

## ASSIGNMENTS

1. daily read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Think of how you can put to death a sinful attitude or action and work on one way each day.
4. Read the daily verse and pray for yourself and others to be better in the areas discussed.
5. Write down the blessings that came from being less sinful.
6. Plan to tell the class about a time you tried to put a sin to death in your life and the results of those efforts.

### DAILY BIBLE VERSES AND PRAYER THOUGHTS

**MONDAY** - VERSES: Matthew 9:10-13 PRAYER THOUGHT: Father, help me to repent of the sins in my life and to help call others to repentance as well

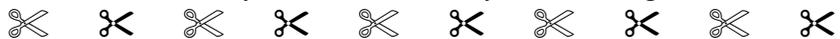
**TUESDAY** - VERSES: Matthew 18:21-22; Luke 11:4 PRAYER THOUGHT: Gracious God, help me to forgive others, knowing that you have forgiven me.

**WEDNESDAY** - VERSES: Luke 13:1-5; Acts 17:30-31; Romans 5:12 PRAYER THOUGHT: Master, help me not to think that some sins are okay or that they are not serious, but help me realize the deadly nature of every sin

**THURSDAY** - VERSES: Romans 3:9-23 PRAYER THOUGHT: All-Seeing One, help me to recognize and acknowledge my sin so I can turn from it.

**FRIDAY** - VERSES: Acts 3:19; Romans 4:7-8; 6:1-7 PRAYER THOUGHT: Almighty One, give me the strength to repent from the heart and truly be dead to the sins that have overtaken me in the past.

**SATURDAY** - VERSES: Luke 7:39-50 PRAYER THOUGHT: Judge of All, help me not to judge others or their sins by human standards but to love you much because you have forgiven me much.



What a strange world this world is! It speaks evil of men because they will not do evil. Yet it has ever been so; the men, "of whom the world was not worthy," have been the very people of whom worldliness have said, "Away with such fellows from the earth! It is not fit that they should live." The world's verdict concerning Christians is of little value. - Charles Spurgeon

## SPIRITUAL HEALTH REGIMEN - WEEK 105

### EXECUTION - 8-17-14 TO 8-23-14

**SCRIPTURE** - Colossians 3:5 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

**COMMENT** – We must not continue to live in sin and abuse the grace of God. As Christians, we must put our sinful thoughts and deeds to death daily. How shall we who are dead to sin live any longer therein?

### SONG - YIELD NOT TO TEMPTATION

1) Yield not to temptation, For yielding is sin; Each vict'ry will help you Some other to win; Fight manfully onward, Dark passions subdue; Look ever to Jesus, He will carry you thru.

2) Shun evil companions, Bad language disdain; God's name hold in rev'rence Nor take it in vain; Be thoughtful and earnest, Kindhearted and true; Look ever to Jesus, He will carry you thru.

3) To Him that o'ercometh God giveth a crown; Thru faith we shall conquer, Tho' often cast down; He, who is our Savior, Our strength will renew; Look ever to Jesus, He will carry you thru.

**CHORUS:** Ask the Savior to help you, Comfort, strengthen, and keep you; He is willing to aid you, He will carry you thru.

### THOUGHTS

Are we true to our mates? Or do we just SAY we are?

About a third (39 percent of men, 27 percent of women) of USA Today readers responding to a living in the USA survey say they've had an extramarital affair.

"My guess is more of them had an affair and didn't admit it," says Fred Humphrey, past president of the American Association for Marriage and Family Therapy.

Major studies on extramarital affairs conducted in the '40s indicated that at least 50 percent of married men in the USA and 26 percent of married women had affairs by the time they hit 40. Some researchers think the number of women having affairs is rising -- possibly approaching 50 percent.

Experts say extramarital affairs rarely have happy endings. Humphrey points out that about half of married couples either divorce or separate when one spouse learns of the other's affair. Others

anguish over trying to salvage the relationship.

"Learning about it results in instant pain and anger," he says.

"Then there will always be a barrier, to some extent."



If I can easily discuss the shortcomings and the sins of any; if I can speak in a casual way even of a child's misdoings, then I know nothing of Calvary love. - Amy Carmichael



### Rust on the Surface

During a tour of a large manufacturing plant, a visitor noticed a man using a fiery torch of high intensity to work on huge slabs of steel. Operating from a blueprint on a nearby table, a pointer traced the pattern and then by a clever system of levers enlarged the design as it was burned into the metal.

There were times, however, when the flame would not make any impression. When this happened, a chemical substance was applied to the resisting patch, and immediately the cutting could be resumed. The worker explained that although the torch was able to go through clean steel 8 inches thick, if it encountered the slightest film of rust on the surface, the flame would not penetrate it. The Bible-believing visitor remarked, "It struck me forcefully that this is a picture of the Christian. The Holy Spirit is seeking to produce in us God's perfect design. If the life is unblemished, He is able to continue His efforts; but if we become carnal or backslidden, His work of shaping us is hindered until the area in question has been thoroughly cleansed."



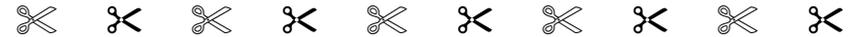
The Bible is one of our greatest tools in keeping sin out of our lives, but we must make good use of it.

Some years ago, D. J. De Pree of Zeeland, Michigan, addressed the annual Gideon convention in Washington, D. C. In his message he pointed out that we must engage in ten important spiritual activities if we are to realize fully the revitalizing power of the Word.

We must: \*read it (1 Tim. 4:13); \*eat it -- that is, take it into our very being (Job 23:12; Jer. 15:16); \*bathe in it for spiritual cleansing (John 15:3); \*look into it as a mirror to see our true self (James 1:23-25); \*meditate on it (Psalm 1:2; 1 Tim. 4:15); \*memorize

it (Deut. 11:18; Psalm 119:11); \*study it (2 Tim. 2:15; Heb. 5:12-14); \*teach it to others (Deut. 11:19; Col 3:16) ; \*talk about it (Josh. 1:8); \*and sow its seeds of truth in the field of the world (Matt. 13:3-9; Luke 8:11).

The daily practice of these scriptural admonitions will keep you in a state of perpetual revival.



The world does not think it strange when people wreck their bodies, destroy their homes, and ruin their lives by running from one sin to another! But let a drunkard become sober, or an immoral person pure, and the family thinks he has lost his mind! - Warren Wiersbe



For a long time I used to think this a silly, straw-splitting distinction: how could you hate what a man did and not hate the man? But years later it occurred to me that there was one man to whom I had been doing this all my life--namely myself. . . In fact, the very reason why I hated the things was that I loved the man. Just because I loved myself, I was sorry to find that I was the sort of man who did those things. Consequently Christianity does not want us to reduce by one atom the hatred we feel for cruelty and treachery. . . But it does want us to hate them in the same way in which we hate things in ourselves: being sorry that the man should have done such things, and hoping, if it is in anyway possible, that somehow, sometime, somewhere, he can be cured and made human again. - C.S. Lewis, Mere Christianity.



SPIRITUAL \_\_\_\_\_ THAT NEED TO BE  
\_\_\_\_\_ BEFORE THEY \_\_\_\_\_ US  
INTRODUCTION - COLOSSIANS 3:2-11

L.S.- As Christians we need to protect the body of Christ from...

- I. \_\_\_\_\_ - GALATIANS 5:15 AND JAMES 4:1
- II. \_\_\_\_\_'S - JAMES 1:25 AND DEUTERONOMY 8:19
- III. \_\_\_\_\_ - GALATIANS 5:15 & 1 CORINTHIANS 5:7-11
- IV. \_\_\_\_\_ - HEBREWS 5:14 AND PHILIPPIANS 1:15-17
- V. \_\_\_\_\_ DISEASE - HEBREWS 3:10-13
- VI. \_\_\_\_\_'S - ROMANS 7:14-24
- VII. THE COMMON \_\_\_\_\_ - MATTHEW 24:9-13

CONCLUSION

## SPIRITUAL DISEASES THAT NEED TO BE KILLED BEFORE THEY KILL US

### INTRODUCTION

A. There are spiritual diseases that attack the church like physical diseases attack our body.

B. Colossians 3:2-11 "Set your affection on things above, not on things on the earth. {3} For ye are dead, and your life is hid with Christ in God. {4} When Christ, who is our life, shall appear, then shall ye also appear with him in glory. {5} Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry: {6} For which things' sake the wrath of God cometh on the children of disobedience: {7} In the which ye also walked some time, when ye lived in them. {8} But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. {9} Lie not one to another, seeing that ye have put off the old man with his deeds; {10} And have put on the new man, which is renewed in knowledge after the image of him that created him: {11} Where there is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but Christ is all, and in all."

L.S.- As Christians we need to protect the body of Christ from...

### I. CANCER

A. What is Cancer? also known as a malignant tumor, is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body.

B. Galatians 5:15 But if ye bite and devour one another, take heed that ye be not consumed one of another.

C. James 4:1 From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members?

### II. ALZHEIMER'S

A. What is Alzheimer's? is the most common form of dementia.

B. James 1:25 But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

C. Deuteronomy 8:19 And it shall be, if thou do at all forget the LORD thy God, and walk after other gods, and serve them, and worship them, I testify against you this day that ye shall surely perish.

### III. GANGRENE

A. What is gangrene? a potentially life-threatening condition that arises when a considerable mass of body tissue dies (necrosis).

B. Galatians 5:15 But if ye bite and devour one another, take heed that ye be not consumed one of another.

C. 1 Corinthians 5:7-11 Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us: {8} Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth. {9} I wrote unto you in an epistle not to company with fornicators: {10} Yet not altogether with the fornicators of this world, or with the covetous, or extortioners, or with idolaters; for then must ye needs go out of the world. {11} But now I have written unto you not to keep company, if any man that is called a brother be a fornicator, or covetous, or an idolater, or a railer, or a drunkard, or an extortioner; with such an one no not to eat.

### IV. AIDS

A. What is Aids? acquired immunodeficiency syndrome (HIV/AIDS) is a disease of the human immune system caused by infection with human immunodeficiency virus (HIV). As the illness progresses, it interferes more and more with the immune system, making the person much more likely to get infections, including opportunistic infections and tumors that do not usually affect people who have working immune systems.

B. Hebrews 5:14 But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

C. Philippians 1:15-17 Some indeed preach Christ even of envy and strife; and some also of good will: {16} The one preach

Christ of contention, not sincerely, supposing to add affliction to my bonds: {17} But the other of love, knowing that I am set for the defence of the gospel.

## V. HEART DISEASE

A. WHAT IS HEART DISEASE? The causes of cardiovascular disease are diverse but atherosclerosis and/or hypertension are the most common.

B. Hebrews 3:10-13 Wherefore I was grieved with that generation, and said, They do alway err in their heart; and they have not known my ways. 11 So I swear in my wrath, They shall not enter into my rest.) 12 Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God. 13 But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.

## VI. PARKINSON'S

A. WHAT IS PARKINSON'S Early in the course of the disease, the most obvious symptoms are movement-related; these include shaking, rigidity, slowness of movement and difficulty with walking and gait.

B. Romans 7:14-24 For we know that the law is spiritual: but I am carnal, sold under sin. 15 For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. 16 If then I do that which I would not, I consent unto the law that it is good. 17 Now then it is no more I that do it, but sin that dwelleth in me. 18 For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. 19 For the good that I would I do not: but the evil which I would not, that I do. 20 Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. 21 I find then a law, that, when I would do good, evil is present with me. 22 For I delight in the law of God after the inward man: 23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. 24 O wretched man that I am! who shall deliver me from the body of this death?

## VII. THE COMMON COLD

A. WHAT IS A COLD? The common cold may occasionally lead to pneumonia, either viral pneumonia or secondary bacterial pneumonia. No cure for the common cold exists, but the symptoms can be treated

B. Matthew 24:9-13 Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake. 10 And then shall many be offended, and shall betray one another, and shall hate one another. 11 And many false prophets shall rise, and shall deceive many. 12 And because iniquity shall abound, the love of many shall wax cold. 13 But he that shall endure unto the end, the same shall be saved.

## CONCLUSION

A. SUMMARY

B. APPEAL

*Colossians 3:5*

*Mortify therefore your members  
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COLOSSIANS 3:5

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