

Discipleship  
happens at  
the table

**SOUND IN DOCTRINE**  
**5 DAY DEVOTIONAL**

# day one

By W.A. Mills

---

“But as for you, speak the things which are proper for sound doctrine.” Titus 2:1, NKJV

**P**aul exhorts Titus to act opposite of the Judaizing teachers, who not only taught a false doctrine, but also led an unholy life. Titus must teach sound doctrine, free from any mixture of error. He must proclaim the truth and then illustrate the truth with his own life, encouraging the people to “be doers of the word, and not hearers only” James 1:22, NKJV.

Behavior is an extension of theology, and there is a direct correlation between what we think and how we act. Principle and practice must go hand in hand.

# day two

By Irvina Parker

---

The prophet Isaiah had spoken prophetic words in Chapter 33 (verses 5-6) declaring that the Lord would deliver justice and righteousness. The next sentence is believed to have been spoken to King Hezekiah. "He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure" (NIV). We are told in 2 Kings 18:3 that Hezekiah "did what was right in the eyes of the Lord." Further down in chapter 18, we see that Hezekiah "held fast to the Lord and did not cease" to follow God. He kept the commandments which God had given to Moses. He had a healthy fear of God.

I can't help but think that the early church was inspired by Hezekiah's commitment to God. As the king of Judah, he made sweeping changes in the land and served God wholeheartedly.

It is clear that Hezekiah was sound in doctrine. It was more than head knowledge; it flowed out of his heart. Even when the king of Assyria taunted him and threatened the downfall of his nation, Hezekiah stood on the promises of God. And God delivered.

God used Hezekiah to point Judah back to God as the "sure foundation" for that specific time in history. Jesus Christ is our sure foundation, and we must stand firm in our commitment to follow Him and keep the commandments laid out for us. We must accept Him as Lord and Savior and follow His teachings. As Girls' Ministries leaders, we must be as intent as Hezekiah to follow God, and we must be as eager as the early church to gather together to make sure that our girls are being taught the foundational truths of God's Word!

# day three

By David Moore

---

“Likewise urge the young men to be sensible; in all things show yourself to be an example of good deeds, with purity in doctrine, dignified” Titus 2:6-7, NASB.

Since so many things in life are caught rather than taught, Paul is telling Titus to have the older men not only teach the young men, but to show (be an example) to them, by their actions, what “sound doctrine” means. There is a saying I heard long ago that says:

“You cannot teach what you do not know, you cannot lead where you will not go, what you do not have, you cannot give, you cannot share a life you do not live.”

# day four

By Whitney Davis

---

“For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; and they will turn their ears away from the truth, and be turned aside to fables. But you be watchful in all things, endure afflictions, do the work of an evangelist, fulfill your ministry” 2 Timothy 4:3-5.

The alarm clock rings. You let out a yawn and good stretch, wipe the sleep from your eyes, and grab the latest best-selling devotional or Christian book off your nightstand. You manage to get through the daily reading, while half-awake, before jumping in the shower to start your day. Or maybe you grab those books off your nightstand and read just before turning the light off after a busy day, allowing you to check “daily quiet time” off your to-do list. We’ve all done it. I have gone through seasons in my life where I have realized I was studying and gleaning more from a book, or someone else’s interpretation

of God’s word, rather than reading and gaining insight and application from the Bible itself.

In today’s culture, we tend to seek out pretty and attractive marketing and flowery “feel good” wording that tickles our ears. While these resources can be very beneficial to our walk with Christ, we must recognize that they cannot be a replacement for the Bible itself. The truth is, those tools are man’s interpretation, and we must be careful to judge man’s words against the Word of God.

Let us not grow weary in the plain gospel, as it says in 2 Timothy. May we truly grasp the power of the Word of God and the gospel message and find it to be more than enough for us. May we carve out time in our day to intentionally study the Bible, rather than make it an afterthought at the end of the day. May we be careful with our own words as we interpret the Bible, that they would always reflect truth and sound doctrine.

What sort of turn must we make?

# day five

By Stephen Jones

---

"But realize this, that in the last days difficult times will come. ... evil men and impostors will proceed from bad to worse, deceiving and being deceived. You, however, continue in the things you have learned and become convinced of, knowing from whom you have learned them, and that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus. All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work" 2 Timothy 3: 1, 13-17, NAU.

**Y**ou probably don't notice your own breathing until it becomes difficult. Whether we're battling a winter cold, working in a stuffy environment, or just exercising for the first time in a long time, we often take our breath for granted—until something is wrong. Then we make statements like "Let me catch my breath," "I could use a breath of fresh air," or, "There's no air moving in this room," acknowledging either a problem with the atmosphere, a problem with our own bodies, or even both.

Paul's description of the last days in 2 Timothy 3 portrays an evil atmosphere where deception, narcissism, hedonism, and wickedness pollute the culture

like automobile emissions and factory smokestacks. He painted a vivid picture that's all too real for us in this postmodern world—we need only watch the news to feel the air thick with the foul contaminants of a sinful world.

If that weren't enough, we're often aware of our own congestion, the sins that choke out our spiritual vitality, the diseases that keep us from breathing in new life. Or, we do battle in our own strength, exercise our own efforts until we're nearly exhausted, doubled-over, trying to find peace in our own lives. We can't even catch our breath.

How fitting, then, is his description of the life-giving power of the Scriptures. In contrast to the contaminated, polluted exhaust of evil, the Scriptures are "God-breathed," evoking images of humanity's beginnings in paradise. Much like God breathing into Adam the breath of life in Genesis 2, the Word of God is His breath, filling our lungs with His truth and goodness, swelling our chest with the fresh air of the Holy Spirit. It blows away blockages, it clears up congestion, it drives away the smog of sin, and brings new life wherever it moves.

In this noxious, depraved world, we can still be inspired by the breath of God—His Spirit, His Scriptures, His Word. May you ever breathe deeply.