

Where Thy name is, there is Thy presence. There is nothing that we love more than Thy own presence. We pray that this morning Thou will speak to our hearts.

May Thy spirit quicken Thy written word. And make it life and spirit to us. We open ourselves to Thee, Lord.

May Thy work be done in us as it is in heaven. And we will give Thee all the glory. In the name of our Lord Jesus.

Amen. Thank God for gathering us together this morning. I often feel that any opportunity of gathering is a special grace of God.

I believe that God is preparing us for His imminent return. We are looking forward to see Him. And we thank Him for giving us every opportunity to be ready for Him.

This time as I waited before the Lord, I felt that the Lord wants us to share together on this matter of spiritual exercise. I believe we all know what is bodily exercise. Especially in California, I realize that people are very conscious of that.

People are using every means to exercise their bodies. Bodily exercise is important. You may eat well.

You may sleep well. But if you do not exercise yourself, Well, you know what will happen. You will be fat, you will be unhealthy, and you will easily get sick.

So the Apostle Paul says, bodily exercise is profitable for a little. Yes, it is profitable. But the profit is only a little.

It is little because it is little in measure and in time. Because it does affect your body. And it also affects when you are still alive on this earth.

And brothers and sisters, I do believe that we are not conscious of bodily exercise. We all know that our mind needs to be exercised. That is the reason why we need to study.

We need to gather information. We need to be wise. That is very important.

But the more you get information, the more you become wise, Now listen to the wisest man in this world. Solomon. Solomon.

He is the wisest of men. He tried everything. He thought through everything.

And he came to the conclusion. Vanity of vanity. All is vanity.

It is the vexation of heart and the pursuit of wind. But brothers and sisters, there is another exercise. Which the scripture emphasizes.

It is the exercise of our spirit. It is called exercise unto piety or godliness. We need to exercise our spirit.

That we may be like Christ. We may be like God. And this exercise is the most important of all.

Because the Bible tells us. Exercise unto godliness is profitable. Not only is profitable for life.

It is profitable in all things. Especially for life. And you know the word life here.

Here is not the ordinary word life. The life here is Zoe. Zoe And Zoe means divine life.

Spiritual life. So you find that exercise unto godliness. Is profitable to that spiritual life.

And this spiritual life is not only for this age. But for eternity. So its profit is beyond description.

But brothers and sisters. Unfortunately we find that among god's people. We are supposed to be people who exercise our spirit.

But have we done that? Now you must remember what is exercise. Exercise is something that you put your heart into it. Exercise must be done diligently.

And it must be done continuously. And when you exercise, you have to exercise according to rule. Sometimes you have to go to a gymnasium under a coach to tell you what you need to be exercise and how.

Because irregular exercise may hurt you. Instead of helping you, So in spiritual exercise, We need to exercise diligently. We need to exercise constantly.

We need to exercise under the direction of our Divine Coach. And you know who our Divine Coach is? It is none but the Holy Spirit.

Thank God when we believe in the Lord Jesus. He not only forgave our sins, He has also given us His life. We are all born from above.

We all have His life in us. And you remember our Lord Jesus said, He comes to give life, and give it more abundantly. Not only He will give us His life, but He wants that life in us to grow into abundance.

Now how can our spiritual life grow? We need to exercise it. And we need to exercise it under the direction of the Holy Spirit. And this will enable to know the life of God and know it more abundantly.

Unfortunately we find in Christianity today, there are lots of activities and lots of teachings. But when you look at all these teachings and activities, you discover one thing. And they are all catered even to your body or to your soul.

When people talk about worship, they think of a cathedral With all these stained glasses. And it's not very light. And there are all kinds of pictures there.

And when you get into that place, oh, you have a sense of worship. And during the time of worship, you find all kinds of actions. You will stand up, you will kneel down, and you will do all kinds of physical exercises.

But brothers and sisters, these are catered to our bodies. It may rise above you a sense of secrecy, of mystery. But it is far from the spirit.

And you find in modern times, in order to attract young people, you have all kinds of things being done. You have all these soulish songs. It tries to stir up your emotions.

And make you feel that you are high. These are catered only to your body and to your soul. And they are all teachings about prosperity gospel.

So it tries to boost your ego. It tries to make you feel good about yourself. That's positive thinking.

Brothers and sisters, is your spirit being touched? Is your spirit being increased? Is your spirit growing? That is a very serious question. Brothers and sisters, Christians today do not know how to have spiritual exercise. And because of this lack of spiritual exercise, even though we do have life, but we remain as babes.

We do not grow spiritually. We do not grow in Christ. We do not enjoy abundant life of Christ Jesus.

We lack spiritual exercise. And this spiritual exercise must be done daily. Must be done continuously.

And must be done under the direction of the Holy Spirit. Are we doing it? How do we do it? And this is something that we would like to share together this time. Will you please turn to the book of Romans.

Romans Chapter 12 Verses 1 and 2 I beseech you therefore, brethren, by the compassions of God, to present your bodies a living sacrifice, holy, acceptable to God,

He has every right to demand you to present your body a living sacrifice. But He does not do that. Because He puts us under grace.

By right, you are His. You have to live for Him. You have to live according to what He says.

But He sets us free. You can still live whatever way you want to live. Even after He has redeemed you.

You can go free. It is His love that constrains us. So the Apostle Paul said, I beseech you.

I beg of you. It is as if there is no right at all. But God is using His love to melt us.

When we are melted by His love. We cannot live for ourselves anymore. We have to live for Him.

Brothers and sisters. This is consecration. And this is the first spiritual exercise.

I wonder if everyone of us here this morning has done that. If you haven't done that. You haven't begun your Christian life.

No matter how many years you have believed in the Lord Jesus. You haven't started yet. This is the starting point.

Why is it so important that we do this? When I was young. When I was first saved. I was at a conference.

And the last day of the conference. The speaker always speaks on consecration. And a large map of China was hanging on the wall.

And the preacher began to preach. Now you are saved. Now you have to consecrate yourself.

You have to present your bodies to God. To serve him. To preach the gospel.

That is what you have to do. And he said you can choose where you want to serve. I was just saved.

After a whole year of seeking earnestly to be saved. I was so filled with the love of Christ. And I was fifteen.

So naturally I said I want to go to the furthest place to prove my love to the Lord. And the preacher said you can come to the platform point your finger to the place where you will serve. So I marched to the platform point my finger on Mongolia.

So you find that the Spirit of God as your coach, He will exercise your spirit. Deliver you, not only from the world, but deliver you from your soul. Until the Lord came in such a way, that after crisis over crisis, you come to that point, that you're really, absolutely surrendered to Him.

That is a trying time. That is what we call growing pain. That is the way that we grow spiritually through spiritual exercise.

And after one day, there seems to be a climax. And when you get through that climax, then you enter into the third stage. And the third stage is a consecrated life.

Now, your life is a consecrated life. That is to say, now you really live for Him. Now you are willing to follow Him all the way.

It doesn't mean that from now on there will be no testing. There will be no temptation. No.

It simply means you have got over and it becomes easy or easier for you to submit yourself. And your life now is a consecrated life. Let me tell you a story to illustrate this.

I think probably you have heard of the Cambridge Seven. There was one time when seven graduates of Cambridge University came to China as missionaries. And one of them was C.T. Stott.

And C.T. Stott was well known in England. Because he was the best cricketeer in England. So everybody knows about him.

And his father was a millionaire. And he inherited lots of money. But through the old Moody, he came to the Lord.

And he felt the Lord called him to China. But before he came to China, he first traveled through the three isles of Great Britain. One day he was in Edinburgh.

And he was to speak in a big church in Edinburgh. And the pastor of that church is F.B. Meyer. And now many knows the name of F.B. Meyer.

He wrote many many books. And his English is so good. When you read his writing, if he writes about river, you hear the water flowing.

He was a brilliant young man. And he was very successful as a pastor of that big church. C.T. Stott came.

And stay with him. Early in the morning. That was in November.

Grow in Your Walk with Christ

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

www.sermonindex.net