

Training in Righteousness

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2 Timothy 3v16 – “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in Righteousness.”

What is righteousness?

Righteousness is being right with God thanks to faith in Jesus' redemptive work in our lives.

2 Corinthians 5v21 – “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

What is righteousness?

We show our faith by expressing it and showing it in what we do and how we live our lives.

Habbakak 2v4 – “The righteous live by their faith.”

Training in Righteousness

- What does it mean to train in righteousness?
- How can we apply to ourselves?

What is training?

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Greek = Paideia

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Paideia to the ancient Greeks was their system of education and training, much like our schools / universities today.

What is training?

The root words for “Paideia” refer to repeated physical discipline.

According to Greek Lexicans “Paideia” could also refer to the disciplining of the mind. i.e. Self discipline.

The Greeks valued disclipined minds and bodies just as much as they valued knowledge and philosophy.

Training in Righteousness

A disciplined body and mind which seeks to continuously learn faith and obedience to God.

How do we train ourselves?

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Assess our talents.

- Natural abilities
- Surroundings and environment
- Skill level

How do we train ourselves?

Assess our talents.

Romans 12v6 – “We have different gifts, according to the grace given to each of us.”

How do we train ourselves?

Mental Toughness

- Desire / Motivation / Determination
- Set goals
- Confidence

How do we train ourselves?

Trust God to help you to develop those talents.

Jeremiah 17v7 – “Blessed is the one who trusts in the Lord, whose confidence is in Him.”

How do we train ourselves?

Physical toughness

- Practise
- No pain / no gain
- Conditioning / Fitness

How do we train ourselves?

Prepare your body for the fight ahead.

1 Corinthians 9v24 – “Run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadow boxing. I discipline my body like an athlete, training it to do what it should.” (NLT)

How do we train ourselves?

Accept God's discipline as part of the training regime.

Hebrews 12v4-12

- The Lord disciplines the one He loves
- Endure hardship as discipline
- God disciplines us for our good
- No discipline (training) seems pleasant at the time, but painful. Later on however, it produces a harvest of righteousness and peace for those who have been trained by it.