

**Hopeful**  
**Part One: Healthy Eating for Godly Living**  
**Titus 2**  
**September 14, 2025**

1. Pastors must be certain their teaching is shaped by healthy doctrine (Titus 2:1)
  - It requires a thorough understanding of the Scriptures.
  - It demands relentless distinction between opinion and revelation.
2. Healthy teaching will address the specifics of godly living (Titus 2:2-10)
  - For mature men (2)– wise judgment, not silly or shallow, self-disciplined, displaying godly faith, love and dependability
  - For mature women (3) – behavior that it is fitting for a believer, not trash talkers, not alcohol-dependent, instructing younger women regarding right living
  - For young women (4-5)– deep family commitment, disciplined, morally pure, shouldering responsibility, kind, willing acceptance of her husband's role
  - For young men (6) – self-disciplined
  - For pastors (7-8) – an example of godliness in everything, teaching characterized by integrity, dignity and healthy speech
  - For workers (9) – accept authority, good workers vs difficult to deal with, not a thief, character that makes God's truth look good on them
3. One purpose of God's grace is to train us to live godly lives (Titus 2:11-14)
  - This grace is available to everyone who believes.
  - We're called to renounce ungodliness and embrace godliness.
  - We want to be godly because of our hope and Christ's sacrifice.
    - ✓ Our hope: we are confident we will see Him.
    - ✓ His sacrifice: he purchased us for himself to be a people who want to do good.
4. Pastors have the authority to unapologetically teach these things (Titus 2:15)