

Over the next few weeks we are going to explore the theme of “spiritual disciplines” - personal and corporate activities that help to develop and mature us in our Christian life. This week we start by laying a biblical foundation, and then each week we will look at one specific practice that is encouraged in the word of God. Let’s start by preaching the gospel to ourselves and coming to a good understanding of our righteousness before God. Paul says a lot about this as he writes to Titus, his younger companion.



Titus 2:11-14

¹¹ For the grace of God has appeared, bringing salvation for all people, ¹² training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, ¹³ waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, ¹⁴ who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Titus 3:3-8

³ For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another. ⁴ But when the goodness and loving kindness of God our Savior appeared, ⁵ he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, ⁶ whom he poured out on us richly through Jesus Christ our Savior, ⁷ so that being justified by his grace we might become heirs according to the hope of eternal life. ⁸ The saying is trustworthy, and I want you to insist on these things, so that those who have believed in God may be careful to devote themselves to good works. These things are excellent and profitable for people.

Romans 3:20-24

²⁰ For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin. ²¹ But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it— ²² the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: ²³ for all have sinned and fall short of the glory of God, ²⁴ and are justified by his grace as a gift, through the redemption that is in Christ Jesus

READ Titus 2:11-14 and mark Jesus (including pronouns) with a and mark 'us' with a

V11 On what basis was salvation brought to us?

V14 What was the twofold purpose of Jesus death?

V12 In what ways does this salvation train us?

Training—Strong’s 3811—train up a child, educate, instruct

How are we to live and what should be our focus?

Read Titus 3:3-8 Mark God with a and mark 'we' and 'us' with a

V3 What did we used to be?

V4–6 On what basis does God save us? How did he save us?

V7 How and why are we justified?

V8 What impact should the gospel have on our life?

Read Romans 3:20-24 and underline the words 'justified' and 'righteousness'.

V20 How is it not possible to be justified?

V21-24 How are we made righteous and justified before God?

Where does our righteousness come from?

From all you have studied so far what is the relationship between salvation and good deeds?

Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

1 Timothy 4:6-10

⁶ If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. ⁷ Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. ⁹ The saying is trustworthy and deserving of full acceptance. ¹⁰ For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

2 Timothy 2:15

¹⁵ Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.

Philippians 2:12-13

¹² Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, ¹³ for it is God who works in you, both to will and to work for his good pleasure.

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As Paul concludes his explanation of the gospel in the book of Romans, he makes this appeal .

Read Romans 12:1-2 and underline the instructions.

What 3 instructions does Paul give?

V1 On what basis does Paul make his appeal?

V2 What will be the outcome?

What choices should the gospel lead us to make?

Paul writes to another young man (Timothy) who he is investing in and preparing to be his successor.

Read 1 Timothy 4:6-10 and put a round the word 'train' and 'training'. Make a list of what this passage teaches about training.

V6 Trained—Strong's 1789—educate, nourish up in

V7 Training—Strong's 1128—to practice naked, to train, exercise

V6 What had Timothy been trained in?

V7-8 What was Timothy to train in and why?

V10 What level effort was required and what was the focus and goal?

Read 2 Timothy 2:15 and underline the instruction.

What is Paul exhorting Timothy to do? Why?

How is he to be described? What does that imply?

worker—Strong's 2040—a toiler, labourer, workman

Read Philippians 2:12-13 and mark 'work(s)' with a

What is our responsibility with regards to our salvation?

From what we previously studied, what does this mean?

In what 2 ways does God meet us in this work?



Recommended study—40 minute series

"Ignite Your Passion for God"

Available on our website / or FacebookLive Mon @1pm