



Ken Letson, Pastor
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Message Series
"Disciplines of a Disciple"

"...Discipline yourself for the purpose of godliness." –1 Tim. 4:7

"A Healthy Diet"

2 Timothy 3

¹ But understand this, that in the last days there will come times of difficulty. ² For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, ³ heartless, unappeasable, slanderous, without self-control, brutal, not loving good, ⁴ treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, ⁵ having the appearance of godliness, but denying its power. Avoid such people. ⁶ For among them are those who creep into households and capture weak women, burdened with sins and led astray by various passions, ⁷ always learning and never able to arrive at a knowledge of the truth. ⁸ Just as Jannes and Jambres opposed Moses, so these men also oppose the truth, men corrupted in mind and disqualified regarding the faith. ⁹ But they will not get very far, for their folly will be plain to all, as was that of those two men. ¹⁰ You, however, have followed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, ¹¹ my persecutions and sufferings that happened to me at Antioch, at Iconium, and at Lystra—which persecutions I endured; yet from them all the Lord rescued me. ¹² Indeed, all who desire to live a godly life in Christ Jesus will be persecuted, ¹³ while evil people and impostors will go on from bad to worse, deceiving and being deceived. ¹⁴ But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it ¹⁵ and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. ¹⁶ All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, ¹⁷ that the man of God may be complete, equipped for every good work.

"Bible intake" – why we need discipline with the truth

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What's so important about the Bible? (vs. 16-17)

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"...like newborn babes, long for the pure milk of the word, that by it you may grow in respect to your salvation." (1 Peter 2:2, NASB)

Healthy Diet = Healthy Heart
(Finding daily spiritual nourishment in God's word)

H _____.

"So faith comes by hearing, and hearing through the word of Christ." (Rom. 10:17)

E _____.

"Now the Bereans...received the message with great eagerness and examined the Scriptures every day..." (Acts 17:11)

A _____.

"Do not merely listen to the word, and so deceive yourselves. Do what it says." (James 1:22)

R _____.

"I have hidden your word in my heart, that I might not sin against you." (Psalm 119:11)

T _____.

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." (Josh. 1:8)