

# "EAT YOUR VEGETABLES"

TWCC Teaching Handout — Wednesday, October 24<sup>th</sup>, 2018



- **2 Timothy 3:16-17 (NKJV)** – *"<sup>16</sup> All Scripture is given by inspiration of God, and is profitable for **doctrine**, for **reproof**, for **correction**, for **instruction in righteousness**, <sup>17</sup> that the man of God may be complete, thoroughly equipped for every good work."*
- Notice that the Word of God is \_\_\_\_\_. It is packaged for our \_\_\_\_\_ living.
- **4 AREAS OF PROFITABILITY OF THE WORD OF GOD:**
  - (1) **Doctrine** = The \_\_\_\_\_ and \_\_\_\_\_ in the Order of God; God's plan, process and principles of doing things.
  - (2) **Reproof** = is the pinpointing and dismantling of \_\_\_\_\_.
  - (3) **Correction** = the exposure to \_\_\_\_\_; (e.g. when you are doing things wrong or going the wrong way, then you get exposed to truth either by communication (you never heard it), clarity (you didn't understand it) or conviction (you haven't heeded it) when it is revealing to your heart and mind).
  - (4) **Instruction in Righteousness** = the systematic \_\_\_\_\_ of truth so the life can be change; clear, direct instructions by the Holy Spirit through the revealed Word of God.
- "Cabbage, Celery, Cauliflower, Carrots & Cucumbers" – Coaching Corrections from The Word of God (Our Life Manual): **Read Ephesians 4:21 – 32** : 1<sup>st</sup> – We see that there are \_\_\_\_\_ we have to "put off" and \_\_\_\_\_ we have to "put on"; it's \_\_\_\_\_ with the OLD and \_\_\_\_\_ with the NEW. 2<sup>nd</sup> – **WHERE ARE WE GOING?** Two vital characteristic our new selves have: (1) \_\_\_\_\_ and (2) \_\_\_\_\_. Righteousness is letting God work \_\_\_\_\_ your heart. Righteousness only comes from God. (**Read Philippians 3:9**). Righteousness is not about us knowing how to do it \_\_\_\_\_, it is about us knowing God. We experience righteousness through our \_\_\_\_\_. This is key to our faith growing and developing in our God-given authority and right to command. You can't change your life without changing your heart. WHY? Your heart is the key to your head and your habits. Holiness is letting God take the change that has happened on the \_\_\_\_\_ become change on the \_\_\_\_\_. Holiness isn't a set of standards. Instead, holiness is allowing your HEART to impact your life. When we have righteousness working on the inside of us, it will show up as holiness working on the outside.
- "**Ten Life Lessons from Ephesians Chapter 4:**" (1) Tell the \_\_\_\_\_. (2) Stop being \_\_\_\_\_. (3) Don't give up \_\_\_\_\_ to the devil. (4) Work \_\_\_\_\_. (5) Be \_\_\_\_\_. (6) Watch and eliminate the \_\_\_\_\_ talk. (7) Listen and pay attention to the \_\_\_\_\_. (8) Don't grow \_\_\_\_\_. (9) Work at being \_\_\_\_\_. (10) \_\_\_\_\_.



# “EAT YOUR VEGETABLES”...(CONTINUED)

- “Beans, Broccoli, Beets & Brussel Sprouts” - KEYS TO **GOING LONG** AND **GROWING STRONG** IN FAITH, IN FOCUS AND IN FAITHFULNESS: **Read 1 Timothy 4:6 - 16**
- **WHY IS THIS IMPORTANT?** (1<sup>st</sup>) Faith is needed to \_\_\_\_\_ the devil (**1 Peter 5:9**) and \_\_\_\_\_ the fiery darts [flaming missiles] of the devil (**Ephesians 6:16**). When our FAITH grows Satan’s dominion over us wanes; circumstances become less formidable and fear is destroyed. (2<sup>nd</sup>) Focus is needed to stay single-\_\_\_\_\_. Satan can break our focus when we \_\_\_\_\_, doubt and fear. We then become double-minded and unstable in all our ways (**James 1:8**). Instability enables the enemy cause us to *fall, falter* and *fail*. (3<sup>rd</sup>) Faithfulness is needed to keep the foundation of our faith and the fix of our focus steady, solid and sure. Faithfulness keeps the devil from cunning counterattacks that *deceive, discourage* or *destroy* our faith and our focus.
- Staying on track in \_\_\_\_\_ and in \_\_\_\_\_ is not easy! There are four (4) things that always come at you in \_\_\_\_\_ and in responsibilities of \_\_\_\_\_:
  - (#1) **PEOPLE** who try to \_\_\_\_\_ you: “They tell what you \_\_\_\_\_ be doing”.
  - (#2) **PROBLEMS** that try to \_\_\_\_\_ you: “You \_\_\_\_\_ do this.”
  - (#3) **PRESSURES** that \_\_\_\_\_ you: “You don’t have \_\_\_\_\_ do this.”
  - (#4) **PLANS** that \_\_\_\_\_ you: “You’re not sure it will \_\_\_\_\_ if you do this.”
- **Vs 12** conveys to us that we are to be \_\_\_\_\_. It is easier to \_\_\_\_\_ it than \_\_\_\_\_ it. We have to live beyond \_\_\_\_\_ imposed boundaries. Our lives are to become a \_\_\_\_\_ so that our \_\_\_\_\_ becomes greater than any obstacle.
- **1<sup>st</sup> KEY = BE AN EXAMPLE – (5 Specific Areas of Example):** (1<sup>st</sup>) The \_\_\_\_\_ we speak. An example in our communication pattern. Become cognizant of the WORDS you say. The key is to stay on \_\_\_\_\_. In other words, you don’t get side-tracked; you are consistent; learn to communicate the things you need to talk about and to avoid things you don’t need to talk about; you don’t get chased around in your WORDS. (2<sup>nd</sup>) Be an example in \_\_\_\_\_. Our actions need to express our values. When someone looks at you, your lifestyle makes a “value statement” about you. **YOUR COMMUNICATION GOES FAR, BUT YOUR CONDUCT GOES FARTHER.** (3<sup>rd</sup>) Be an example in \_\_\_\_\_. Remember the four major aspects of love in (**1 Corinthians 13**)? The \_\_\_\_\_, the \_\_\_\_\_, the \_\_\_\_\_ and the \_\_\_\_\_ of LOVE. Do you add to or take from the atmosphere of LOVE when you around others? How are your attitudes towards others? Caring? Compassionate? Or Insincere or irreverent? Your attitude is your choice. (4<sup>th</sup>) Be an example in \_\_\_\_\_. This is beliefs you hold. Faith is your beliefs in \_\_\_\_\_. Do you (5<sup>th</sup>) Be an example in \_\_\_\_\_. PURITY is your personal integrity. Integrity on the inside becomes PURITY on the outside. A part of overcoming is avoiding” – staying consecrated to “avoid” “the attendance to” and “the appearance of” evil. Evil is anything that takes you away from your God-intended purpose. Our biggest problem isn’t anyone else, it is \_\_\_\_\_. *“If we kicked in the seat of the pants the person who gave us the most trouble, we would never sit down.”* (**1 Timothy 4:12**)
- **2<sup>nd</sup> KEY = HAVE A STRONG DEVOTIONAL HABIT** – This means two things (1) \_\_\_\_\_ and (2) \_\_\_\_\_. It is the DEDICATION of your heart and the DISCIPLINE of your flesh as you read and feed on the WORD OF GOD. In the dedication of your heart you learn what you’re supposed to \_\_\_\_\_; the discipline of your flesh you learn what you’re supposed to \_\_\_\_\_ to. FOCUS is the ability to see what \_\_\_\_\_ to be done, and what \_\_\_\_\_ done and what \_\_\_\_\_ be done is prioritized properly or left undone. We learn the \_\_\_\_\_ of FOCUS with this key. (**1 Timothy 4:13**). **If you learn to FOCUS then you can learn to be \_\_\_\_\_.** **FAITHFULNESS is not doing everything but doing God’s thing.** **Reading** – God’s Word; spend quality time in the Word of God daily. **Exhortation** – Surround ourselves with people who encourage us. **Doctrine** – hang around people who help us expound the principles and practices of God’s Word. You need a private time, group/congregation time, and learning / study time.
- **3<sup>rd</sup> KEY = WORK ON AND WORK OUT YOUR SPIRITUAL GIFTEDNESS** – (**1 Timothy 4:14**) – (1) Don’t neglect or ignore it (2) Stir it up! (**2 Timothy 1:6**)

