

DOING GOOD: "Man Up, Part 1"

INTRODUCTION

- **Key Idea:** God expects **men to act like men** in distinction from women.
1 Corinthians 16:13

"Crisis of Manliness" (Tucker Carlson, *Ship of Fools*):

- Confusion of Transgenderism: men are denying their own biology
- 75% of suicides committed by men
- 90% of inmates in prison are men
- More girls than boys graduate from college and earn higher degrees
- 7 million American men between the ages of 25 and 54 no longer have jobs
- Epidemic of fatherlessness: 1 in 5 American children live only with their mothers
- 75% of American men are obese or over-weight.
- In the church, women out-number men 60% to 40%.

"I think we're dealing with 20 to 30 year olds here who need to embrace life's responsibilities. . . I think Paul understood the vulnerability of this group. I think he understood the significance of young men. . . A couple of generations ago, 20 year olds were getting married, starting families, working at real jobs or they were off fighting the Nazis. Today 35 year olds are hanging out on Facebook looking for direction, trying to find themselves." (De Courcy)

THE ENCOURAGEMENT (TITUS 2:6)

- "**exhort the young men**" (v.6.) – a present tense imperative, calling for continual action.
- *Parakaleo* – "to come alongside to speak"; the image of a coach on the sidelines running up giving encouragement.
- **Application:** The church must be a community of encouragement.

"Every disciple needs three types of relationships in his life. He needs a **Paul** who can mentor him and challenge him. He needs a **Barnabas** who can come alongside him and encourage him and he needs a **Timothy**, someone who can pour into his life." (Howard Hendricks)

THE EMPHASIS (TITUS 2:6)

- "**exhort the young men to be sober-minded**" (v.6.) – one quality emphasized for young men. Paul sees this as a dominant quality.
- *Sophroneo* means to have "self-mastery, self-control, discipline." It speaks of having a healthy restraint, a sense of responsibility.
- The lives of the great men and women of God were marked by an embrace of self-control and discipline.

"In reading the lives of great men, I found that the first victory they won was over themselves. . . self-discipline with all of them came first." (Harry S. Truman)

Application:

1. **Dependence** – Self-control is a fruit of the Holy Spirit (Gal 5:22-23).
2. **Discipline** – Self-control is both a gift and a duty (1 Corinthians 9:24-29).

Sermon Application Questions

July 7, 2019

REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged or confused you?

PERSONAL RESPONSES

1 Do you agree that there is a "Crisis of Manliness" in America today? What do you think contributes to this situation? Why are young men so important to the life of the church today?

2 What did you think about Pastor Philip's statement that "The church must be a community of encouragement"? Why do young men in particular need to be encouraged in the faith? What are some ways that we as the church can give this spiritual encouragement?

DIGGING DEEPER

1 Take some time and reflect on some of the key passages related to this week's sermon. Ask the Lord for help in making application of these truths to your life.

The Encouragement

Acts 9:26-27

And when he had come to Jerusalem, he attempted to join the disciples. And they were all afraid of him, for they did not believe that he was a disciple. But Barnabas took him and brought him to the apostles and declared to them how on the road he had seen the Lord, who spoke to him, and how at Damascus he had preached boldly in the name of Jesus.

Acts 15:36-41

And after some days Paul said to Barnabas, "Let us return and visit the brothers in every city where we proclaimed the word of the Lord, and see how they are." Now Barnabas wanted to take with them John called Mark. But Paul thought best not to take with them one who had withdrawn from them in Pamphylia and had not gone with them to the work. And there arose a sharp disagreement, so that they separated from each other. Barnabas took Mark with him and sailed away to Cyprus, but Paul chose Silas and departed, having been commended by the brothers to the grace of the Lord. And he went through Syria and Cilicia, strengthening the churches.

The Exhortation

Proverbs 25:28

A man without self-control is like a city broken into and left without walls.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

1 Corinthians 9:25-27

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

2

Read Titus 2:11-14. In your own words, summarize the biblical relationship between the grace of God and a life of disciplined self-control. What theological error results when this relationship is misunderstood?

Additional Reflection: How does a life of disciplined self-control contrast with the conduct of the Cretans in Titus 1:10-16?

PERSONAL APPLICATION

1

Pastor Philip described **Barnabas-like Christians** as “People who are generous with their time and finances, people who help us get up when we fall down. People who give us room to grow. . . who are up for the challenge of getting to know you and introducing to others who are standing off. . . [people] with a warm heart and a helping hand.”

- A. Evaluate your life. Are you a Barnabas-like Christian? Do others view you as a person who is encouraging (“balcony-type person”) or as discouraging (“basement-type person”)?

- B. In what way can you grow to be an encourager of others? Think of your conduct in light of the following categories:
 - **Words** –

 - **Attitudes** –

 - **Actions** –

- C. Think of **one person** that you can encourage this week. This can be a family member, co-worker, or person in the church. How will you be an encouragement to them? Be specific.

2

Reflect on the quality of *Sophroneo* which means to have “self-mastery, self-control, discipline.” The following are some areas of life that this quality expresses itself. **Choose one** area that you would like to work on this week. How will you apply self-control in this area?

Areas of Self-Control:	My Application:
<input type="checkbox"/> Diet/Exercise <input type="checkbox"/> Sexual purity <input type="checkbox"/> Overcoming anger <input type="checkbox"/> Controlling one’s emotions <input type="checkbox"/> Finances <input type="checkbox"/> Time Management <input type="checkbox"/> Bible reading/spiritual disciplines	