

OKOTOKS EVANGELICAL FREE CHURCH

LIFE HACKS

RESTRAINT (TITUS 2:1-15)

MAY 27, 2018



SERMON OUTLINE

Life Hacks : Restraint

Proverbs 28:25, 1 Kings 3 & 11

LifeHack

a strategy or technique adopted in order to manage one's time and daily activities in a more efficient way.

Main Point: Without restraint we end up restrained by our poor choices

self-con·trol

ˈself kən ˈtrɒl/

noun

True mastery from within

Solomon assumed the warnings didn't apply to him.

Disentangle:

Unburden:

A wall I may need to build:

-
-
-

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What do I need to do with what I have heard today?

MAIN POINT

Followers of Christ are called to live self-controlled lives, to be above reproach, and to show the gospel as attractive to others.

THINKING THINGS THROUGH

Connect the sermon to the study.

- 1. What is the most meaningful class or seminar you have ever taken—whether in school, church, or somewhere else?**
- 2. What made this class or seminar impactful, and how did it inspire you to think or live differently since that time?**

Leader: The Christians in Crete to whom Titus ministered were being infiltrated by false teachers. These teachers separated belief from behavior, theology from lifestyle. The results of this kind of teaching were lives of license—those who acknowledged the right doctrine, yet lived however they wanted. This, according to Paul, comes from a misunderstanding of the gospel. Today, too, we can only live rightly in the present when we live in light of the past appearance and future coming of Jesus Christ.

DIGGING DEEPER

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

> [HAVE A VOLUNTEER READ TITUS 2:1-5.](#)

- 3. Why do you think Paul chose to emphasize these behaviors in the older men and women of the church? And why “older” men and women?**
- 4. What does Paul’s teaching in these verses tell us about the importance of relationships with regard to spiritual formation?**

Leader: Our spiritual formation is a lifelong process. As we grow older, we actually take on the responsibility of helping others along in their walk with Christ. Our devotion to God is proven by how we interact with other people. In fact, we make the message of the gospel more attractive to outsiders when we live responsible, self-controlled lives.

- 5. What are some of the practical implications of living a self-controlled and responsible life?**

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6. What are the obvious and maybe not so obvious ways people in our culture demonstrate a lack of self-control?

Leader: We should strive to live purposeful lives of self-control by following the example of godly leaders and by allowing the Holy Spirit to work through us. We should practice integrity in doing good works, and in faithfully communicating the message of Christ.

> HAVE A VOLUNTEER READ TITUS 2:6-10.

7. What does it mean to “make the teaching about God our Savior attractive” in verse 10 (some translations say, “adorn the teaching of God”)? How can believers adorn the gospel message through their conduct and relationships in the working world?

Leader: Something you may want to ask: Why do you think Paul only gave one charge to the younger men?

8. How have you seen a Christian worker’s consistent honesty and loyalty to an employer become a testimony to the gospel’s beauty and power? How is this related to self-control?

Leader: Complaining about one’s job or employer is practically expected in our culture. Yet if we are loyal, supportive, willing workers, we can have a great influence in our workplace as followers of Christ. This makes our testimony for the gospel more credible.

> HAVE A VOLUNTEER READ TITUS 2:11-15.

9. What did Paul say our experience with God’s grace trains us to do? How would you define worldly passions and ungodliness?

10. How has God’s grace empowered you to live in self-discipline and purpose, instead of focusing on your own interests and appetites?

Leader: Every believer, whether young or old, should commit to striving for lifelong Christian excellence. Our lives should demonstrate self-control that shows we belong to Christ and live to serve His purposes. We should fulfill our God-given roles at home and

SERMON BASED GROWTH GROUP

in society with consistent integrity. Let God's grace displayed in salvation constantly motivate you to live with Christian excellence as you wait for the Lord's return.

DOING LIFE TOGETHER

Help your group identify how the truths from the Scripture passage apply directly to their lives.

11. What obstacles stand between you and self-control (a more structured, disciplined walk with Christ)? What is one step you could take this week toward being more spiritually disciplined?

12. How can our group support one another in living the kind of grace-transformed life we are called to in Titus 2?

PRAYER

As you close in prayer, thank God for the grace He has shown you through the gospel. Thank Him for sending Jesus to die for our sins and giving us the power to live self-controlled, upright, and godly lives. Pray that your life would display the gospel to the lost people around you.

MEMORIZE

¹⁴ who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. - Titus 2:14

SPOTLIGHT ON THE PASSAGE

TITUS 2:1-15

2:1 The intentional contrast "but you" must not be missed. While some people's deeds disprove their claim to know God, Titus in contrast was to teach the people to live in a way consistent with sound teaching—in a way that would affirm rather than deny their claim to know God. The instruction addressed typical groups within the family structure (older men, older women, younger women, younger men, and slaves).

2:3-5 The teaching in these verses is practical and focuses on the domestic sphere. Paul emphasizes that older women can help model for young women what it means to be a wife and mother.

2:5,8,10 In each of these verses important statements are made about the desired result of "gospel living." Such living keeps us from providing a basis for the gospel (God's message) to be slandered. Such living also highlights the attractiveness of the gospel.

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2:11-14 This paragraph provides the theological basis for the lifestyle commended in verses 1-10. Christians should live sanctified lives because the grace of God that saves us also instructs us to live in a new way. A person cannot claim to be a recipient of God's saving grace if he is not also a trainee in the lifestyle made possible by grace.

2:11 This verse has sometimes been misunderstood as saying that all people will be saved. However, such a reading is not made necessary by the words here, and it flatly contradicts other portions of Scripture. The force of all people is to emphasize the universal offer of the gospel. The offer of salvation is proclaimed not just to one group but to all peoples.

2:12 Godlessness refers to behavior that is not in accordance with God's ways. Lusts refer not only to sexual desires but to sinful desires in general.

2:13 The verb used here for wait often carries a connotation of eagerness. The eager expectation of the return of Christ mentioned here is not just the time of the instruction of grace ("while we wait"); it is also the way grace teaches us to renounce sin and live in a "godly way" (v. 12). Setting our minds on the truth of Christ's return impels us to holiness (1 Jn 3:2-3). The blessed hope is the appearing of...Christ. The reference to Jesus as God and Savior is a strong affirmation of His deity.

2:14 The phrase, "people for His own possession" translates an unusual phrase with intentional echoes from the Old Testament (Ex 19:5; Mal 3:17). The phrase expresses the sense of "prized, treasured possession" (1 Pe 2:9).

2:15 This verse is an unmistakable call for authoritative teaching in the church.