

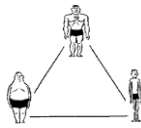
SPIRITUAL EXERCISE

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How many of us does physical exercise?

Why is it important?



What about spiritual exercise?

Too much information without output...Head bigger, heart smaller



WHAT IS SPIRITUAL EXERCISE? **Matt 7:24-27**

Put into practice what we have heard and learned.

While physical exercise profits a little, godliness or spiritual exercise is profitable
.....(1 Tim 4:8)

SEVEN spiritual exercises that we must practice:

1. Rejoice, prayer and thanksgiving (triplets). 1 Thess 5:16-18, Phi 4:4-7

A command. Practise. No waking up from the wrong side of bed...not grumpy.

2. Testify for God. Ps 78:1-8.

It only takes one generation to become pagan. Testify to the young that they may continue with the Lord.

3. Preach the gospel. Matt 28:18, 1 Cor 9:16.

“...Woe is me if I do not preach the gospel!”

4. Do not be anxious. Phi 4:6, Matt 6:25-34

5. Trust and obey. Prov 3:5, Psa 62:8, Deut 6:3, Josh 1:8

“We don’t climb a mountain in one leap but one step at a time.”

6. Devotion – Meditation. Josh 1:8, Psa 1:2

Meditation is not vain repetition but to THINK about the Word, REMEMBER it and let it BREW...

7. Our speech. Mark 7:14-15, Col 4:6

Life and death is in the power of our tongue. Watch our tone and language.