



Living Stones

... we're being built into a spiritual house to be a holy priesthood

A WhatsApp group outreach of Christ's Invading Force

DATE: 22ND SEPTEMBER, 2019

SERMON TOPIC:

SPIRITUAL DISCIPLINES AND SELF-CONTROL

| Teaching holds every Saturday at 8.30pm (Nig. Time) |



Ministering

Bro. Olalekan Toyo

YOU CAN JOIN THE WHATSAPP GROUP VIA THIS LINK - bit.ly/join-living-stones

GOOD EVENING EVERYONE

TRUST WE'VE HAD A WONDERFUL DAY SO FAR

**WITH THAT I'D LIKE TO INFORM US THAT FOR THE NEXT
COUPLE OF WEEKS OUR WEEKEND TEACHINGS WILL BE
CENTERED AROUND THE THEME- SPIRITUAL DISCIPLINES AND
SELF CONTROL**

**AND BY THE GRACE OF GOD WE'LL BE EXPLORING WHAT THE
BIBLE SAYS ABOUT SPIRITUAL DISCIPLINE AND SELF-CONTROL,
THE NEED FOR US TO DEVELOP THEM IN OUR LIVES AS
CHRISTIANS AND PRACTICAL WAYS TO DO SO**

I HOPE WE'RE ALL AS EXCITED ABOUT THIS AS I AM

**PLEASE MAKE SURE YOU DON'T MISS ANY OF THESE
TEACHINGS FOR ANYTHING AND INVITE YOUR FRIENDS AND
FAMILY AS WELL**

**THERE'S A LOT GOD WANTS TO TEACH US THIS SEASON, I
PRAY THAT SOMETHING SHIFTS AS A RESULT IN JESUS NAME**

**BEFORE WE GO ON CAN SOMEONE PLEASE PRAY FOR US
IN JESUS NAME, HEAVENLY FATHER WE BLESS YOUR NAME,
WE GIVE YOU GLORY**

**WE COMMIT TONIGHT'S TEACHING INTO YOUR HANDS....
WE PRAY THAT MAY WE BE HEARERS OF YOUR WORD IN
JESUS NAME. AMEN**

**TODAY I'M PRIVILEGED TO BE THE ONE TAKING THE
INTRODUCTION OF OUR NEW THEME AND TO WHET OUR
APPETITE A LITTLE FOR FUTURE TEACHINGS TO COME
UNDER THIS THEME**

**BEFORE I START I WANT TO SAY A WORD OF APPRECIATION
TO MY FATHER IN THE LORD, REV'D TEMILOLU ALIU FOR THE
OPPORTUNITY TO TEACH ON THIS PLATFORM**

**SITTING UNDER HIS TUTELAGE HAS MADE IT POSSIBLE FOR
ME TO BE ABLE TO SHARE WHAT I HAVE FOR US TONIGHT**

**I ALSO WANT TO HONOR AND CELEBRATE ALL THE MEN
AND WOMEN OF GOD THAT ARE A PART OF THIS
PLATFORM, THOSE WHO HAVE CONTRIBUTED TO THE
LEARNING PROCESS HERE IN ONE WAY OR THE OTHER**

AND ALL OF YOU MY BROTHERS AND SISTERS IN THE LORD

GOD BLESS YOU ALL TREMENDOUSLY

SO LET'S GET STRAIGHT INTO THINGS THEN

**MANY OF US HAVE BEEN ON THIS PLATFORM LONG
ENOUGH TO KNOW THAT THE TOPIC OF "SPIRITUAL
DISCIPLINES" IS NOT SOMETHING NEW BUT WE CANNOT
HELP BUT EMPHASIZE IT OVER AND OVER AGAIN**

AM I RIGHT?

PETER SAID IN 2 PETER 1:12 KJVS

***WHEREFORE I WILL NOT BE NEGLIGENT TO PUT YOU
ALWAYS IN REMEMBRANCE OF THESE THINGS, THOUGH YE
KNOW THEM , AND BE ESTABLISHED IN THE PRESENT
TRUTH.***

SO ESSENTIALLY THE MORE WE'RE REMINDED OF THESE TRUTHS THE MORE WE CAN BE GROUNDED AND ESTABLISHED IN THEM, NOT TO MENTION THE FACT THAT REPETITION BRINGS MASTERY

I WANT TO ENCOURAGE US TO FOLLOW ALONG CLOSELY BECAUSE WE'LL BE DEALING WITH THIS TOPIC FROM A DIFFERENT ANGLE AND PERSPECTIVE TONIGHT

THE WORD DISCIPLINE CAN BE USED TO MEAN AN ACTIVITY OR EXPERIENCE THAT PROVIDES A FORM OF MENTAL OR PHYSICAL TRAINING

LOOKING AT 1 TIMOTHY 4:7 KJVS THE BIBLE SAYS

BUT REFUSE PROFANE AND OLD WIVES' FABLES, AND EXERCISE THYSELF RATHER UNTO GODLINESS.

IN THE AMPLIFIED IT SAYS...

BUT HAVE NOTHING TO DO WITH IRREVERENT FOLKLORE AND SILLY MYTHS. ON THE OTHER HAND, *DISCIPLINE YOURSELF FOR THE PURPOSE OF GODLINESS [KEEPING YOURSELF SPIRITUALLY FIT].

THE AMPLIFIED HELPS US IDENTIFY DISCIPLINE AS A KEY TO BEING SPIRITUALLY FIT

OUR DEFINITION EARLIER ALSO GIVES US THE UNDERSTANDING THAT YOU NEED DISCIPLINE TO ACHIEVE SOME FORM OF TRAINING, THE WORD "DISCIPLINE" IN OUR TEXT CAN EVEN BE EXCHANGED WITH "TRAIN"

WE MUST UNDERSTAND THAT SPIRITUAL DISCIPLINES ARE ACTIVITIES WE NEED TO ENGAGE IN ON A REGULAR BASIS

WE CAN'T BE ON AND OFF ABOUT THEM BECAUSE THE BENEFITS THEY OFFER CAN ONLY BE DERIVED WHEN WE PRACTICE THEM CONSISTENTLY

SELF-CONTROL ON THE OTHER HAND IS A FRUIT OF THE SPIRIT AS SEEN IN GALATIANS 5

GALATIANS 5:22-23 KJVS

BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, LONGSUFFERING, GENTLENESS, GOODNESS, FAITH, [23] MEEKNESS, *TEMPERANCE*: AGAINST SUCH THERE IS NO LAW.

SELF-CONTROL (OR TEMPERANCE HERE) IS THE VIRTUE OF ONE WHO MASTERS HIS DESIRES AND PASSIONS ESPECIALLY HIS SENSUAL APPETITES

THESE APPETITES MIGHT NOT BE WRONG OF THEMSELVES BUT WHEN THEY ARE NOT APPLIED UNDER THE CONTROL OF GOD'S GOVERNMENT IT CAN BECOME PROBLEMATIC

SELF-CONTROL IS THE ABILITY TO SAY NO TO SOMETHING THAT'S WRONG NO MATTER HOW MUCH YOU DESIRE TO DO IT

DISCIPLINE WILL REQUIRE YOU TO CONTINUE ON THE RIGHT PATH EVEN WHEN YOU DON'T FEEL LIKE DOING SO ANYMORE

PAUL SAYS IN 1 CORINTHIANS 9:24-25 KJVS

KNOW YE NOT THAT THEY WHICH RUN IN A RACE RUN ALL, BUT ONE RECEIVETH THE PRIZE? SO RUN, THAT YE MAY OBTAIN. [25] AND EVERY MAN THAT STRIVETH FOR THE MASTERY IS *TEMPERATE* IN ALL THINGS. NOW THEY DO IT TO OBTAIN A CORRUPTIBLE CROWN; BUT WE AN INCORRUPTIBLE.

**PAUL COMPARES OUR CHRISTIAN WALK TO THAT OF THE
LIFE OF AN ATHLETE**

**CAN I TELL YOU SOME INTERESTING THINGS ABOUT
ATHLETES?**

**IF AN ATHLETE WANTS TO SUCCEED THEN THERE ARE
THINGS HE MUST DO EVERY DAY EVEN WHEN HE DOESN'T
FEEL LIKE IT, THAT'S WHERE SPIRITUAL DISCIPLINES COME IN**

**THERE ARE THINGS THAT THAT SAME ATHLETE MUST
REFUSE OR REJECT IF HE MUST REMAIN FIT TO COMPETE,
THAT IS SELF-CONTROL**

IF YOU ARE STRIVING TO GAIN MASTERY IN LIFE AS A BELIEVER YOU CANNOT LIVE ANYHOW YOU WANT TO

YOUR LIFE MUST BE STRUCTURED IN SUCH A WAY THAT THERE IS A CURRENT ONGOING PROCESS THAT CAN DELIVER THE FUTURE THAT GOD HAS PLANNED FOR YOU SPIRITUAL DISCIPLINES AND SELF-CONTROL ARE A PART OF THAT PROCESS

ATHLETES ARE STRICT ABOUT THEIR EATING HABITS OR DIET, THEY HAVE A DAILY ROUTINE OF EXERCISE AND TRAINING TO KEEP THEM PHYSICALLY FIT AND IN SHAPE

THE BIBLE SAYS IN 1 TIMOTHY 4:8 KJVS

FOR BODILY EXERCISE PROFITETH LITTLE: BUT GODLINESS IS PROFITABLE UNTO ALL THINGS, HAVING PROMISE OF THE LIFE THAT NOW IS, AND OF THAT WHICH IS TO COME.

IF AN ATHLETE CAN BE SO DETERMINED TO KEEP IN SHAPE JUST SO THAT HE CAN GET A PRIZE THAT WILL NOT LAST FOREVER...

HOW MUCH MORE SHOULD WE AS CHRISTIANS BE DETERMINED TO LIVE THE LIFE OF DISCIPLINE AND SELF-CONTROL NEEDED TO ACHIEVE TRUE GODLINESS, WHICH IS PROFITABLE BOTH IN OUR CURRENT LIFE AND IN THAT AFTER

AS WE SEE IN HEBREWS 12:1-2 KJVS

WHEREFORE SEEING WE ALSO ARE COMPASSED ABOUT WITH SO GREAT A CLOUD OF WITNESSES, LET US LAY ASIDE EVERY WEIGHT, AND THE SIN WHICH DOTHS SO EASILY BESET US, AND LET US RUN WITH PATIENCE THE RACE THAT IS SET BEFORE US, [2] LOOKING UNTO JESUS THE AUTHOR AND FINISHER OF OUR FAITH; WHO FOR THE JOY THAT WAS SET BEFORE HIM ENDURED THE CROSS, DESPISING THE SHAME, AND IS SET DOWN AT THE RIGHT HAND OF THE THRONE OF GOD.

WHEN WE HAVE AN UNDERSTANDING OF HOW IMPORTANT OUR GOAL TO BECOME LIKE CHRIST IS THEN WE'LL BE WILLING TO GIVE OUR ALL TOWARDS DOING THE THINGS WE NEED TO ACHIEVE THAT GOAL

AND YOU SEE THE GRACE OF GOD IS AVAILABLE

**IT CAN MANIFEST AS A SUPERNATURAL ENABLEMENT THAT
GOD GIVES US SO THAT WE AREN'T TRYING TO DO ANY OF
THESE THINGS ON OUR OWN.**

TITUS 2:11-12 KJVS

***FOR THE GRACE OF GOD THAT BRINGETH SALVATION HATH
APPEARED TO ALL MEN, [12] TEACHING US THAT, DENYING
UNGODLINESS AND WORLDLY LUSTS, WE SHOULD LIVE
SOBERLY, RIGHTEOUSLY, AND GODLY, IN THIS PRESENT
WORLD;_***

**THE HOLY SPIRIT IS EVER PRESENT TO URGE US ON AS WE
RUN THE RACE TOWARDS CHRIST OUR GOAL**

BUT THE QUESTION IS WILL YOU YIELD TO HIM? WILL YOU YIELD TO THE TEACHINGS OF GRACE?

WHEN GOD PROMPTS YOUR HEART TO STAND UP IN THE MIDDLE OF THE NIGHT TO PRAY, WILL YOU RISE?

WHEN YOU ARE LED TO FAST REGULARLY OR A NUMBER OF TIMES EVERY WEEK JUST TO KEEP IN SHAPE, WILL YOU YIELD AND DENY YOURSELF FOOD FOR THE SAKE OF YOUR SPIRITUAL GROWTH?

WHEN YOU ARE TEMPTED TO DELVE INTO SOMETHING YOU KNOW GOD WILL FROWN AT, CAN YOU TAKE A STAND AND SAY NO OR JUST FLEE FROM IT ALTOGETHER?

PAUL SAID IN 1 CORINTHIANS 9:26-27 KJVS

I THEREFORE SO RUN, NOT AS UNCERTAINLY; SO FIGHT I, NOT AS ONE THAT BEATETH THE AIR: [27] BUT I KEEP UNDER MY BODY, AND BRING IT INTO SUBJECTION*: LEST THAT BY ANY MEANS, WHEN I HAVE PREACHED TO OTHERS, I MYSELF SHOULD BE A CASTAWAY.

PAUL KNEW THAT THERE WAS NO REWARD FOR THOSE WHO START WELL BUT DON'T MAKE UP THEIR MIND TO CONTINUE WELL

A MAN THAT STARTS THE RACE BUT FALLS ON THE WAY OR DOESN'T CONTINUE ISN'T BETTER THAN SOMEONE WHO DIDN'T START AT ALL

**BRETHREN WILL YOU RUN LIKE THERE'S SOMETHING AT
STAKE? WILL YOU RUN LIKE THERE'S A PRICE THAT IS
WORTH OBTAINING? IS GODLINESS THAT IMPORTANT TO
YOU?**

PLEASE DECLARE WITH ME- I WILL FINISH MY RACE

**DESTINY CALLS YOU, PURPOSE AWAITS YOU, THE FUTURE
BELONGS TO THOSE YOU HAVE MADE A DECISION TO BEGIN
TAKING IT TODAY**

**AS THE TEACHINGS COME UP THROUGH THIS SEASON,
MAKE A PERSONAL COMMITMENT TO ENSURE YOU DON'T
FAIL TO ENGAGE EVERY PRINCIPLE YOU LEARN**

**I WANT US TO TAKE ONE PRAYER POINT TONIGHT AS I
ROUND UP THIS TEACHING**

**LORD PLEASE GIVE ME THE GRACE TO KEEPING RUNNING
MY RACE**

CAN WE PRAY TOGETHER BRETHREN?

**MAKE UP YOUR MIND TONIGHT THAT AS FROM TODAY YOU
WILL BEGIN TO TAKE THE ISSUE OF SPIRITUAL DISCIPLINE
AND SELF-CONTROL SERIOUSLY BECAUSE YOUR FUTURE
AND DESTINY DEPENDS ON IT**

**BY GOD'S GRACE MORE TEACHINGS WILL BE BECOMING IN
SUBSEQUENT WEEKENDS THAT'LL BE EXPAND ON KEY
AREAS UNDER OUR THEME TO GEAR US TOWARDS
DEVELOPING A LIFE OF CONSISTENT SPIRITUAL DISCIPLINES
AND SELF-CONTROL**

**LET'S BE SURE NOT TO MISS ANY OF THEM, I PRAY GOD
WILL HELP US IN JESUS NAME!**

**THANK YOU HEAVENLY FATHER, WE BLESS YOU FOR YOUR
WORD TONIGHT, PLEASE GRANT US GRACE TO FOLLOW
THROUGH IN OUR OBEDIENCE
IN JESUS NAME, AMEN**

**THANK YOU SO MUCH BROTHERS AND SISTERS FOR YOUR
TIME TONIGHT
GOD BLESS YOU AND HAVE A WONDERFUL NIGHT!**



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+63 995 395 4803



hisroyal.01@gmail.com



ciforce.wix.com/ciforce



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