



HOW TO EXERCISE SELF CONTROL AND SPIRITUAL DISCIPLINES: A Practical Approach

**...TRANSCRIPT OF A TEACHING ON LIVING STONES BY
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Shall we pray? Our Heavenly Father we say Thank you for today

Thank you for the Gift of Life

Thank you for your unconditional love towards us

We ascribe all Glory and Honour to You

It is our desire that you minister to each and every one of us

Let this word transform us and keep us Lord from evil

In Jesus name we pray

AMEN

I want to Thank Rev'd Temilolu Aliu - My Spiritual Father - for this privilege that he has given me to teach. I also want to appreciate the teachers who have taught at one point or the other

And for everyone else on the group chat...Thank you for your availability

Today by God's grace we would be looking at the Grand Finale of the Theme -
SPIRITUAL DISCIPLINE AND SELF-CONTROL

Let's do a quick recap of the teachings we've had on the theme Spiritual Disciplines and Self-Control

The previous teachings are

1. Introduction to Spiritual Discipline and Self-control
2. Areas of Spiritual Discipline
3. What happens when we pray (1 & 2)
4. Introduction and Benefits of Self Control
5. The Living Word
6. Areas to exercise Self-control (1)

7. Fasting
8. Areas to exercise Self-control (2)
9. Power of Meditation
10. Titus 2
11. The importance of Fellowship

Today we would quickly look at **HOW TO EXERCISE SELF CONTROL AND SPIRITUAL DISCIPLINES: A Practical Approach**

If you look carefully at the topics that have treated on this theme, you'll realize that they all point towards making the flesh weak till it has no power and giving room for the Spirit of God to thrive and make us more like Jesus

So we must understand that Spiritual Disciplines and Self-Control are to help us battle with the flesh and subduing it by the Spirit of God every time it raises its face. The important thing that we must bear in mind is that you are on the path to developing a New Habit

How are habits formed? By repeating an action till it comes naturally. And so if the flesh is to be subdued it means that we must do the opposite of what the flesh desires **repetitively** till it comes naturally

How to Exercise Self-control and Spiritual Disciplines

1. Renew your mind through the word

Romans 12:1-2

I therefore urge you, brothers, in view of God's mercies, to offer your bodies as living sacrifices that are holy and pleasing to God, for this is the reasonable way for you to worship. Do not be conformed to this world, but continuously be transformed by the renewing of your minds so that you may be able to determine what God's will is—what is proper, pleasing, and perfect.

If you leave your flesh to do what it wants, it would breed nonsense. So you must allow God to renew your mind, you must allow Him to change the way you think and act...

One way to do that is through His Word

Study the Word

Meditate on the Word

And let the Word transform and renew your mind

Look at this Translation

Easy English (Romans 12:1-2)

Do not let yourselves be like the people who belong to this world. But instead, let God change how you think. Then you will become new people. You will be able to understand what God wants you to do. You will understand what is good. You will understand what makes God happy. And you will understand how to live completely as God wants you to live.

2. Pray for the Help of the Holy Spirit

Ephesians 1:17-19

*I pray to the very great and good Father, who is the God of our Lord Jesus Christ. **I pray that he will cause you to understand things by his Spirit.** I ask God to show things to you by his Spirit, so that you can really know him.*

I pray that God will open your minds. So then you will understand what he has chosen to give to you. You will know the good things that he has caused you to hope for certainly. You will know what very rich and great things he has prepared for his people.

And you will know how very, very powerful God is to us. He is more powerful than anyone or anything else in us who believe him. God works in us by the same strong power

The Holy Spirit does not just reveal the Mind of Christ to us but also helps us to conform to that image of Christ. The truth is that we cannot do these things of ourselves. We don't have the strength...Think of this, how can the flesh provide strength for you to fight against it?

It's by the Spirit of God that we can overthrow and subdue the flesh so that the Spirit of God can abide in us

3. Confess Your Habits to God and Others

1 John 1:7-9

But if we keep living in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

If we make it our habit to confess our sins, in his faithful righteousness he forgives us for those sins and cleanses us from all unrighteousness.

The mistake that people make and I once did is that when we fall into Sin, we run away from God. We feel guilty and not worthy to talk with God

That's an error that we must avoid. It's the Devil's strategy of separating us from God. Brothers and Sisters we must run back to God immediately we fall into Sin

So, that Bad habit should be confessed to God. Confess it to Him and Repent of it. Then also find a brother or Sister that you can confide in

For Husbands or Wives, you can tell your Spouse...You can also tell your Pastors. Someone who would be able to check up you and advise you well

4. Identify the Things That Make You Fall into Sin

You can call them triggers...For some it could be the Movies they watch, others it's the music while some it could be what they read. Others could be times when they are alone or free

Identify what causes it and ask the Spirit of God to help you get rid of it. Also heed to the advice in the Scriptures - **Flee from every appearance of evil**

Whatever looks like Sin or whatever triggers Sin, ensure you flee from it

5. Stay with Him

Hebrews 4:16

So let us keep on coming boldly to the throne of grace, so that we may obtain mercy and find grace to help us in our time of need.

Fellowship with God. Let no day pass when you won't commune with your Heavenly Father. Don't allow any gap to exist. Make room for the Spirit of God in your heart and allow Him to help you grow Daily

For relationships to thrive both parties must invest time into it. The same applies to our relationship with our Heavenly Father...He is ready and always available, He's simply waiting for us

Our Lord and King we thank you for the teachings so far, we thank you teaching us, and we thank you for every one of us

We ask Oh Lord that you help us to make room for the Holy Spirit to direct the affairs of our lives

Help us to always run to You and stay with You

Help us to live above Sin and to renew our minds through Your word

Grant us a wonderful week

Thank you because you've answered our prayers

In Jesus' Name. **AMEN**

Thank you Living Stones. Have a wonderful night

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