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Doctrinal Studies Bible Church
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Series: Book of 3rd John

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The Book of 3rd John (04) **(A Spiritually Healthy Soul)**

Last week, we studied some signs of a spiritually sick soul from (Ps.41:9). [See Study](#) Today, we will study how to develop and maintain a spiritual healthy soul from 3 John 2.

(3 John 2) “Beloved, I pray that in all respects you may prosper (euodoo / p.p.infin) **and (kai)** be in **good health** (hugiaino / p.a.infin), **just as** (kathos / comparative adverb) your soul (he psuche) prospers (euodoo / p.p.ind.3ps).”

<p>This lesson will study <u>five important aspects</u> of developing a spiritual healthy soul.</p>
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1. Like John, Paul also used the Greek word hugiaino to describe how inhaling and exhaling healthy doctrines develop a healthy soul (2 Tim.3:16-17).

(Titus 2:1) “**But** (de) [contrast] (2 Tim.1:16, 10-11) as for **you (Titus)**, **speak (laleo) [communicate] (p.a.impv.2ps) [command]** the things which are **fitting** (prepo / p.a.ind.3ps) [distinguished by a thing] for **sound** (te hugiaino / p.a.ptc.lsf) [healthy] **doctrine** (didaskalia).”

- Note that Paul commanded Titus to teach healthy bible doctrine because it is fitting for spiritual growth and NOT to deviate from or compromise the congregation’s spiritual healthy doctrinal growth.
- Note that Paul put the definite article with sound **healthy** (te hugiaino) doctrine to make his point.
- Note that Paul went on to instruct Titus that healthy doctrines are fitting (prepo) [befitting] for every age and gender and socio-economical groups in the church (Titus 2:2-10).

2. Spiritual healthy doctrine causes the soul to grow towards spiritual maturity in Christ.

(2 Pet.3:18) “**But grow (auxano/ p.a.impv.2pl) in the grace and knowledge of our Lord and Savior Jesus Christ.** To Him be the glory, both now and to the day of eternity. Amen.”

(Eph.4:13) “**Until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.**”

(1 Tim.4:6) “**In pointing out these things to the brethren, you will be a good servant of Christ Jesus, constantly nourished (entrepho) [to nurture or train-up] on the word of faith and of the sound (tes kalos) doctrine which you have been following.**” (2 Tim.3:16-17)

Formula: Healthy bible doctrine leads to healthy faith that leads to healthy soul that leads to a healthy Christian Walk (CWL) (Titus 2:2) Healthy in faith, in love, and in endurance).

3. **There are two categories of spiritually healthy doctrines essential to two different categories of spiritual growths.**

- **Milk doctrines for baby believers:**

- (1 Pet.2:2) “Like newborn babies, long for the pure milk of the word, **so that** by it you may grow in respect to salvation.”
- “For everyone who **partakes only of milk** is not accustomed (apeiros) [without experience; unskilled] to the word of righteousness, for he is an infant.” (Heb.5:13)

- **Solid (meat) doctrines for adult believers:**

- (Heb.5:14) “But **solid food is for the mature**, who because of practice have their senses (aistheterion) [faculty of perception of spiritual doctrines] trained (gumnazo) [to train the body and mind] to discern (diakrino) [to separate] good and evil.” (Eph.4:13)

4. **Daily inhale and exhale of spiritually healthy bible doctrine builds up a healthy soul and develops spiritual growth in the Church Age Believer’s (CAB) Life. (2 Tim.3:16-17; Acts 20:32).**

How would you know? Because:

Old Man Cosmos Diabolicus (OMCD) or patterns of thinking and behavior are being challenged and changed by the truth of the word of God into New Man Divine Viewpoint (NMDV) thinking and behavior (Eph.4:22-24; Rom.12:2; John 8:31-32).

(Eph.4:14-16) “As a result, we are **no longer to be children**, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming, but speaking the truth in love, **we are to grow up in all aspects into Him who is the head, even Christ.**”

(2 Tim.1:13) “Retain the standard of sound (healthy) words which you have heard from me, in the faith and love which are in Christ Jesus.”

5. **Inhale and exhale of false or unhealthy doctrine tears down the spiritual healthy soul and cause it to become sick.**

(Heb.5:11-12) “Concerning him we have much to say, **and it is hard to explain**, since you have become dull of hearing. For though by this time you ought to be teachers, **you have need again for someone to teach you the elementary principles of the oracles of God**, and **you have come to need milk and not solid food.**”

(2 Tim.2:14) “Remind them of these things, and solemnly charge them in the presence of God not to wrangle about words, **which is useless and leads to the ruin** (katastrophe) [catastrophe; overthrow; tearing down] **of the hearers.**” (Titus 1:9-14; Rom.10:17)

(1 Tim.6:3) “If anyone advocates a different doctrine and does not agree **with** sound (HEALTHY) words, those of our Lord Jesus Christ, **and with the doctrine conforming to godliness.**”

(2 Tim.4:2-4) “Preach the word; be ready in season and out of season; reprove, rebuke, exhort, with great patience and in instruction. **For the time will come when they will not endure sound (HEALTHY) doctrine**; but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires, and will **turn away their ears from the truth** and will turn aside to myths.” (Titus 2:1)