ Jesus.

A. What is faith?

1. It pictures the putting of one's entire w_____ onto something
2. It is an act of t_____.
3. The object of our faith is to be in _____
4. Faith is trusting God to the point of putting your l_____ into His hands, His instructions, His word.

B. Example - dealing with temptation

1. Keep p_____ until the temptation goes away (Matt 26:41).
2. Run a_____ from temptation (2 Tim 2:22)
3. Run a_____ what is good and right (2 Tim 2:23)

Applied only with love

Retain the sound words which you have heard from me, in the faith and love which are in Christ Jesus.

- A. Beware of mindlessly following God's word (see I Cor 13)
 - 1. Attending church (Heb 10:25)
 - 2. Praying (Matt 6:9)
- B. We are to live out God's word in l_____
 - 1. This word does not refer to a feeling of love, but an uns_____ act toward another for their good.
 - a. Jesus did not FEEL like going to the c_____ for us, but He did it as an act of love toward us (Matt 26:39; Eph 5:25)
 - b. We are to decide to act unselfishly toward God first and let that flow to loving others.
 - 2. We are to gather together out of l_____ for God and for one another. The unselfish act is e_____ one another (Heb 10:24).
 - 3. We are to p_____ out of love for God and others.
 - 4. We are to f_____ those who have wronged us out of love for them and God.
- C. Our faith and love is in Jesus, or without Him we can do n_____ (Jn 15:5)

What are you going to do to be spiritually healthy?