

SOUND DOCTRINE

Titus 1:9 Holding fast the faithful word as he hath been taught, that he may be able **by sound doctrine** both to exhort and to convince the gainsayers.

Somewhere along the way we get to:
Recognizing healthy food

Preparing healthy food

Eating healthy food

Titus 1:9 Holding fast the faithful word as he hath been taught, that he may be able **by sound doctrine** (ἐν τῇ διδασκαλίᾳ τῇ ὑγιαίνουσῃ) both to exhort and to convince the gainsayers.

1. Sound doctrine is simply **healthy doctrine / teaching**

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**ὑγιαίνω, ὑγιής = healthy, sound, pure,
whole, wholesome, well...**

Found mostly in the Pastoral epistles.

Luke 7:10 And they that were sent, returning to the house, found the servant **whole** that had been sick.

Luke 15:27 And he said unto him, Thy brother is come; and thy father hath killed the fatted calf, **because he hath received him safe and sound**.

1 Timothy 6:3 If any man teach otherwise, and consent not to **wholesome** words, even the words of our Lord Jesus Christ, and to the doctrine which is according to godliness;

2 Timothy 1:13 Hold fast the form of **sound words**, which thou hast heard of me, in faith and love which is in Christ Jesus.

Matthew 12:13 Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored **whole**, like as the other.

Mark 5:34 And he said unto her, Daughter, thy faith **hath made** thee **whole**; go in peace, and be whole of thy plague.

John 5:4 For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was **made whole** of whatsoever disease he had.

Titus 1:9 Holding fast the faithful word as he hath been taught, that he may be able by **sound doctrine** both to exhort and to convince the gainsayers.

Titus 1:13 This witness is true. Wherefore rebuke them sharply, that they may be **sound** in the faith;

Titus 2:1 But speak thou the things which become
sound doctrine:

Titus 2:2 That the aged men be sober, grave, temperate,
sound in faith, in charity, in patience.

Titus 2:8 **Sound speech**, that cannot be condemned;
that he that is of the contrary part may be ashamed,
having no evil thing to say of you.

Titus 2:1 But speak thou the things **which become
sound doctrine:**

**Titus 2:2 That the aged men be sober, grave,
temperate, sound in faith, in charity, in patience.**

2. Healthy doctrine **that produces healthy Christians &/ lives**

Titus 2:1 But speak thou the things **which become
sound doctrine:**

**Titus 2:2 That the aged men be sober, grave,
temperate, sound in faith, in charity, in patience.**

What have you been eating?

- **At church**
- **In devotions**
- **With sharpeners**

3. Healthy doctrine defined as...!

Jude 3 Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort you that ye should earnestly contend for **the faith which was once delivered unto the saints** (τῇ ᾧπαξ παραδοθείσῃ τοῖς ἁγίοις πίστει).

Acts 20:27 For I have not shunned to declare unto you **all the counsel of God**.

Matthew 28:20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.

Titus 1:4 To Titus, mine own son after the common faith: Grace, mercy, and peace, from God the Father and the Lord Jesus Christ our Saviour.

Sound doctrine:

- **The whole counsel of God**
- **Nothing added**
- **Nothing omitted**
- **Nothing exaggerated**

Deuteronomy 5:32 Ye shall observe to **do** therefore as the LORD your God hath **commanded you**: ye shall **not** turn aside to the right hand **or** to the left.

Deuteronomy 12:32 What **thing soever I command you, observe to do it**: thou shalt **not** add thereto, **nor** diminish from it.

Added:...by cults

Omitted: more by soft evangelicalism

Proverbs 20:1 Wine is a mocker, strong drink is raging: And whosoever is deceived thereby is not wise.

Proverbs 23:20 Be not among winebibbers; Among riotous eaters of flesh:

Proverbs 23:21 For the drunkard and the glutton shall come to poverty: And drowsiness shall clothe a man with rags.

Exodus 20:8 **Remember** the sabbath day, to keep it holy.

Exodus 20:12 **Honour** thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.

Exodus 20:13 Thou shalt **not** kill.

Exodus 20:14 Thou shalt **not** commit adultery.

Exodus 20:15 Thou shalt **not** steal.

Exodus 20:16 Thou shalt **not** bear false witness against thy neighbour.

Exodus 20:17 Thou **shalt** not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

Exaggeration: the hardest to pin down. All the parts in proper proportion.

Titus 1:9 Holding fast the faithful word as he hath been taught, that he may be able by sound doctrine both to exhort **and to convince the gainsayers (τοὺς ἀντιλέγοντας)**.

Titus 1:10 For there are **many** unruly and vain talkers and deceivers, specially they of the circumcision:

Titus 1:11 Whose mouths **must** be stopped, who subvert whole houses, teaching things which they ought not, for filthy lucre's sake.

Titus 1:13 This witness is true. Wherefore **rebuke** them sharply, that they may be sound in the faith;

4. Healthy doctrine **although** people prefer unhealthy doctrine!

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Titus 1:10 For there are **many** unruly and vain talkers and deceivers, specially they of the circumcision:

Titus 1:11 Whose mouths **must** be stopped, who subvert whole houses, teaching things which they ought not, for filthy lucre's sake.

Titus 1:13 This witness is true. Wherefore rebuke them sharply, that they may be sound in the faith;

Titus 1:14 Not giving heed to Jewish fables, and commandments of men, that turn from the truth.

Titus 2:1 But speak thou the things which become sound doctrine:

Titus 2:15 These things speak, and exhort, and rebuke with all authority. Let no man despise thee.

2 Timothy 4:1 I charge thee therefore before God, and the Lord Jesus Christ, who shall judge the quick and the dead at his appearing and his kingdom;

2 Timothy 4:2 Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine.

2 Timothy 4:3 **For** the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears;

2 Timothy 4:4 And they shall turn away their ears from the truth, and shall be turned unto fables.

2 Timothy 4:5 But watch thou in all things, endure afflictions, do the work of an evangelist, make full proof of thy ministry.





