

Sound Doctrine: 1st Timothy, 2nd Timothy & Titus

Exercise Yourself

1st Timothy 4:3b-9

Last Week... 1. Doctrines (teachings) of Demons 2. What do demons teach? Christ Misplaced, displaced, or replaced 3. Holy Spirit teaches doctrine that always points to Jesus 4. We need to “test the spirits” Demons Teach <u>Ascetism</u> • Spiritual fitness through physical control & denial: marriage & food • Truly, Idolatry of self-control an appearance of godliness, but deny God's power (strength!) (like 2 Tim 3:5)	Deceiving teaching • Looks good • Sounds good • Feels good • Makes <u>you</u> look good, sound good, feel good • Others are not as good as <u>you</u>! Not spiritual junk food, spiritual <u>poison</u>! <i>“Godliness is not external but is the inner power to live a godly life.” PTW pp. 114</i> <i>Today: Diet and Exercise</i> Who defines what's healthy? The One who made us!
[Pray] :3-5 Reminder: <u>We're not talking about a diet you may need for your physical wellbeing</u> <i>Gluten free, sugar free, flavor free</i> The Bible is simply putting food in its proper place <u>spiritually</u> Spiritual diet > physical diet Rom 14:17 (ch. good primer, idolatry) – for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the <u>Holy Spirit</u>.	Demons want to rob your spiritual joy! God made food to feed us, but also to be a part of joyful time together! Biblical FEASTS, Abraham, stew, weddings, company over, communion, heaven! So much <u>fellowship</u> can happen over a <u>shared meal</u>. Parties, weddings, going out to eat, seasonal meals, treats, desserts

Colossians 2:20-23 – Therefore, if you died with Christ from the basic principles of the world, why, as though living in the world, do you subject yourselves to regulations-- "Do not touch, do not taste, do not handle," which all concern things which perish with the using--**according to the commandments and doctrines of men? These things indeed have an appearance of**

wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh.

Matthew 23:4-5 partial (speaking of the Pharisees)– **"For they bind heavy burdens, hard to bear, and lay them on men's shoulders; ...they do to be seen by men ...**

Mark 7:18-23 – So He said to them, "Are you thus without understanding also? **Do you not perceive that whatever enters a man from outside cannot defile him, "because it does not enter his heart but his stomach, and is eliminated, thus purifying all foods?" And He said, "What comes out of a man, that defiles a man. ...**

Physical food has nothing to do with your spiritual righteousness .	Fasting has its place, but only to make room for spiritual pursuits
Peter, Acts, vision at lunchtime Acts 10:13-16 – And a voice came to him, "Rise, Peter; kill and eat." But Peter said, "Not so, <u>Lord</u>! For I have never eaten anything common or unclean." And a voice spoke to him again the second time, "What God has cleansed you must not call common." This was done three times. And the object was taken up into heaven again.	Ceremonially unclean food became a picture of unclean people - Gentiles The unclean Gentiles (and the food) were no longer to be treated that way <i>Food rules for Jewish people were just as much hygiene safety rules as much as anything else - cooking practices, disease spread. And it was meant to show they were not like any other people on Earth. Separated unto God.</i>
Let's go back to the Beginning... Genesis 2:9, 16 – And out of the ground the LORD God made every tree grow that is pleasant to the sight and good for food. The tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil. ... And the LORD God commanded the man, saying, "Of every tree of the garden (except 1) you may freely eat; Better atmosphere, environment, greenhouse, oxygen, large plants and animals, long life even after sin	The Flood God wiped out life on earth because of sin People. Plants. Animals. Except Noah, Ark... Genesis 9:3-6 – "Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs. "But you shall not eat flesh with its life, that is, its blood. "Surely for your lifeblood I will demand a reckoning; from the hand of every beast I will require it, and from the hand of man. From the hand of every man's brother I will require the life of man. "Whoever sheds man's blood, By man his blood shall be shed; For in the image of God He made man.

The Flood changed the entire ecosystem • Things wouldn't grow as easily before • As good as before • Have as many nutrients • DNA in continuing generations would degrade • Meat was now necessary for many creatures, including us	God now commanded eating meat to stay healthy and alive • Killing of humans = murder • Killing of animals = necessary food • Animal death for healthy human life
Animal sacrifice to make skins to cover nakedness, worship God Animal blood to hold over until the divine human sacrifice of Jesus, our ultimate covering Animal meat to cover deficient diet People can cover their nakedness, have food, and worship God with one animal death	God cares for animals (He made them) But He loves you and made animals for you We are to use the environment and animals to meet our needs - but that doesn't mean we abuse either. <i>"My animals have one bad day" Shawn Woods</i>
• <i>Technology to feed millions</i> • <i>Food waste</i> • <i>Bahamas, salad dressing</i> <i>We are spoiled - want to know our dinner had a better life than the third world</i>	Missionary work • Foreign foods and customs • <i>Indiana Jones, monkey brains</i> Don't let food get between people and the gospel. Food opens doors and hearts.
Demonic Doctrine? Food is spiritually bad! Don't eat to be spiritually good! <i>I get concerns with modern food and growing, but we tend to act like it has spiritual significance.</i> <i>And a lot of the actual physical concerns are ... myths.</i>	Holy Spirit doctrine? God made food for you! God made it, he <u>told</u> you to eat it! Healthy diet, good food, all important considerations Clean restaurant, kitchen, dishes, hands ...

If the meal is questionable? Give thanks and pray. It'll be OK! <i>This won't fix spoiled milk, but maybe God will do a miracle in a time of need</i> Why we pray and give thanks we even have food before a meal <u>good excuse to pray!</u>	<i>Cultures, eating out of same bowl, same food, becoming one</i> Eating a meal with someone is a great way to build a spiritual relationship Don't let your food concerns divide spiritual relationships
What you eat spiritually is more important than what you eat physically	What teaching do you consume for your spirit? Demonic? Or Holy?

:6 <i>"Notice that the pastor's job is primarily instruction of the brethren." DG</i> Instruction - remembrance... place under, like a plate of food! Minister, servant, deacon, WAITER	A good pastor feeds you meals prepared by the Holy Spirit God's <u>Spirit</u>. God's <u>ingredients</u>. God's <u>recipe</u>. The pastor puts the meal out, But it's up to you to eat <i>Let the cook know how the meal was! Burping in some cultures...</i>
The point of the teaching? To <u>nourish</u> you! <i>Part of this complete breakfast</i> • Portion of meat • Portion of sides • Milk to wash it down! <u>Eat your vegetables! Clean your plate!</u>	<u>Why we go verse by verse.</u> the message needs to more than educate your intellect. It should feed your spirit. How do you know you're in the right church? You're being spiritually fed! <u>By the Holy Spirit</u> Through the teaching
A good shepherd protects the sheep So they can be fed, grow, reproduce Gets them out of the weeds and into the healthy pasture	A good minister? Is eating the meal too. <i>Never trust a skinny chef!</i>

He's hungry himself Eating every day Has a good diet of other Bible teachers Books. Messages. Commentaries.	The Sunday message is just as much for him as it is anyone else <i>Not unlike a mama bird feeding the chicks...</i>
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:7-9 Refuse, shun, avoid, decline Profane and old wives fables? Unholy, ungodly, common "Silly myths" contemporary insult, "you'll believe anything" <i>Many clear myths are taking hold in our day.</i> <i>The primary focus of the main Sunday teaching: God's Word</i> <i>With everything you are going through, that's what you really need to hear. Not silly stories, not fruitless debates...God's Word</i> God's Word will address it all in time <i>Plenty of time for videos, classes, mid-week services, studies to refute myths in detail</i> <i>KHouse, Chuck Missler</i> <i>"Priority on God's Word, not man's" DG</i>	Instead: <u>Exercise</u> towards godliness! Gym, gumnos - naked to not hinder your exercise <i>Modern gymwear...not far off</i> <i>Not sure how anyone can go there</i> This isn't saying don't exercise It puts it in proper perspective Get your exercise priorities straight <i>Healthy diet, healthy activities all good</i> <i>Feels good to be healthy</i> <i>Feels good to enjoy the outdoors</i> <i>Feels good to not be lazy</i> <i>Feels good to be able to play with kids and grandkids</i> What happens to everyone eventually, no matter how healthy? Studies show 10 out of 10 people...die! Lazarus, twice! (except enoch...and those raptured)
Our society is all about this • In love with ourselves, image, body • Muscles for vanity (Greeks) • Everyone focused diet and exercise	Gay? No problem. Adultery? No problem. Child murder? Applause. Be fat? No greater sin!

Some truth to that - many times being overweight is linked to something deeper, a hurt, poor discipline, lifestyle. Laziness. Being active, skinnier tends to lead to better happiness, self-image.	BUT It has no bearing on your salvation
Demons want you distracted Focusing on your flesh • Some people's flesh loves being fat! <i>Fat acceptance, advertising</i> • Other people's flesh loves being fit! <i>Love showing off their bodies they sacrifice for</i> The enemy doesn't care as long as you're not <u>spiritually fit</u>	<i>Exercise not exorcise!</i> As a Christian, the root of your problem is not demon-based, it's <u>sin</u> based. Your real problem? Not your love handles, but your sin handles! <i>How it controls you and how you handle it!</i>
We're so concerned about our <u>physical health</u> in our society And at the same time have <u>no care or concern for our spiritual health</u>	Our society used to be generally more healthy, without the need for a gym And more people were living Christian lives, or at least Christian like Now that we're near totally immoral We care about our bodies inordinately
<u>Those who worship their form and image</u> <u>Think themselves spiritually better than those who don't</u> beautiful outside, repulsive inside Worse than spiritually overweight...spiritually dead. Rotten. Stinking corpses.	This doctrine is in the church! Granted...it may not be a good look. A good witness. God's Word is far more concerned about your spirit than your flesh. <i>It's all priorities. Being active is good, but it doesn't do anything for your spirit.</i> <i>If your spirit is healthy, you may force your body to follow!</i>

There is a similarity between physical fitness and spiritual fitness: Both require a good diet and exercise! <i>Working out! Doing what it requires!</i> Philippians 2:12-13 – Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for His good pleasure.	Why is spiritual exercise more important? it affects all eternity Mr. Universe, body builder - all his muscles and protein burning in hell Ms. Morbidly obese, accepts Christ - will have a new, resurrected, healthy body in heaven YOU'RE GETTING A NEW BODY TAKE CARE OF THIS ONE, BUT IT'S ONLY A TENT COMPARED TO HEAVEN'S MANSION
So work out, eat healthy make sure your spiritual diet and exercise is even more rigorous	How often do you: • workout? serve God? • read ingredients? read scripture? • Fast for calories? Fast to pray? • Flex in the mirror? Look into the mirror of the word?
• So workout...put a message on! • Go for a run...listen to worship! • Fast to pray...and you'll lose weight • Renew your gym membership...be regularly at church! • <u>Skip leg day, but not Sun-day</u> <i>"[Spiritual] discipline sounds like legalism...mistaken...legalism is self-centered, discipline is God-centered."</i> PTW pp116 This is a faithful saying... <i>Just like Jesus died for sinners, and Paul is chief</i>	Worthy of all acceptance Church, this is sound doctrine These priorities are worthy Jesus over all. Spirit over flesh. Heaven over Earth. Eternity over now. 2Co 4:16 – Therefore we do not lose heart. Even though our outward man is perishing, yet the inward [man] is being renewed day by day. Eph 3:16c – be strengthened with might through His Spirit in the inner man,