



# LIFE IN THE WORD SERIES:

**The Balance of Grace and Truth**

**John 1:14, And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.**

# **Scripture Lesson:**

## **Titus 2:11-13**

**Titus 2:11-13, For the grace of God has appeared, bringing salvation to all people. It trains us to reject godless ways and worldly desires and to live self-controlled, upright, and godly lives in the present age, as we wait for the happy fulfilment of our hope in the glorious appearing of our great God and Saviour, Jesus Christ.**

**Lesson Five:**  
**Grace that Trains (Part 2)**

# **Two Ways God's Grace Trains Us To Reject Sin:**

- **By rejecting ungodliness.**
- **By rejecting worldly desires.**

**“Remember, it is your faith in God, not your good deeds, that will lead you to righteousness.”**



**Proverbs 4:18, The path of the righteous is like the morning sun, shining ever brighter till the full light of day.**





# **Three Ways God's Grace Trains Us to Live Righteously:**



**1. God's Grace Trains Us to be Self-Controlled.**



**SELF-CONTROL is defined as “the virtue of one who master’s his desires and passions, restraint exercised over one’s own impulses, emotions, or desires.”**





**1 Timothy 4:7, "Train yourself for godliness"**

**1 Corinthians 9:27, Instead, I subdue my body and make it my slave, so that after preaching to others I myself will not be disqualified.**

# **7 Self-Control Rules:**

- When you're alone, control your Thoughts.**
- When you're with a friend, control your Tongue.**
- When you're in public, control your Behavior.**
- When you're angry, control your Temper.**
- When you're struggling, control your Emotions.**
- When you're provoked, control your Reactions.**
- When you're successful, control your Ego.**

## **2. God's Grace Trains Us to be Upright.**

**“If you stand straight, do not fear a crooked shadow.”**

**Chinese Proverb**

**For God did not call us to uncleanness, but in holiness.**

**1 Thessalonians 4:7**

**"Mark the perfect man, and behold the upright, for the  
end of that man is peace."**

**Psalm 37:37**

**For as he thinks in his heart, so is he.**

**Proverbs 23:7**

**To walk UPRIGHT in the Lord is to: follow His commands, have fear and reverence in Him and avoid evil and temptation.**

**Philippians 2:15, So that you may prove yourselves to be blameless and guileless, innocent and uncontaminated, children of God without blemish in the midst of a [morally] crooked and [spiritually] perverted generation, among whom you are seen as bright lights [beacons shining out clearly] in the world [of darkness]**

**Psalm 84:11, For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly.**



**“Nobody stands taller than those willing to stand corrected.”**



**Proverbs 11:3, The integrity of the upright will guide them, but the perversity of the unfaithful will destroy them.**





### **3. God's Grace Trains Us to Live Godly Lives.**



**Reference Scripture:**  
**2 Peter 1:3-4**

**2 Peter 1:3-4, His divine power (Grace) has given us everything we need for a godly life through our knowledge of Him who called us by his own glory and goodness. Through these, he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.**

# **7 Areas of Your Life That Make Up A Godly Lifestyle:**

- **What Are You READING?**
- **Are You TALKING to God?**
- **What Are You FOCUSING On?**
- **Who Are Your COMPANIONS?**
- **How Do You Spend Your TIME?**
- **Where Are Your THOUGHTS Headed?**
- **7. What Are You SAYING?**

# **A Three-fold Godly Focus:**

- **Self-control—relationship with OURSELVES.**
- **Righteousness—our relationship with OTHERS.**
- **Godliness—our relationship with GOD.**

# **Closing Thoughts:**

**Happy moments – Praise God**

**Difficult moments – Seek God**

**Quiet moments – Worship God**

**Painful moments – Trust God**

**Every moment – Thank God**

# Follow-Up Chat Questions:

- The lives of those who follow Jesus should be getting brighter and brighter. Explain.
- God's grace trains us to be self-controlled. How so?
- What does it mean to live upright?
- God has given us everything we need to live godly. Explain.
- List the seven areas of your life that make up a godly lifestyle. Explain.
- What is meant by a three-fold godly focus?
- Identify an area in your live where God's grace has left a lasting imprint.