



AREAS TO EXERCISE SELF- CONTROL (2)

**...TRANSCRIPT OF A TEACHING ON LIVING STONES BY
BRO. DAMILOLA FEMI-ADEBOYE**

Good evening Living Stones. Trust we had a beautiful day

Thank you for the warm welcome. I believe God to communicate His mind to us today

Our Heavenly Father we thank You for yet another time to look at Your word and how You desire for us to live our lives.

We ask Oh God that You please speak to each and every one of us and bless us.
We ask Lord for clarity

In Jesus name

Amen!

I want to appreciate my Spiritual Father - Rev. Temilolu Aliu for this opportunity...God bless you Sir

To all the great men and women that have been a container and channel of God's blessings, I say thank you.

For you, **yes YOU** for being here, I count it an Honour and I say also that God bless you

For some Saturdays now, we've been having teachings on our Theme **Spiritual Discipline and Self-Control**

The previous teachings were

1. Introduction to Spiritual Discipline ant 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

As God would have it today, we are looking at the concluding aspect of Areas to exercise Self-control

Our text would be Proverbs 25:28

KJV He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Living Bible A man without self-control is as defenseless as a city with broken-down walls.

If you've been following you'll know that we looked at this text right from when we looked at Self Control

Have you ever seen a football player dribble or pass the ball without having it in his control? When we shout goal, it's because the Goal Keeper couldn't keep the ball within His control

The Bible says, **by their fruits you shall know them.** The one way that the world will know that we are children of God is by the fruits of the Holy Spirit that we display and one Fruit of the Holy Spirit that we have been talking about is Self-Control

We've looked at two areas that require us to exercise Self Control

1. Daily Life
2. Flesh and its desires

DAILY LIFE

1 Corinthians 9:24-27

FOR FLESH AND ITS DESIRES, our emphasis was on Sexual Immorality

1 Corinthians 6:12-20

I will briefly touch a few of the other works of the flesh and the need to exercise Self Control (Galatians 5:19-21)

1. Impure Thoughts

In Mark 7:20-23, Jesus spoke about what defiles a man

Then he continued, "It's what comes out of a person that makes a person unclean, because it's from within, from the human heart, that evil thoughts come, as well as sexual immorality, stealing, murder, adultery, greed, wickedness, cheating, shameless lust, envy, slander, arrogance, and foolishness.

All these things come from inside and make a person unclean."

The works of the flesh develop from a **Thought process**. So, attention has to be given to what thoughts circulate in our minds

Mind you, things that you see and hear make up for what you process in your heart. We therefore as Children of God need to exercise Self Control in what goes on in our minds. The truth is you most times can't always control what goes into your mind but by the Holy Spirit, you can control what you think on.

For as a man thinks in his heart, so is he

When I was in school, I had a block mate that always plays a song in the morning. I never paid attention to it and it was something I couldn't control (I couldn't tell him to stop though I was tired of hearing it)

Lo and Behold it was only a couple of days before I realized that I was singing the song. I couldn't believe it. All the while I thought I wasn't paying attention to it, I was actually processing it in my mind

Nowadays, even when you tell me a song is Gospel, I would still check the lyrics because what I hear forms a part of me. There's this song that people sing that I don't like at all because of the mindset it creates in people.

If we no make money wetin we gain

Is that the essence of man?

Is that all there is to life?

Let's ask ourselves are we actually in control of our thoughts or is the world dictating it to us?

2. Idolatry

1 John 5:21

Little children, keep yourselves away from idols.

I'll have you know that whatever you give attention to above God is an Idol.

- You're the type that if you don't take Coke in a day you won't be alright... Say hello to your Idol

- The first thing you do when you wake up is not to say Thank you Jesus but to see what Twitter or Instagram has to say that morning on your phone. Well done
Phone operator

- Or nothing must ever come in between your 3 square meal. If you don't eat before 10 it would look like the world is coming to an end...I don't even know what to say

- If you just hear that you'll get money your eyes will shine like Full light of a car.
Pay 10k and get 30k in 24 hours

We are encouraged to keep ourselves from whatever contends with the place of God in our lives. We must be able to bring all these things under the Control of Christ

I'll give you an example. When I was in school, if I don't take Lacasera in a day, I cannot feel okay. If I'm not smiling just know that I've not taken Lacasera.

My friend told me I was addicted to Lacasera and it sounded funny because I told the person that nobody drags me to buy it and it's my money I'm spending...It took God to bring me out of it

Today, I'm not addicted to Lacasera. May God help us all

3. Outbursts of Anger

James 1:20

For human anger does not produce the righteousness that God desires.

“That's how I am and everybody knows”- This statement has put a lot of people in bondage without knowing.

Any small thing like this you're already angry... If you're in an educational argument, once someone doesn't agree with you, you become so angry that they can boil water on your head

We need to allow God's spirit to produce Self-Control in us such that He brings that Spirit of Anger under His control

When I was growing up, I was very gentle and easy going (I still am) but I get angry at the slightest thing and because of my nature I would just keep quiet. I soon started having outbursts and I speak words that make people run away from me. My siblings that time didn't like me so much cos I was practicing drumming on their body.

Thank God for prayers, my father and the Holy Spirit. The Holy Spirit through my father made me see that right from my Great Grandfather they used to be very angry people. My Grandfather too would haul objects at his children when he was angry...His children too inherited it and now it wanted to manifest in me.

Then conscious efforts were made and this scripture about not allowing the sun to go down on your anger also helped me. To God be the glory, the Holy Spirit has helped me overcome it and is still helping me daily

So I believe that if you pray and ask the Holy Spirit to help you, He sure will

To summarize the rest of the works of the flesh, let's look at the instruction from Paul in these texts

Ephesians 4:31

Let all bitterness, wrath, anger, quarreling, and slander be put away from you, along with all hatred.

Colossians 3:8-9

But now you must also get rid of anger, wrath, malice, slander, obscene speech, and all such sins.

Do not lie to one another, for you have stripped off the old nature with its practices

For Sorcery, Jealousy, Envy, Heresies, Lustfulness, Wild Parties (Revellings), the instruction we have is to do away with them

Together let's quickly look at displaying Self-Control in the Gifts of the Spirit

1 Corinthians 12:4-11

*There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all. But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the **word of wisdom** through the Spirit, to another the **word of knowledge** through the same Spirit, to another **faith** by the same Spirit, to another **gifts of healings** by the same Spirit, to another the **working of miracles**, to another **prophecy**, to another **discerning of spirits**, to another **different kinds of tongues**, to another the **interpretation of tongues**. 11 But one and the same Spirit works all these things, distributing to each one individually as He wills.*

1. Word of Wisdom

2. Word of Knowledge

3. Faith

4. Healing

5. Miracles

6. Prophecy

7. Discerning of Spirits

8. Speaking in Tongues

9. Interpretation of Tongues

These are the Gifts of the Spirit as written in the passage above

Things to Note

- The aim of the Gifts is to build up the Church
- There are diverse Gifts
- It is the Spirit that gives these gifts
- It is the Spirit that manifests itself through these gifts

It is also subject to misuse

That's why the Bible said by their fruits you shall know them...It's not in the display of Gifts that you essentially know a Child of God. A man can display these gifts and he's far from God...A man could also use it for his own gain contrary to God's desire

Paul in his letter to the Corinthians addresses the issues that they were having as a Church with different Social classes.

1 Corinthians

Chapter 11 - Covering of Head and The Lord's table (Holy Communion)

Chapter 12 - Diverse Spiritual Gifts and the Unity that is required

Chapter 13 - Love and its importance.

Chapter 14 - Exercising Self Control and Maintaining Order in the Church even in the display of the Gifts of the Holy Spirit

1 Corinthians 14:26-40 addresses speaking in tongues, Prophesying, Word of Wisdom and Word of Knowledge

Paul gave practical guidelines which are intended to reduce competition and confusion and promote edification of the Church

God intends that in the display of the Gifts of the Holy Spirit it would help to build us all up

In our time the display of the Gifts of the Holy Spirit is becoming more of a problem for some Churches...I've even seen instances where they would say nobody should display any gift in the Church

Let me explain those issues

1. Some people have the impression that "I cannot help but speak; when the Holy Spirit comes up me"

So you can find about 2 or 3 people prophesying in the Church at the same time

2. There are now factions in the Church (just like some people were saying they were for Paul or Apollos, so we find people prophesying to favour one side over the other or addressing the issues of another.

I heard of a situation where one woman stood up to prophesy in Church She said somebody just started selling a product that her neighbor is selling. That she (her neighbor) should stop immediately or else she won't profit from it...They eventually found out that this woman was referring to her neighbor who just started selling the same product she was selling

3. Some people use it to Gain prestige

1 Corinthians 14:32-33

The spirits of prophets are subject to the prophets, for God is not a God of disorder but of peace. As in all the churches of the saints

God also would never contradict himself...Never! So any prophesy not in line with God's written word is not it

Romans 14:16

Let not then your good be evil spoken of

So don't let the display of the Gifts of the Spirit be spoken wrongly of

When I was in school, there was something someone did that I didn't agree with. That time when people are trying to read for an exam is when this guy would start praying and speaking in tongues loudly. Since we're in the night, his voice would echo and be so loud.

Eventually the Porter's in the hostel had to stop him with a strict warning.

You see this verse 32 applies to all gifts. It's a Gift from God and you can exercise control over it. Ask yourself this, if you're in an exam hall and you suddenly black out but feel the urgency in Spirit to pray in tongues, what would you do?

How would you pray? Loudly or Silently

The Spirit of God is needed in the display of these Gifts, so he would ultimately guide you on the timing. When I was much younger, it's anything my eyes see that my mouth says but as I was growing up I learnt that one has to be careful of what he says and how he says it.

So in the display of the Gifts of the Holy Spirit that you have, what is the motive behind you displaying it?

Is it so that they would praise you?

Is it so that they can respect you?

Is it so that the name of the Lord may be glorified and that we all would continually be built into Living Stones?

Ponder on these things

Philippians 3:19

KJV Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.)

ISV Their destiny is destruction, their god is their belly, and their glory is in their shame. Their minds are set on worldly things.

Living Bible Their future is eternal loss, for their god is their appetite: they are proud of what they should be ashamed of; and all they think about is this life here on earth.

What is your appetite?

What is the motive behind what you do?

Do you really love God?

Is Heaven your focus?

Remember Gifts are temporal

Let's talk to God and ask that He would help us. By ourselves, it won't work...We really need His help

Let's pray that the Holy Spirit will birth forth the fruit of Self-Control in our lives.

That we would display Self Control in every area of our lives

Our Heavenly Father, we thank You for Your word that is made new in our hearts.
Thank You for pointing our hearts to the truth in Your word

We sincerely ask Lord that you help us, even as we desire to place control over our actions by your Spirit let it be possible for us

Help us to put an end daily to the works of the Flesh

At the end let all the Glory be Yours and daily help us to be more like You till we meet with You

In Jesus' name

Amen!

Thank you Living Stones

Goodnight and God bless you all tremendously

For more information;

 **+63 995 395 4803**

 **reverendaliu@gmail.com**

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