



## *SPIRITUAL EXERCISES*

1. We are to grow in Grace, etc. 2 Peter 3:18
2. God is able to keep us from falling. Jude 24
3. But each of us must work out our salvation that God may work in us. Philippians 2:12,13
4. It is God that makes us perfect to do every good work. Hebrews 13:20,21
5. The points we are just about to observe, we must meditate upon, and take heed unto them that we might be saved. 1 Timothy 4:15,16
6. The following points are various spiritual exercises that help us to remain true and living Christians. They constitute our effective sanctification.
  - i. Ensure from the morning when you are awakened that you are converted each day. Pray for the indwelling of the Holy Spirit from Justification.
    - a. Christ must dwell in you to ensure you may be truly converted and not be a reprobate. 2 Corinthians 13:5.
    - b. Pray each morning for the indwelling of the Holy Spirit by Justification and for conversion. (Galatians 3:7-9,14; Galatians 4:6; Romans 8:9).
  - ii. Consecrate yourself to God and His service each morning. Dedicate yourself to God's use.
    - a. This means that you must pray to God to separate you to his cause each morning, that you shall have divine purpose for your existence. Numbers 6:7,9
    - b. The way that God has dedicated for you, you must be dedicated to this ever morning. Hebrews 10:20.
  - iii. You must study the spiritual truths of the word of God every day, seek to understand the Gospel.
    - a. Study to rightly divide the word of Truth. 2 Timothy 2:15
    - b. The word of God makes you perfect unto all good works when it is understood. 2 Timothy 3:15-17
    - c. Words of truth properly understood are hid in the heart to keep a person sinfree. Psalm 119:11
  - iv. You must ensure you live by FAITH, the revealed truths of the word of God, by being under influence which you follow in obeying the Commandments of God.
    - a. You must live by Faith. Hebrews 10:38
    - b. Faith and works go together. James 2:17-20,26
    - c. Faith causes you to do the Law of God. Romans 3:28, 30,31
  - v. Be sure to always view yourself as a converted Christian, dead to sin, and made sin-free by God; thus be sure you live and relate to everything with this idea of your new identity in your mind.
    - a. The Christian is dead to sin and thus made sinfree. Roman 6:6,7
    - b. You must view yourself this way and live this sinfree way. Romans 6:11-13
    - c. Your new identity is Christ living in you. Galatians 2:20

- vi. Make sure you do not pick up the culture, terms, values and behaviour from the sinful world around you, but resist them to save yourself from becoming sinful.
  - a. Be in the world but not of the world. John 17:13-16
  - b. All things of the world fall into three sinful categories. 1 John 2:16,17
  
- vii. Create from the Bible your own terms, culture, values and behaviour, that you may be sure that you are everything from the word of God, and that you are morally secure from backsliding.
  - a. The word of God must be your light to your feet and everything you do. Psalm 119:105.
  - b. Taking heed to God's word cleanses you. Psalm 119:9
  
- viii. Always think about and examine your own ideas, feelings, and impulses when they present themselves, and anything unbiblical or un-Christ-like deny with Faith with an adverse emotion of rejection.
  - a. Remember, much evil comes from the mind. Mark 7:20-23; Proverbs 4:23
  - b. You must preserve yourself from all evils no matter how subtle. Proverbs 4:24-27
  
- ix. Always pray for a sound mind of equity, justice, and proper judgment mingled with mercy in dealing with situations, problems and people. This helps you make the right decisions.
  - a. God gives to you a sound mind. 2 Timothy 1:7
  - b. You must judge righteous judgement. John 7:24
  - c. You must keep God's righteous judgement. Psalms 119:106
  - d. You must have mercy for people. Matthew 9:13; Matthew 23:23
  
- x. Make sure that you harbour no evil thoughts in your mind against anyone, but always have a wish for the enlightenment, repentance and conversion of those who do you wrong or are your enemies.
  - a. The mind of Jesus must be in you. Philippians 2:5
  - b. You must desire that people would be saved. Romans 10:1
  
- xi. Be aware in your mind that you are to take corrections with a willingness to be better, and with a spirit of humility and with no wounded emotions.
  - a. Wise people take correction. Proverbs 9:8,9
  
- xii. Make sure in a conscious way that you exalt God to be God alone against the claims of Satan in all that you do.
  - a. Showing God to be God alone is glorifying His name. Psalms 86:8-12
  
- xiii. Be sure that you exercise tenderness, pity and kind affections to all around you, especially the erring. But do it in such a way as to not lose your sense of being different to the world; and do not be necessarily involved in people's lives to lose the fact that you have to preserve yourself from the sinfulness of the world.
  - a. God is affectionate and this is the order of heaven as He relates to heavenly beings. Psalms 86:15
  - b. You are admonished by God to be tender-hearted. Ephesians 4:31,32

- xiv. Pray every day for yourself, your fellowmen, and for the advancement of God's cause on earth.
  - a. We ought always to pray. Luke 18:1; 1 Thessalonians 5:17; 2 Thessalonians 3:1; 1 Timothy 2:1
- xv. Whenever the opportunity presents itself, and whenever you can create the opportunity. Speak the Truth to whomsoever you meet as missionary efforts.
  - a. You are told to always preach. 2 Timothy 4:2
- xvi. Always have a holy hymn in your mind when necessary, to keep away from the corrupting influence of the music of this world.
  - a. You are told to sing psalms. Ephesians 5:19; James 5:13
- xvii. Always keep in your mind that as a Christian, you have your own leader already; He is your Prime Minister, President and King. His authority over you is supreme in all matters above all human governments, and He is to be obeyed first of all.
  - a. God must be seen as your King. Psalms 44:4; Psalms 84:3
  - b. As you are a Christian, He is King of all the saints. Revelation 15:3
  - c. You ought to obey God rather than men. Acts 5:29
- xviii. Keep in the back of your mind that your presence here in this world is only temporary in order to do God's plan, since you no longer belong to this world.
  - a. You are just a stranger or pilgrim in this world. Hebrews 11:9,10,13; Colossians 3:1,2
  - b. You must live sinfree expecting the coming of Jesus Christ. Hebrews 9:28
- xix. Watch, correct and direct your eating and dietary habits to be like that of Daniel.
  - a. Daniel was given a vegan diet and thus was honoured by God with great revelation. Daniel 1:11-17,20,21
  - b. We must eat and drink to the glory of God. Romans 14:21; 1 Corinthians 10:31
- xx. Be always conscious of your dress styles and habits and the fashions you like, and change them to be more in harmony with modesty, with being in the presence of God, and the standard of Christ.
  - a. There must be modesty in your choice of clothes and fashion. 1 Peter 3:3,4; 1 Timothy 2:9,10
  - b. The dress length Jesus is seen to be wearing in heaven is more like what is expected of clothes. Revelation 1:12,13
- xxi. When you sin, confess your sins and send them into the Second Apartment of the heavenly sanctuary for blotting out.
  - a. Jesus is the minister of the heavenly sanctuary. Hebrews 8:1,2
  - b. Our hope and Faith must enter within the veil into the sanctuary. Hebrews 6:19,10; Hebrews 10:19-22
  - c. When Jesus moved into the Second Apartment of the Heavenly Sanctuary we were to follow Him there by Faith. (Daniel 7:13; Revelation 11:19)
  - d. When you pray, you are told that your prayers ascend to the throne of God in the Sanctuary. Revelation 8:2-4

- e. Thus when you pray for forgiveness, you get cleansing now from God in the Sanctuary. (1 John 1:9; Hebrews 10:21)
  - f. However, once this is done, you have full assurance of your Historical Past Sins being blotted out in the future. Acts 3:19
- xxii. You are to work out your salvation in such a way to ensure that you sin not hour by hour and thus develop All-Times Sinfreeness.
- a. You are to work out your salvation. Philippians 2:12
  - b. You are to sin not. 1 John 2:1; 1 Corinthians 15:34
  - c. By abiding in Christ and thus having the word of God remain in you, you are sinfree all times. 1 John 3:6,9
- xxiii. You must strengthen yourself daily to fight sin by properly arming yourself with the special armour God gives to His people.
- a. You are to put on the protective armour God gives to you. Ephesians 6:11,12
  - b. You must wear the truth about you; face evil with the Nature of God in you; go always to speak the Gospel, and use the Faith of Jesus to expose and destroy errors that attack the Truth. Have in your mind that you are a child of God in the experience of salvation, with the word of God at hand to always use to face all problems; plus, you must have God as the source that you request from in prayer, while you watch continually to preserve yourself. Ephesians 6:13-18
- xxiv. You must study Bible prophecy as a habit to keep the sense of lateness of time in mind.
- a. Prophecy is a more sure revelation 2 Peter 1:19-21
  - b. The sealed part of Daniel's prophecy is unsealed since 1798 to those who run to and fro in it. Daniel 12:9,10,4
  - c. The remnant has the Spirit of Prophecy. (Revelation 12:17; Revelation 19:10)
- xxv. Learn to exercise trust in God to work for you and to help you.
- a. You must trust in God with all your heart. Proverbs 8:5,6; Isaiah 12:2; Isaiah 26:3,4
  - b. One must not be afraid to trust God in situations because of understanding Truth. Proverbs 22:17-21; Proverbs 229:25
7. Finally, the following conclusive admonition is given. Philippians 1:9,10