



## Sound Advice.

How many of these familiar sayings have you heard before? “They returned safe and sound”, or “their business has been built on a sound foundation” or “he/she is sound asleep”. Maybe you have heard something like, “that person likes to sound off their opinions” or “you have a sound understanding on the subject”. In life, we all benefit from getting sound advice on buying the right investments, vehicles, homes, and making other significant decisions.

When life and faith come together there is much sound advice that we find in scripture. In his letter to Titus, the apostle Paul talks about sound doctrine, and being sound in our faith.

The word translated as “sound” in verses one and two of chapter 2 in this letter define a sense of “healthiness”, to be healthy or to be correct. Paul’s instruction or command to Titus was this, “You, however, must teach what is appropriate to sound doctrine.” In other words, teach what is healthy and beneficial for those who hear your words. Paul, in an earlier letter to Timothy (1 Timothy 1:11) connects sound doctrine to the incredible truths laid out in the message of the gospel.

The truth of the Gospel message is the foundation on which every Christ follower must find their feet firmly planted. Paul’s letter to Titus was written to encourage and instruct not just himself but the church of believers. This was a reminder for everyone to live by example, to live differently from the false teachers and the un-believing community they were a part of. The sound advice given to Titus and the Christian churches in Crete was so much more than just

knowledge and understanding of sound doctrine but living it out in their daily lives.

To be sound in our faith implies that we as Christians understand and live according to the will of God. The promise of the gospel message for all of us is that we will one day be in the presence of our heavenly Father. By the grace of God our salvation is secured for us through the death and resurrection of his son Jesus Christ.

Skillfully written into this letter given to Titus are references to more than a dozen teachings (doctrines) that help guide us in navigating life and faith in a culture that is seemingly counter-Christian. In many ways when we read the words of these letters to Titus and Timothy, we find ourselves facing much the same cultural influences that continue to distract people from the truths found in God’s word.

The worldly distractions around us have the potential to deafen our hearts and minds from following this sound advice of living a healthy and productive life for Christ. So, what can we do to protect ourselves?

First, embrace the truth of the gospel; through Christ’s death and resurrection and by the grace of God we have been brought into his family.

Second, Pray & read. You and I do not have the power or the strength alone to live as fully devoted followers of Jesus on our own. Through prayer and scripture, we will grow into knowing the Lords will for our lives.

Third, Live boldly for Jesus. Every day, live a life that sets you apart from the world. Be sound in your faith.