

# SOUND DOCTRINE & THE SINGLE ADULT



Spring Conference 2026

# SOUND DOCTRINE AND THE SINGLE ADULT

**Session 1:** The Practical Reasons We Need Sound Doctrine

**Session 2:** The Biblical Models to Learn Sound Doctrine

**Session 3:** The Key Commitments to Grow in Sound Doctrine



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“For at no time, perhaps, since the Reformation have Protestant Christians as a body been so unsure, tentative, and confused as to what they should believe and do.”

J. I. PACKER, GOD HAS SPOKEN



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“This I say for your own benefit; not to put a restraint upon you, but to promote what is appropriate and to secure undistracted devotion to the Lord.”

1 COR. 7:35



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

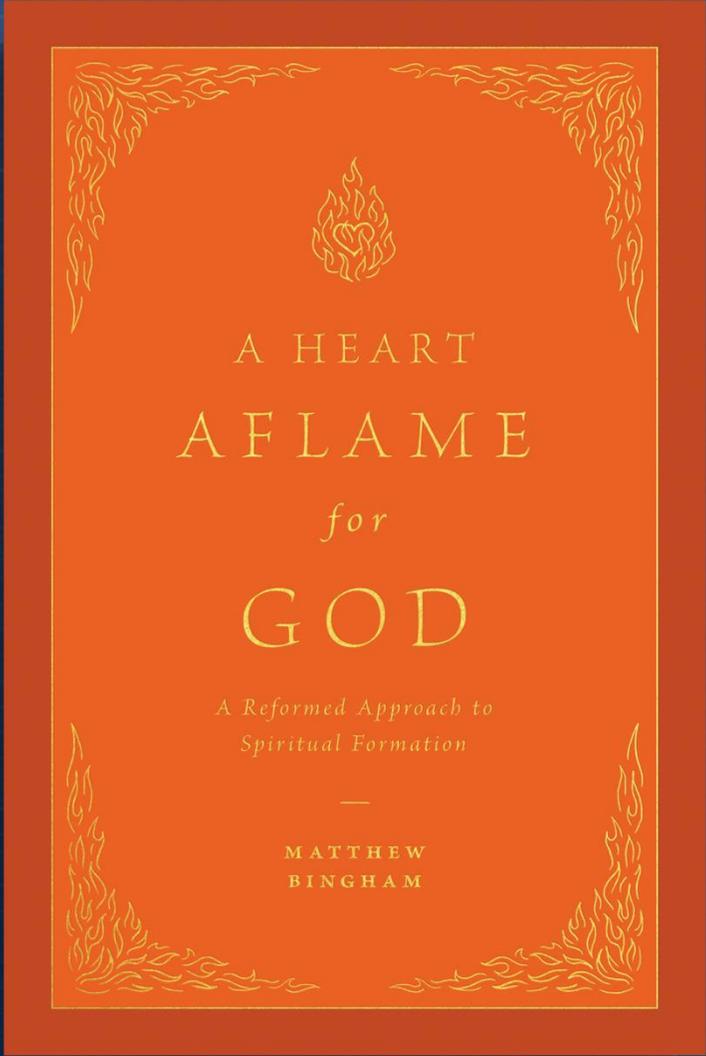
## 1. Be committed to daily time in God's Word

### A. The Process

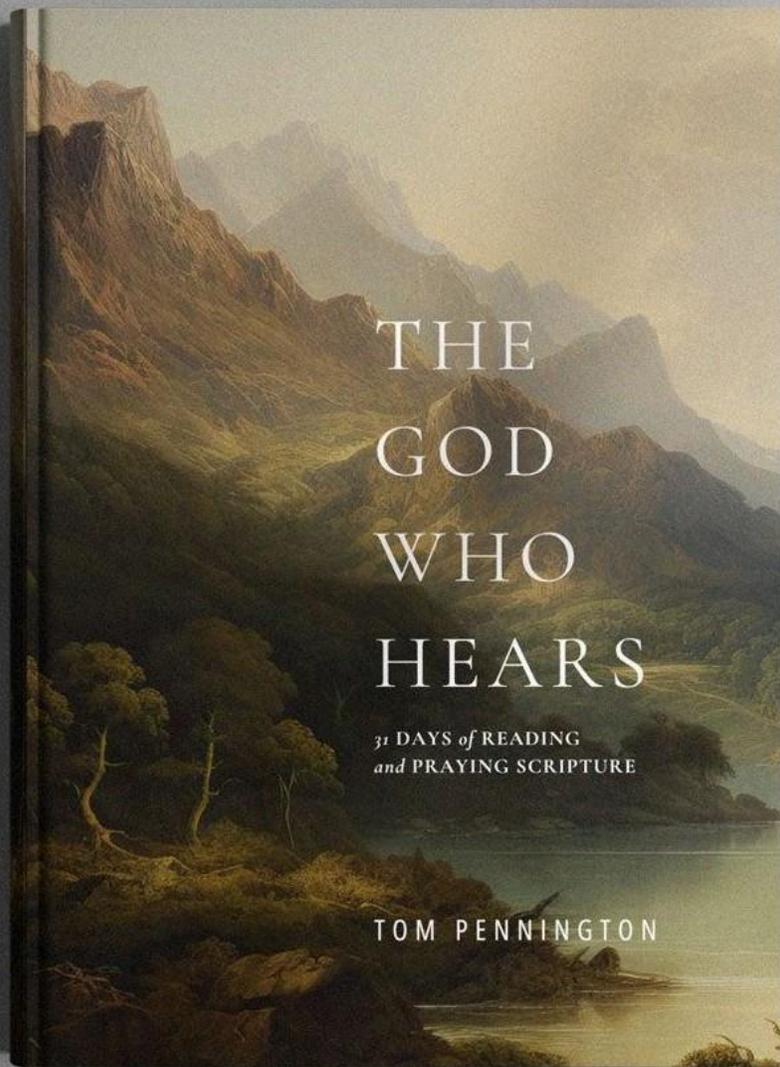
- i. Read Scripture
- ii. Meditate on Scripture
- iii. Pray Scripture



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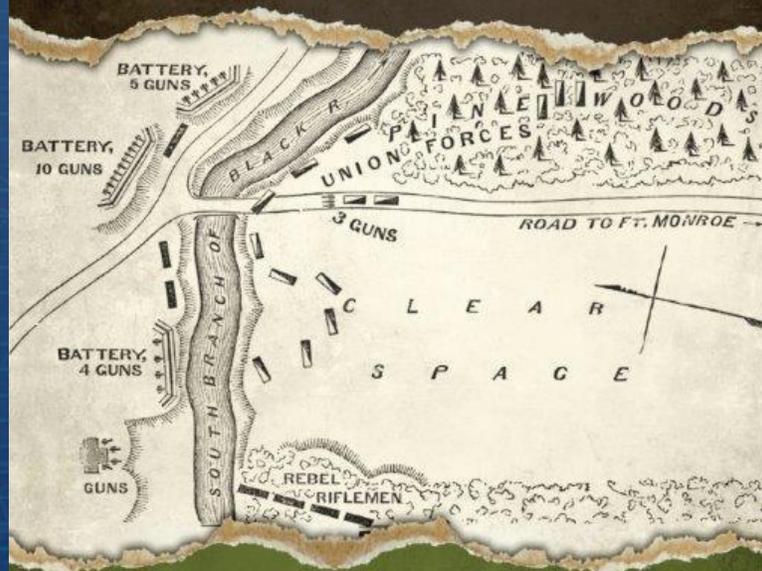


THE  
GOD  
WHO  
HEARS

31 DAYS of READING  
and PRAYING SCRIPTURE

TOM PENNINGTON

# GOD'S BATTLE PLAN FOR THE MIND



*The Puritan Practice of Biblical Meditation*

DAVID W. SAXTON



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

## 1. Be committed to daily time in God's Word

A. The Process

B. The Preparation

A. Make a plan

B. Designate a place

C. Remove obstacles



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

## 1. Be committed to daily time in God's Word

A. The Process

B. The Preparation

C. The Resources

i. Bible

ii. Study Helps

iii. Additional Resources



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

1. Be committed to daily time in God's Word
2. Be committed to a local church to regularly experience the means of grace (*media gratiae*)



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“What are the outward and ordinary means whereby Christ communicates to us the benefits of redemption?”

The outward and ordinary means whereby Christ communicates to us the benefits of redemption are, his ordinances, especially the Word, sacraments, and prayer; all which are made effectual to the elect for salvation.”

WESTMINSTER SHORTER CATECHISM, Q80



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

1. Be committed to daily time in God's Word
2. Be committed to a local church to regularly experience the means of grace (*media gratiae*)
  - A. The Word preached, sung, prayed, read, given, eaten (ordinances/sacraments)



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# THE WATER AND THE BLOOD

HOW THE SACRAMENTS SHAPE  
CHRISTIAN IDENTITY

KEVIN P. EMMERT



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

1. Be committed to daily time in God's Word
2. Be committed to a local church to regularly experience the means of grace (*media gratiae*)
3. Be committed to a [not every] small group during the week to participate the means of grace and the one another's
4. Be committed to reading and understanding the early church creeds



# KEY EARLY CHURCH CREEDS

## 1. Nicene in 325

- Distinguishing the identity of Christ – Fully God

## 2. Nicene-Constantinople in 381

- Modified Nicene Creed, including the identity of Holy Spirit

## 3. Ephesus in 431

- Focused on the person of Christ, particularly that He has two natures: fully God and fully man.

## 4. Chalcedon in 451

- The outworking of the relationship between the deity and humanity of Christ



“Those great doctrines which are believed by the framers [of the creeds and confessions] to be taught in the Holy Scriptures; and which are drawn out in regular order, for the purpose of ascertaining how far those who wish to unite in church fellowship are really agreed in the fundamental principles of Christianity.”

SAMUEL MILLER



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# THE NICENE CREED

An Introduction

PHILLIP CARY

## The Nicene Creed

We believe in one God,  
Almighty, maker of heaven  
and earth, visible and invisible,  
Jesus Christ, the only-begotten  
Son, who was begotten of the  
Father, Light from Light, True  
God from True God, not made,  
but of one substance with the  
Father, through whom  
all things came to be.  
Who for us humans became  
flesh, came down from heaven,  
and was incarnate by the Holy  
Spirit and the Virgin Mary,  
and was made man, and was  
seen and touched, and lived  
under Pontius Pilate, crucified,  
and buried, and rose again  
the third day, and ascended  
heaven, and sits at the right  
hand of the Father, and shall  
come again to judge the  
living and the dead, of whose  
kingdom there shall be no  
end. In the Holy Spirit, the  
Lord, the Giver of Life, who  
proceeds from the Father,  
who with the Father and  
the Son together worshiped  
and glorified, who spoke  
through the prophets. We  
await the forgiveness of our  
sins, and we look for the  
glorious appearing of the  
Son of Man, who will  
change our lowly body to  
share in his glory.



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KEVIN DEYOUNG

# The Nicene Creed



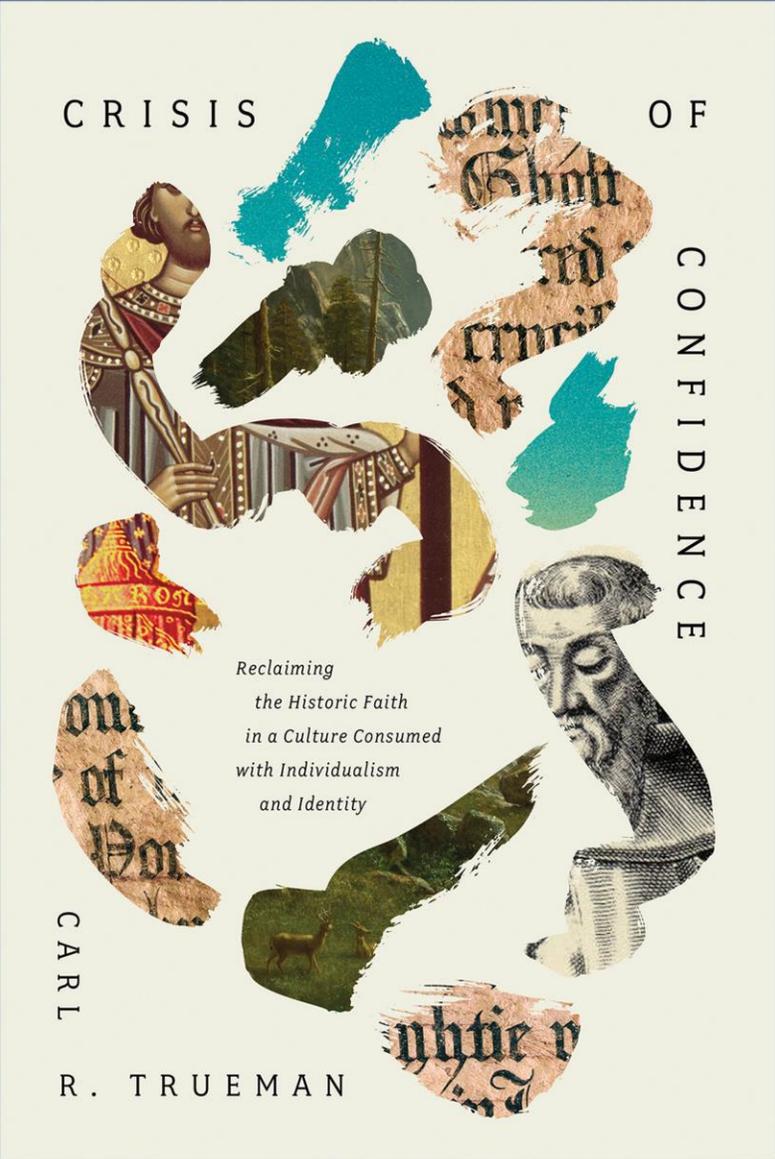
*What You Need to Know about  
the Most Important Creed Ever Written*

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FOUNDATIONAL  
TOOLS FOR  
OUR FAITH



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“This is one of the reasons why theology cannot simply be done by reading the Bible: the fine-tuning of concepts and vocabulary is a cumulative and traditional exercise.”

CARL TRUJEMAN



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

5. Be committed to reading and understand the Reformation catechisms and confessions

## A. Catechisms

- i. Children's, Shorter, Larger (Westminster Standards)
- ii. Heidelberg (Three Forms of Unity)

## B. Confessions

- i. Westminster Confession of Faith
- ii. London Baptist Confession of Faith



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# THE WESTMINSTER SHORTER CATECHISM

*With Scripture Proofs*

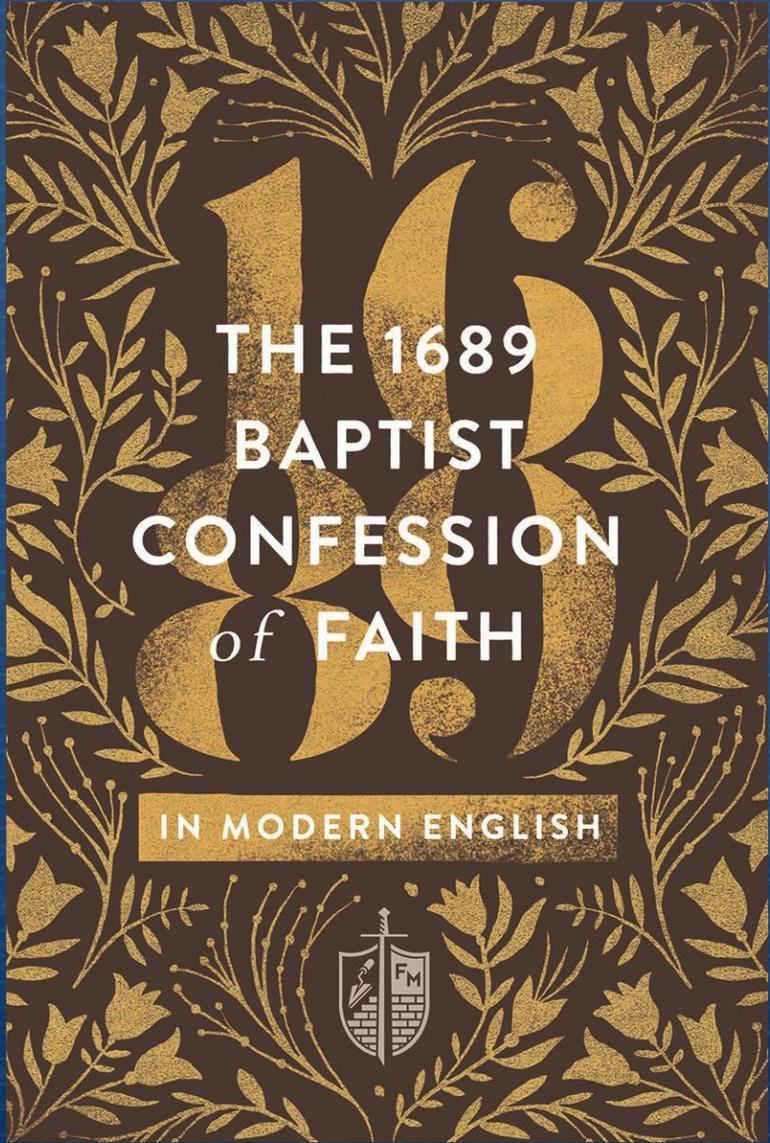


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# THE WESTMINSTER LARGER CATECHISM



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

5. Be committed to reading and understand the Reformation catechisms and confessions
6. Be committed to reading and understanding a variety of systematic theologies



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PREACHING &  
PREACHERS

*The*  
**PASTOR**  
*and*  
**SYSTEMATIC**  
**THEOLOGY**

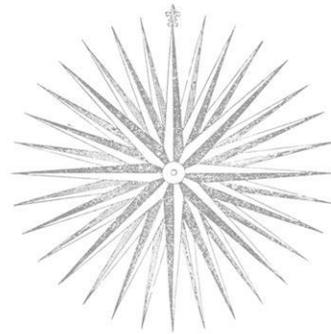
*The Role of Systematic Theology  
in Expository Preaching*

**TOM PENNINGTON**

*Foreword by Ian Hamilton*

A HANDBOOK ON  
BIBLICAL TRUTH

ESSENTIAL  
CHRISTIAN  
DOCTRINE



GENERAL EDITOR  
JOHN MACARTHUR



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A SYSTEMATIC SUMMARY OF  
+ BIBLE TRUTH +

BIBLICAL  

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DOCTRINE



GENERAL EDITORS

JOHN MACARTHUR  
RICHARD MAYHUE



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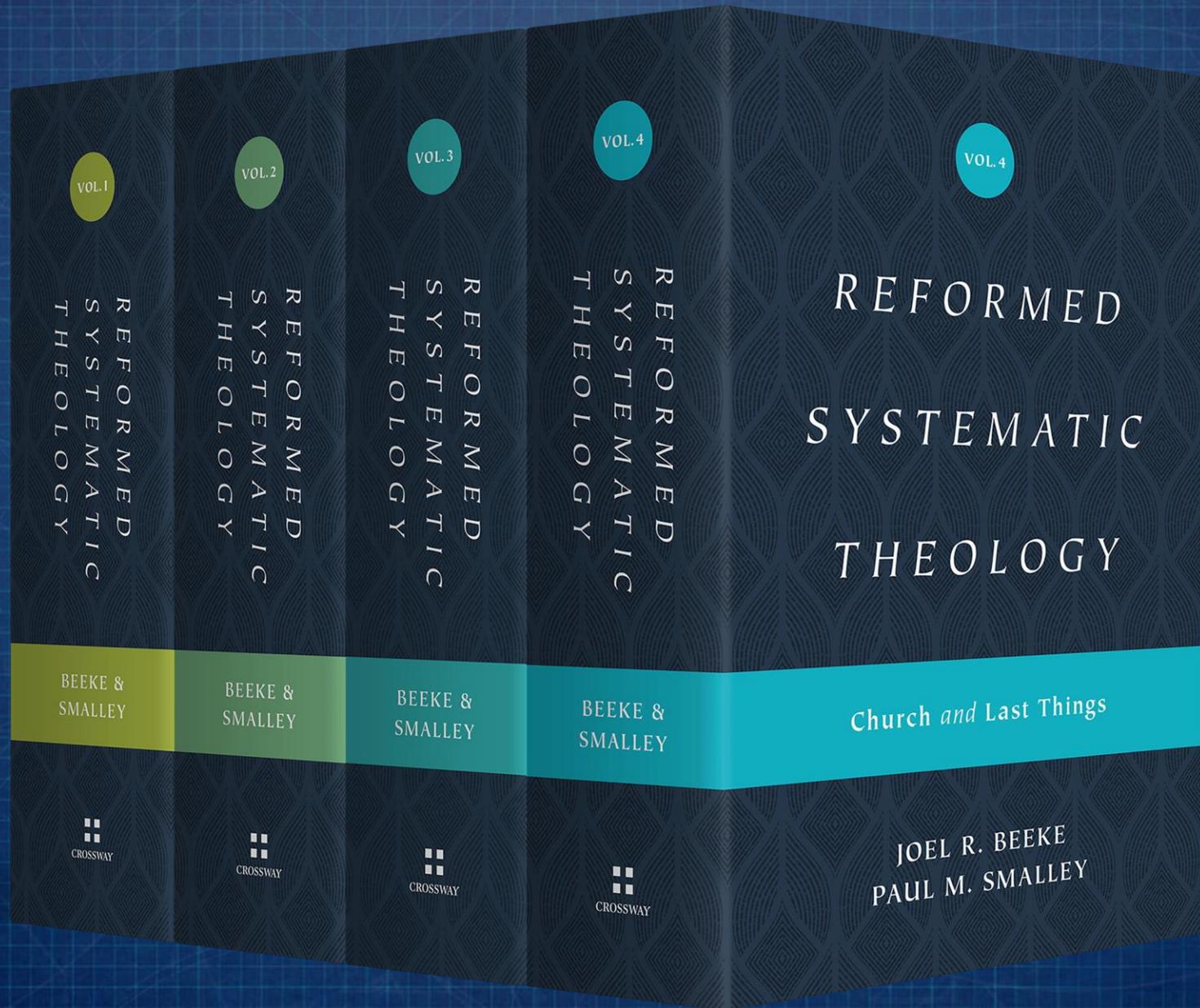
*ESSENTIALS*  
*of*  
*REFORMED*  
*SYSTEMATIC*  
*THEOLOGY*



JOEL R. BEEKE  
PAUL M. SMALLEY



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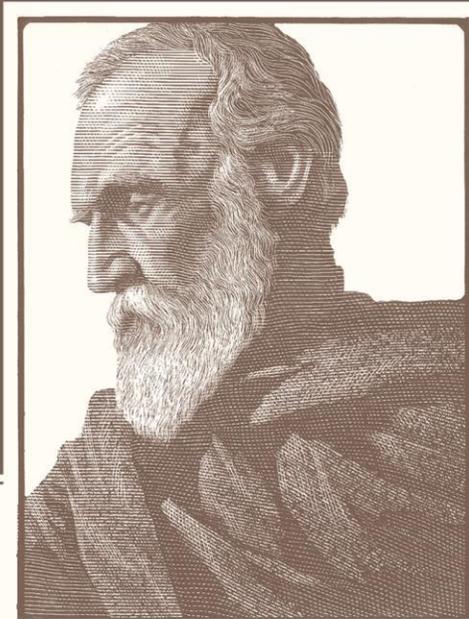
*Church and Last Things*

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GERALD BRAY



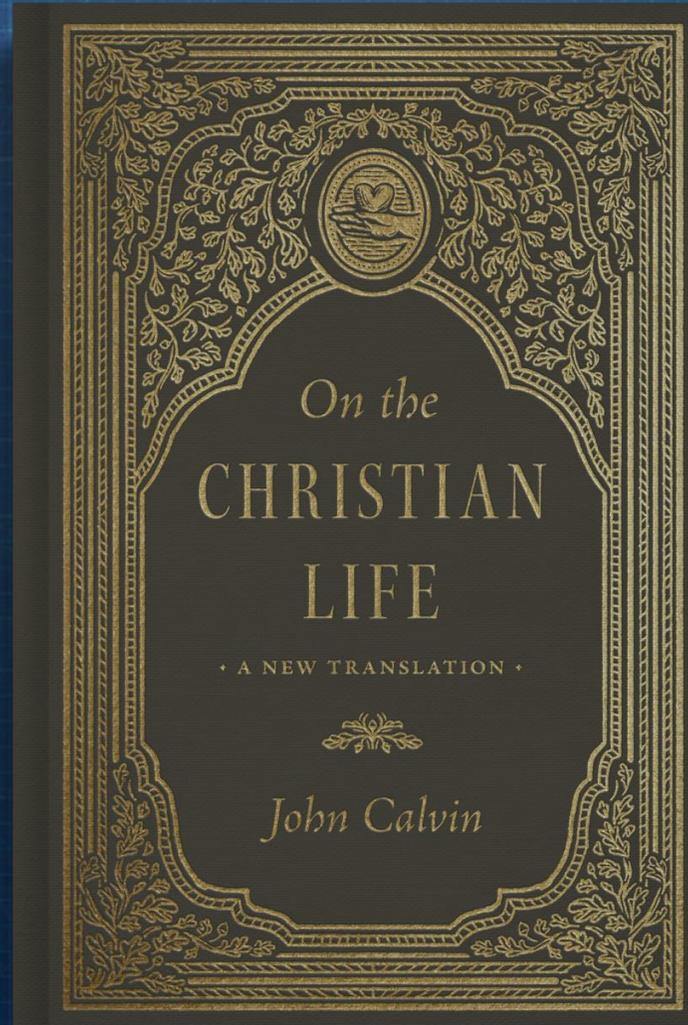
AUGUSTINE

*on the Christian Life*

TRANSFORMED BY THE POWER OF GOD



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*John Calvin*

**INSTITUTES**  
· OF THE ·  
**CHRISTIAN**  
**RELIGION**

*Translated from the  
French Edition of 1541  
by Robert White*



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*Systematic*  
**THEOLOGY**

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*Robert Letham*

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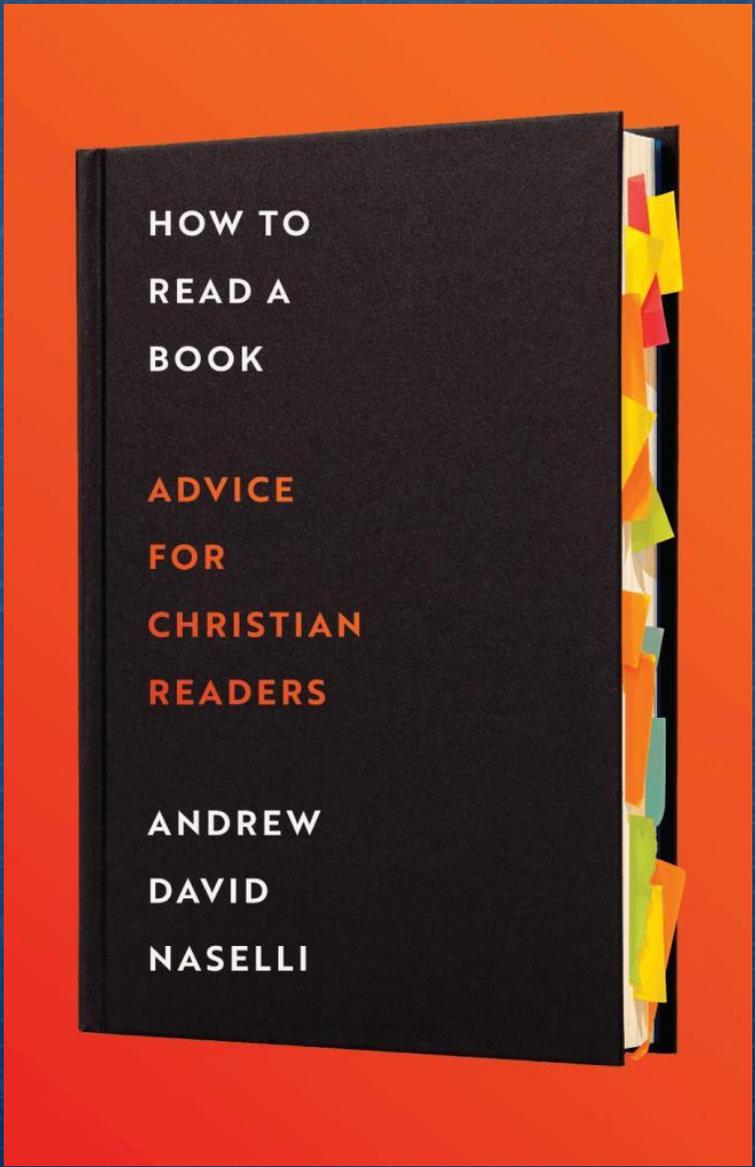


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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

5. Be committed to reading and understand the Reformation catechisms and confessions
6. Be committed to reading and understanding a variety of systematic theologies
7. Be committed to annotating your Bible and your theological works





HOW TO  
READ A  
BOOK

ADVICE  
FOR  
CHRISTIAN  
READERS

ANDREW  
DAVID  
NASELLI



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

8. Be committed to taking advantage of the time God's given you
  - A. Getting ready in the morning / settling down at night
  - B. While making meals
  - C. While in the car
  - D. When doing chores
  - E. During "down time" at the house/apartment



“God’s saving actions require interpretation and proclamation in order for later generations to have access by faith to them.... [Tradition] uses forms of sound words—sermons, hymns, and prayers, among other things—in order to pass the message from one generation to another.”

CARL TRUEMAN

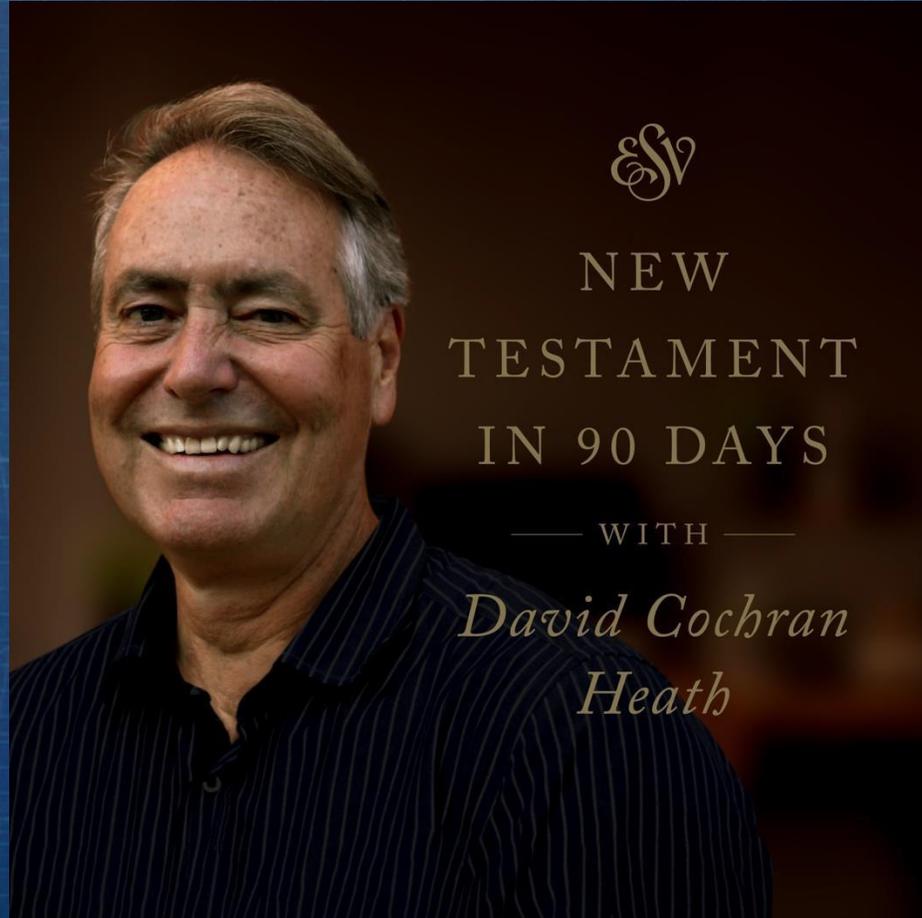


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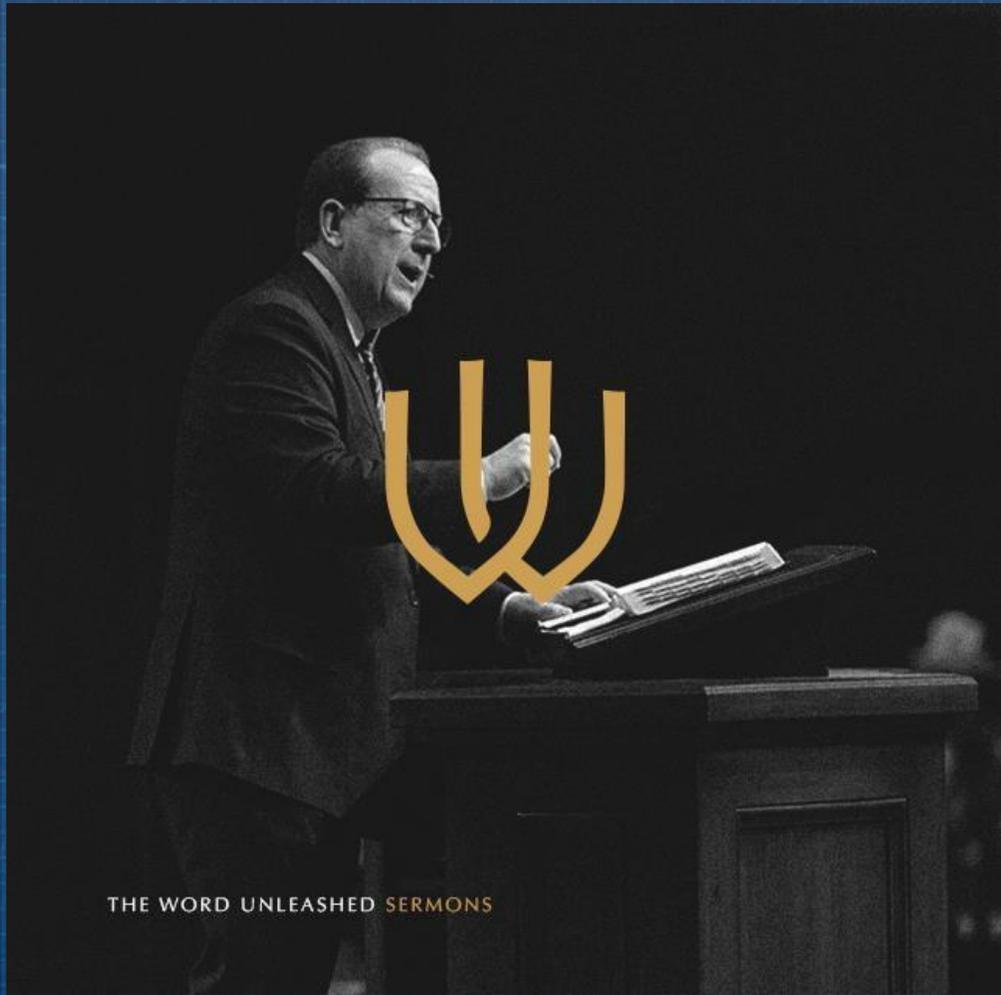
# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

8. Be committed to taking advantage of the time God's given you
9. Be committed to using your technology to interact with sound biblical/theological content.
  - A. Bible reading
  - B. Theological reading
  - C. Sermons
  - D. Lectures
  - E. Podcasts
  - F. Music





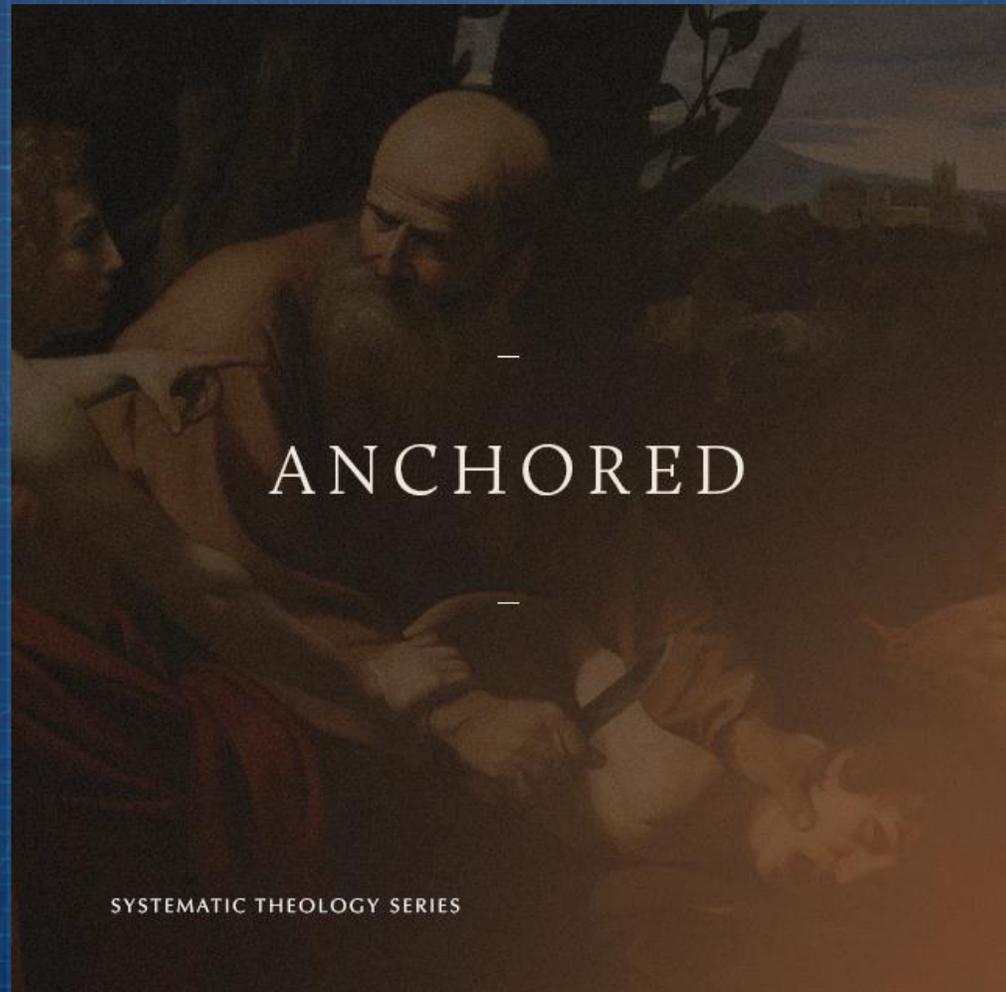
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THE WORD UNLEASHED SERMONS



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# ANCHORED

SYSTEMATIC THEOLOGY SERIES



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# THE KEY COMMITMENTS TO GROW IN SOUND DOCTRINE

8. Be committed to taking advantage of the time God's given you
9. Be committed to using your technology to interact with sound biblical/theological content.
10. Be committed to asking for help and encouragement
11. Be committed to the immediate killing of sin but also long-term spiritual growth
12. Be committed to the glory of the Triune God.



“This I say for your own benefit; not to put a restraint upon you, but to promote what is appropriate and to secure undistracted devotion to the Lord.”

1 COR. 7:35



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“Theology is for doxology and devotion—that is, the praise of God and the practice of godliness. It should therefore be presented in a way that brings awareness of the divine presence. Theology is at its healthiest when it is consciously under the eye of the God of whom it speaks, and when it is singing to his glory.”

J. I. PACKER,



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