

Icebreakers:

1. What is something that you've gone without during this lockdown that you're looking forward to enjoying again in the future when it's safe to do so?
2. What is a particularly happy summer memory you have?

Sermon Summary: If we want to be spiritually healthy, we must accept Paul's "healthy" teaching about salvation – namely, that everyone needs saving, we can't save ourselves, and only Jesus can save us. All spiritual health is built on this foundation.

Discussion Questions:

\*Everyone Needs Saving

1. Of all the descriptions of "lostness" Paul shares in 3:3, which could you identify the most with personally and why?
2. What happens when we forget the "lostness" we experienced before Jesus found us?
3. How can we train ourselves to detect and defeat self-deception about how good we really are?

\*We Can't Save Ourselves

4. What feelings arise within you when you reflect on the biblical teaching that you can't save yourself?
5. PT suggested that one of the reasons that people try to do good works as a basis for their salvation is that they don't like the feeling of having no control and being completely at God's mercy. Before you knew Jesus, was that an issue for you or was it natural for you to throw yourself at His mercy?

\*Only Jesus Can Save Us

6. What does it mean to be "cleansed" of sin? Does that mean you no longer have sin in your life? If not, what DOES it mean?
7. Which of the effects of salvation Paul shares in this text are you most grateful for, and why?
8. How is the "new you" different from the "old you"?
9. One of Satan's tactics is to get us to question whether or not God is "for" us. How does "being justified by his grace" (3:7) help our confidence in this area?



# WORK IT OUT

## Developing a Healthy Faith

Pastor Toby Locke • Week 3 • 5/31/2020

# A Dose of "Healthy" Teaching

Titus 3:3-7

Introduction: It's time for a dose of "healthy" teaching about salvation – we can't afford to get this one wrong!

## "Healthy" Truths About Salvation

■ \_\_\_\_\_ needs \_\_\_\_\_. (3:3)

■ We can't \_\_\_\_\_. (3:5)

■ Only \_\_\_\_\_ can \_\_\_\_\_ us. (3:4-7)

-How? Jesus \_\_\_\_\_ us of our \_\_\_\_\_ by the \_\_\_\_\_. (3:5b-6)

-What effects did it have?

⇒ A New \_\_\_\_\_. (3:5)

⇒ A Positive \_\_\_\_\_. (3:7a)

⇒ An Eternal \_\_\_\_\_. (3:7b)

-Why? Because Jesus \_\_\_\_\_ to. (3:4-5)

Conclusion: Before you can be spiritually healthy, you need to settle this foundational matter – has Jesus saved you or not?