**Living Your Whole Life!**

**Part 3- A Real Wise Guy**

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**Titus 2:1-2 2** But as for you, speak the things which are proper for sound doctrine: 2that the older men be sober, reverent, temperate, sound in faith, in love, in patience; [[1]](#footnote-1)

**How are my decisions going to affect the next 7 generations?**

**Part One: Sound Teaching**

1. Paul’s command to Titus- “But as for you, speak the things which are proper for sound doctrine:”
2. The command to Titus as a pastor.
3. “Proper” comes from word meaning “tower up” make it *stand out* and be conspicuous.
4. Sound doctrine.
5. “Sound” is from ὑγιαινούσῃ (hygiainousē) whose root is “hygiene”.
6. Preaching what is in “good health” and “uncorrupted.”
7. Doctrine = properly applied teaching.
8. Some people cringe at “doctrine” as it implies absolute and firm unwavering belief for application. They think you must always keep “an open mind.”
9. Some people are so open minded their brains fall out.
10. G.K. Chesterton… ***“An open mind is like an open mouth: its purpose is to bite on something nourishing. Otherwise, it becomes like a sewer, accepting everything, rejecting nothing”.***
11. **I tell you to use logic and wisdom and think. Never check your brain in at the door… in or out.**
12. Here’s good healthy stuff to chew on that will stand out in today’s culture.

**Part Two: Solid Men**

1. Titus 2:2 2that the older men be sober, reverent, temperate, sound in faith, in love, in patience;
2. Our culture desperately needs solid men of God.
3. Sober νηφαλέος nēphalious
4. Literally to be sober and not allow wine or any alcohol in their lives.
5. Last week we clarified that the use of wine in the Bible was for disinfecting water like our modern chlorine. If you drank water without some wine in it you risked dysentery, cholera, e-coli, microsporidiosis, hepatitis or literally dozens of other diseases from bacteria, viruses, protozoans and parasites. These diseases were often fatal. Even today the WHO says water borne diseases are still the world’s leading killer[[2]](#footnote-2)
6. Wine was always mixed with water… normally 3 or 4 parts water to one part wine. This was done to disinfect and make the water safe to drink.
7. Wine without water was considered barbarian… or totally uncivilized or “unchristian”.
8. Undiluted wined… Proverbs 20:1 “Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.”
9. What your physician may NOT have told you…
10. Have you heard it is healthy to drink wine?
11. What does the American Cancer Society really say?[[3]](#footnote-3)
12. “… alcohol drinking is a cause of cancers of the mouth, pharynx, larynx, esophagus, liver, colon, rectum, and female breast.”
13. “Most people want to know if drinking wine is better than drinking beer or hard liquor. The research shows that it does not matter what type of alcohol you drink, and that the risk of these cancers is elevated for all alcoholic beverage types.”
14. Drinking alcohol causes cancer.
15. What does the American Heart Assoc. say?[[4]](#footnote-4)
16. “Drinking more alcohol increases such dangers as alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents.  
    Also, it's not possible to predict in which people alcoholism will become a problem. Given these and other risks, the American Heart Association cautions people NOT to start drinking”
17. In answer to those who say red wine lowers cholesterol… “the American Heart Association does not recommend drinking wine or any other form of alcohol to gain these potential benefits.”
18. Eat healthy and exercise because the AM. Heart Assoc. says “There is no scientific proof that drinking wine or any other alcoholic beverage can replace these conventional measures.”
19. So there is your hygiene lesson for the week.
20. Please watch last week’s video.
21. We need men of the Holy Spirit, not under alcohols spirits.
22. Free from life dominating influences.
23. Jesus came to give you life… John 10:10, relish don’t wreck it.

**Closing…. How are your decisions and your lifestyle going to affect the next 7 generations?**

**Discussion Items and Questions for Home and Small Group**

1. In your own words, why is having sounds teaching and doctrine so important?
2. Why do you think Paul calls Titus to tell men to be “sober”?
3. The information from the American Cancer Society and the American Heart Association is different from what the media reports. Why do you think the media distorts the findings and recommendations?
4. Share which area of sober, reverent, temperate, sound in faith, in love, in patience is most important for you to work on.
5. Pray for each other.

1. *The New King James Version*. 1982 (Tt 2:1–2). Nashville: Thomas Nelson. [↑](#footnote-ref-1)
2. <http://www.voanews.com/content/a-13-2005-03-17-voa34-67381152/274768.html> <http://www.who.int/water_sanitation_health/takingcharge.html> [↑](#footnote-ref-2)
3. <http://www.cancer.org/cancer/news/expertvoices/post/2013/06/26/does-drinking-alcohol-increase-the-risk-of-cancer.aspx> [↑](#footnote-ref-3)
4. <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Alcohol-and-Heart-Health_UCM_305173_Article.jsp> [↑](#footnote-ref-4)