

THE HEALTHY FAMILY

Titus 2:1-10

April 26, 2026

This discussion guide is designed for Saylorville Church Community Groups as they live and learn together each week. The sermons and guides can be found at www.saylorvillechurch.com/sermons.

CONNECT WITH YOUR GROUP (10-15 MINUTES)

- When you hear the phrase “healthy church family,” what comes to mind? Have you experienced an “unhealthy church family?” Talk about the difference.
- The Apostle Paul writes to Titus about four categories of people in the church. Older men, older women, younger women, and younger men. Which one feels most relevant to your current season of life? Why?

APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** your Sermon Notes together. What is **one thing** that sticks out to you about what you learned?
- **Read** this week’s passage together. In his message, Pastor Pat reminded us that the church is meant to function as a healthy family.

The Divine Doctor’s Prescription for a Healthy Church Family:

1. A word towards *healthy* older men (Titus 2:1-2)

- Why might a church underestimate the value of older believers?
- Name one older man in your life who is spiritually healthy. What is it about that man that you respect?
- The passage says that older men are to be: sober-minded; dignified; self-controlled; and steadfast. If you are an older man in your group, which of these do you tend to struggle with?

2. A word toward *healthy* older women (Titus 2:3-4a)

- Paul says healthy older women are “reverent” (admired because of their beauty) in their actions. Who are some women that you admire because of their spiritual beauty?
- If you are an older woman in your group, do you have younger women that you are intentionally helping become more like Jesus? Who are those women?

3. A word toward *healthy* younger women (Titus 2:4-5)

- What does this passage show about the importance of having people of different generations in your life? Do you actually have people in your life who are at different stages of life than you are?
- If you’re a younger woman, what are some ways that older women have helped you grow?
- Ladies, culture defines you by what you do (your position, profile, or power). How does Scripture define you? Which perspective will you believe this week?

4. A word toward *healthy* younger men (Titus 2:6)

- Why do you think Paul began his encouragement to young men by mentioning “self-control?”
- In this passage, we’re reminded several times that others are watching the way we live. If someone were to follow you around all week, what would they assume is important to you? Is that true?

Receive and Respond: What will I do because of what I just heard?

PRAY TOGETHER (5-15 MINUTES)

- As a group, pray that you will be, and help others be, healthy members of the family of God!

