



Life Point Church International
Sermon Journal 2018

Galatians 5:22-23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”



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walking in the:

The Fruit of the Spirit

Monthly Theme & Message Direction

January Theme: Love

January 7 th	Need for the Fruit of the Spirit
January 14 th	Defining <i>Agape</i> love
January 21 st	Characteristics of <i>Agape</i> love
January 28 th	Characteristics of <i>Agape</i> love

February Theme: Love

February 4 th	Characteristics of <i>Agape</i> love
February 11 th	Characteristics of <i>Agape</i> love
February 18 th	Characteristics of <i>Agape</i> love
February 25 th	Characteristics of <i>Agape</i> love

March Theme: Joy

March 4 th	The origin of joy
March 11 th	Conditions for losing joy
March 18 th	The discovery of joy
March 25 th	The method of our joy

April Theme: Peace

April 1 st	Easter: The Prince of Peace
April 8 th	The place of peace
April 15 th	The flow of peace
April 22 nd	The lifestyle of peace
April 29 th	Peace of mind

May Theme: **To Tithe or not to Tithe?**

May 6 th	Understanding the Tithe
May 13 th	Mother's Day
May 20 th	Money is about mindset
May 25 th	Anointing Service
May 27 th	Understanding the seed

June Theme: **Patience**

June 3 rd	A word of patience
June 10 th	To judge or not to judge
June 17 th	Father's Day
June 24 th	A not so patient servant

July Theme: **Kindness**

July 1 st	Cord of God's choosing
July 8 th	Cord of God's remembrance
July 15 th	Cord of God's Victory
July 22 nd	Cord of God's Affection
July 29 th	Practical kindness to the world

August Theme: **Goodness**

August 5 th	Practical goodness to the world
August 12 th	The good of reproofing
August 19 th	The good of correction
August 26 th	Missions Celebration!

September Theme: **Ownership in the Church**

September 2 nd	Church Picnic (no service)
September 9 th	The establishment of Church
September 16 th	Giving oneself to teaching
September 23 rd	Giving oneself to serving
September 30 th	Giving oneself to # growth

October Theme: **Faithfulness**

October 7 th	Characteristics of faithfulness
October 14 th	Characteristics of faithfulness
October 21 st	Characteristics of faithfulness
October 28 th	Characteristics of faithfulness

November Theme: **Gentleness**

November 4 th	Key of submission
November 11 th	Key of humility
November 18 th	Key of teachability
November 25 th	Key of example

December Theme: **Self-Control**

December 2 nd	Repairer of the breach
December 9 th	Self-control of the mind
December 16 th	Developing self-control
December 23 rd	Self-control in Christ
December 30 th	Looking back

START
YOUR
JOURNEY
HERE



january / february



Monthly Message Direction:

January 7th

January 14th

January 21st

January 28th

Need of fruit of the Spirit

Defining *Agape* love

Characteristics of *Agape* love

Characteristics of *Agape* love

February 4th

February 11th

February 18th

February 25th

Characteristics of *Agape* love

Characteristics of *Agape* love

Characteristics of *Agape* love

Characteristics of *Agape* love

Speaker: Dr. Rai Paparatti

Date: January 7, 2018



The Need for the Fruit of the Spirit

Text: Galatians 5:16-23

“[The Fruit of the Spirit], they are impossible goals for the unbeliever. Yet attainable – but not automatic – graces for the true Believer.”

Beth Moore

1 – There is an undeniable war within us – whose victor depends upon the smallest of weapons: choice! Verse 16

- Paul offers a simple choice with a monumental outcome.

If we struggle with choice, it is because we struggle with intake.

- There is all the wrong coming in and not enough of the good.
- Super-Size-Me? – It’s all wrong!

2 – Being led by the Spirit produces a freedom from guilt, condemnation, and fear. Verse 18

- “Under the Law,” signified being stuck with no way out.

3 – The Fruit of the Spirit life is about the crucifixion of the flesh Verse 24

- Crucifixion signifies the right attitude towards the flesh.

- The flesh must be viewed as so terrible, that we would eagerly put it on the cross.

4 – The Fruit of the Spirit life is about living by the Spirit. Verse 25a

- Living by the Spirit signifies living life yielded to God’s ways and desires.
- It is about the decision in our mind and heart to give in to the Spirit.

5 – The Fruit of the Spirit Life is about walking by the Spirit. Verse 25b

- Walking by the Spirit signifies the daily choice made to consciously choose the Spirit Life in our daily routine.

Practical Application!

1 – Choose to live by the Spirit by making a commitment of discipline in daily time spent with God.

I will spend _____ min/hrs with God each day this week – reading and praying.

Mon.	completed	Yes / No
Tue.	completed	Yes / No
Wed.	completed	Yes / No
Thurs.	completed	Yes / No
Fri.	completed	Yes / No
Sat.	completed	Yes / No

As a point of direction, read through the book of Galatians. 1 chapter each day.

Illustration for Point # 1

Super Size Me is a 2004 American documentary film directed by and starring Morgan Spurlock, an American independent filmmaker. Spurlock's film follows a 30-day period from February 1 to March 2, 2003, during which he ate only McDonald's food.

The film documents this lifestyle's drastic effect on Spurlock's physical and psychological well-being, and explores the fast food industry's corporate influence, including how it encourages poor nutrition for its own profit.

Spurlock ate at McDonald's restaurants three times per day, eating every item on the chain's menu at least once. Spurlock consumed an average of 5,000 kcal (the equivalent of 9.26 Big Macs) per day during the experiment. An intake of around 2,500 kcal within a healthy balanced diet is more generally recommended for a man to maintain his weight.

As a result, the then-32-year-old Spurlock gained (24 lbs), a 13% body mass increase, increased his cholesterol to 230 mg/dL, and experienced mood swings, dysfunction, and fat accumulation in his liver. It took Spurlock fourteen months to lose all the weight gained from his experiment using a supervised vegan diet.

Speaker: Dr. Rai Paparatti

Date: January 14, 2018



Defining Agape Love

Text: Galatians 5:22; John 15:12-13, 17; John 3:16

"Do not waste your time bothering whether you 'love' your neighbor act as if you did. As soon as we do this, we find one of the great secrets. When you are behaving as if you loved someone, you will presently come to love him. If you injure someone you dislike, you will find yourself disliking him more. If you do him a good turn, you will find yourself disliking him less." **C.S. Lewis, Mere Christianity**

1 – Agape love is a command we receive not a feeling we manage. John 15:12a

- We will never progress to have the fruit of the Spirit or to live the fullness of the Christian walk if we do not accept that love must be separate from what we feel.

This is polar opposite to what we feel today.

- We cannot make someone love us. But we can choose to love someone.

2 – Agape love is not fueled by the desire of the recipient; it is fueled by the need. John 15:13

- Laying down of one's life does not take place when there is no need to.
- Jesus speaks of this as He prepares to give His own life.

Looking at Jesus as our greatest example of *agape* love, we find a pattern that breaks all forms of self.

- John 3:16

3 – Agape love is practiced through the discipline of giving. John 3:16a

- God so loved...He gave!

This cannot be confused with the style of giving which we express today.

- “*I do so much for you that all I ask for is a little consideration and respect...*”

What does giving look like?

- It is selfless – looks to a person’s need.
- It is valuable – has a high and committed cost involved.
- It is constant – it does not turn on or off; or shift with changing seasons and situations.

All of this in love in the context that *not all the world will accept and choose* this love.

- Imagine our greatest possession given and yet trampled underfoot.

4 – Agape love is the catalyst that allows for the Spirit-life; supernatural expressions and results to flow through the life of a Believer.

Galatians 5:22

Practical Application!

Since *agape* is a choice, demonstrating *agape* is also a choice we make. For the Christian, we do not wait to exhibit *agape* love, we choose to demonstrate it.

1 – Pick someone in this Church and someone in your family (or friend) circle. Look intently at their situation for any need they must have. Pray and ask God for strength. Meet their need without expecting anything in return. Pray. Thank God for the display of *agape* love.

Illustration for Defining Agape Love. What does love look like?

1 – Russian man stages elaborate death for a marriage proposal.

- Alexey Bykov staged an extreme car wreck and hired a makeup artist to put on a display outside the restaurant his girlfriend would be eating at.
- He had people enter the restaurant and describe to his girlfriend what had happened and to announce the news that he was dead.

After some moments of grief, Alexey hopped off the tarmac, into the restaurant with a ring and proposed to his girlfriend. This is what he said:

“I wanted her to realize how empty her life would be without me and how life would have no meaning without me.”

2 – Man has friend shoot him so his girlfriend will sympathize and return to him.

- 20 year old Jordan Cardella enlisted the help of his friend Michael Wezyk to shoot him in a park, not once, not twice, but three times.
- Michael obliged and fired the first shot which struck him in the arm.
- Seeing his friend writhing on the floor, Michael realized that this was foolish and called the whole thing off. Jordan continued to beg that he fire the remaining shots.

Both were arrested and sentenced to prison time.

Speaker: Dr. Rai Paparatti

Date: January 21, 2018



Characteristics of Agape – Part 1

Text: 1 Corinthians 13:1-13

The foundation of all we do must be built upon this *agape* love.

- | | |
|------------------------------|------------|
| 1. Relationships with people | Verses 1-4 |
| 2. Education and status | Verse 1 |
| 3. Spirituality | Verse 2a |
| 4. Self-sacrifice | Verse 2b |
| | Verse 3 |

Each of these fields remain empty, loud, and without purpose when *agape* is not practiced.

1 – The introductory display of love is the practice of patience. Verse 4a

- This patience is attributed directly towards people.
- It holds the idea of being able to avenge oneself but yet refraining.

“Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increased it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs, and they will then be powerless to vex your mind.”

Leonardo da Vinci

Patience not only refrains from vengeance but looks for opportunity. It resists avoidance!

One of the greatest hindrances to the development of the Fruit of the Spirit is purposed frustration towards:

- People,
- Events, &
- Ourselves.

Patience is the hallmark of God's love towards us.

- 2 Peter 3:9

2 – A patient display is firmly rooted through kindness. Verse 4b

- You cannot show godly kindness without patience.
- Many people exhibit kindness, but not patience. Therefore, their kindness resounds with loud and empty clanging.

Patience has to do with resisting vengeance.

Kindness has to do with favor in place of punishment.

Practical Application!

1 – Agape is developed with practice. This week, we must practice agape through effort outside of our home base.

- Look towards the work of the Gospel.
- Raise the bar of support personally, financially, and missionally towards your participation in the church.

2 – Pray that God will open your eyes to see the opportunities to display agape love towards those in your everyday path.

Speaker: Dr. Rai Paparatti

Date: January 28, 2018



Characteristics of Agape – Part 2

Text: 1 Corinthians 13:4

“The following characteristics of *agape* love are described by what *agape* is not. Careful consideration of these “what it is not,” if seen in our own lives, will help determine if we have the spirit of *agape* love living and active through us.”

1 – Left to reap, jealousy always ends in a negative form of action. Verse 4c

➤ Acts 7:9-10

“Jealousy is a complex emotion that encompasses feelings ranging from fear of abandonment to rage and humiliation.”
– Psychology Today

Jealousy incites behavior that produces the continuance of sin. Acts 7:9

➤ It produces “negative self-coaching.”

“This negative self-coaching accompanies us into our personal relationships and instills in us a level of doubt and criticism that keeps us from perceiving ourselves as truly lovable. It reminds us to be suspicious...”

–Dr. Lisa Firestone

Agape, in contrast, always ends in a positive form of action because it is void of self-interest.

➤ God displayed His *agape* in Acts 7:10

Agape rescues from afflictions. Acts 7:10a

Agape grants favor. Acts 7:10b

Agape promotes in close proximity. Acts 7:10c

2 – A boastful love highlights human strength as the enduring force. Verse 4d

➤ 1 Corinthians 1:27-31

The great contrast here is that without devoted love for God, the boasting of our love falls terribly short.

Our boast cannot be in our love but must be in God who shows us how to love.

“Kids can know that a parent loves them without a relationship with Jesus Christ. But, that love is limited to this world and causes severe destruction in the life to come.”

“Kid’s that know their parents love them because they love Jesus, brings the fruit of the Spirit to an active place in this world. It is taking the power of eternity and allowing it to infiltrate into and through this world’s situations.”

3 – The arrogance outside of agape keeps one stuck in tunnel vision. Verse 4e

- Word holds the idea of becoming *puffed up*.
- So big that one cannot see past themselves.
- The arrogance in this love looks only to the feelings that love will produce for them.

Practical Application!

1 – Choosing *agape* love this week will be determined by making decisions not based upon feelings.

- Take the love relationships already in your life (marriage, children, friendships, etc.) show them an act of love completely removed from your feelings or from what you can gain from the act. Practice this *agape* declaring your love for Christ as you do it.

Speaker: Dr. Rai Paparatti

Date: February 4, 2018



Characteristics of Agape – Part 3

Text: 1 Corinthians 13:5

“Without the manifestation of agape in one’s life, it is alarming to see how quickly love becomes self-centered and full of vile and hate.”

➤ 2 Samuel 13:1, 15

1 – A powerful and telling characteristic of agape is its ability to push back and repel the spirit of impropriety.

Verse 5a

➤ Love is not rude or acts unbecomingly.

Agape does not take pleasure in acts of indecency, vulgarity, or shame.

“A Spirit-filled Christian immediately senses that the Holy Spirit is offended in the presence of obscenity. When the Holy Spirit is at work within us, He bears a keen sensitivity toward that which is indecent.”

-Beth Moore

Agape breeds sensitivity. It works from top-down.

Sensitivity to:

1. His Spirit at work in our lives.
2. His Spirit at work in others.
3. His plan in using us for others.

In each of the areas of sensitivity, we yield to God and draw near to His plan. This happens through:

➤ Time and discipline spent with Christ.

Agape repels a rude spirit.

1. It sets us apart from the spirit of the world.
 2. It breaks the influence of that spirit over us.
 3. It repels that spirit by infiltrating darkness with light.
- 1 John 4:18

2 – The set-up for happiness is arranged through the characteristic of self-denial.

Verse 5b

- Love is not self-seeking.

“If his happiness is the main or leading thing, it proves that he is supremely selfish; and selfishness is not religion. True religion, or love of others, will prompt us to seek their welfare with self-denial, and personal sacrifice and toil.” – Barnes

- 1 John 4:19, 1 John 4:10

“...he seeks the welfare of others, and desires to promote their happiness and salvation, even at great personal sacrifice and self-denial.” –Barnes

Agape looks to serve people. But, it will never be separated from great personal sacrifice.

- It will cost us something!
➤ Are we paying a price?

Practical Application!

1 – Resist the temptation to fit in to this world. Face it. You are not from this world. Take a stand for Christ where you live, work, or go to school.

Let it be bold, vocal, and unshakable. **Pay** the price and **serve** the lost. Do it for them; for God!

Speaker: Dr. Rai Paparatti

Date: February 11, 2018



Characteristics of Agape – Part 4

Text: 1 Corinthians 13:5

7 signs that you are angry person.

Dr. Redford Williams; Professor of Psychology, Duke University

- 1 - Getting mad over little things.
- 2 - Interrupting.
- 3 - Being a complainer.
- 4 - Holding a grudge.
- 5 - Getting red in the face.
- 6 - Being overly sensitive.
- 7 - Being cold-hearted.

1 – Agape love will manifest godly restraint when wronged.

Verse 5c

- Love is not easily angered.

The word used for *easily angered* holds the idea of being *sharpened, ready to cut*.

- We cannot be easily trusted with the sharp implements of our bruised character when dealing with anger.

We give in to being easily angered when we:

A. Assume that vindication belongs to us.

- Romans 12:19; Leviticus 19:18;
Proverbs 20:22; Proverbs 24:17.

Ephesians 4:27 – Anger is the opposite of *agape* because it gives the devil a foothold in our lives.

A foothold allows a climber leverage to thrust his body to higher ground giving advancement.

If the devil has a foothold through anger, it allows him advancement and achievement in our lives.

If Christ has a foothold, it allows Him to gain ground and His spirit to bring His achievement.

B. Our own pleasure is greater than the needs of those around us.

2 – Agape is the great releaser of wrongs suffered both inwardly and outwardly. Verse 5d

- True agape does not keep records of wrong.
- Only an enemy does!

This is why the Fruit of the Spirit is so strong and can manifest mightily; because it produces active and tangible freedom.

The word used for *keeping a record* is the Greek word *logizomai* and is the term from which we derive our English word *logic*.

- Record keeping is a logical and normal progression in this world.

“Certainly, one would say that a good record keeper is not only logical, but smart and disciplined. Yet, when it comes to wrongs suffered, it provides us with fuel for sin.”

- The Bible is not declaring that the *wrong* did not happen. It is instructing us to release the accused from the logical implication of our condemnation.

Practical Application!

1 – Break the stronghold of anger this week by purposefully serving the one who triggers your anger. Let Christ work through you!

Speaker: Dr. Rai Paparatti

Date: February 18, 2018



Characteristics of Agape – Part 5

Text: 1 Corinthians 13:6-7

“The complexity of natural love causes riffs that become the cause for absurdity.”

1 – Not rejoicing in evil, is not only about not having a vindictive spirit, but it is about removing the traces and examples of evil from within our own context of love. Verse 6

There are many vices and sins in people with which we take pleasure.

- We must evaluate our media, entertainment, and lustful intake.

Not delighting in evil is about having a softening of our heart so that our outlook and desires change.

- We must no longer be hard hearted when it comes to seeing sin.
- Romans 1:32

2 – Agape will always protect. Verse 7a

- It bears all things.

The protection of *agape* has more to do with bearing all things.

- The protection comes in protecting what we have received from God.

Bearing all things is the same verb used in:

- 1 Corinthians 9:12

“It endures without divulging to the world personal distress. Literally said of holding fast like a watertight vessel; so the charitable man contains himself in silence from giving vent to what selfishness would prompt under personal hardship.”

What does selfishness prompt under personal hardship?

- A. Selfishness prompts material and physical gain.
- B. Selfishness prompts anger towards situations.
- C. Selfishness prompts impatience.
- D. Selfishness prompts a skewed perspective.

3 – Agape has a high reserve of trust. Verse 7b

- This has nothing to do with being gullible or foolish. It is being quick to trust.

This expression of *agape* is given to the completeness of the Gospel.

- The *agape* led Christian will believe all things pertaining to the power and manifestation of God’s Presence over life and its situations.

Quick to trust signifies:

- A. Quick to release our interpretations.
- B. Quick to release our methods.
- C. Quick to turn to God in prayer.

Practical Application!

1 – Take inventory of sinful pleasures. Remove them and yield the void to God.

The complexity of natural love causes riffs that become the cause for absurdity.

Readers Digest recently published an article named:

Surprising marriage laws you might be breaking.

Let's look at some:

1. In Vermont, a wife must obtain written permission from her husband before wearing false teeth.
2. In Wichita, Kansas, mistreatment of Mothers-in-Law are grounds for divorce.
3. In the town of Truro on Cape Cod, a groom-to-be must prove his manliness before marriage by hunting and killing either 6 blackbirds or 3 crows.
4. To facilitate weddings for servicemen and women who may be abroad, weird marriage laws in California, Colorado, Texas, and Montana allow "marriage by proxy" which means either the groom or the bride can have someone attend the ceremony in his or her place. Montana even allows double-proxy weddings, where neither party has to be present.
5. It is illegal to kiss your wife in public on Sundays in Hartford, Connecticut.

Speaker: Dr. Rai Paparatti

Date: February 25, 2018



Characteristics of Agape – Part 6

Text: 1 Corinthians 13:7-8

“Love never fails because it is rooted in the nature of God, it is empowered by the Spirit of God and it is alive in the people of God. People like you who have heard the call to run towards the flames engulfing our world when most, understandably, want to run away.” – Scott Arbeiter, World Relief

1 – The hope of agape holds fast to the words Christ has spoken. Verse 7c

- Acts 27:9-11, 18-20, 22-24

The hope through agape grants to us hope, not only for ourselves, but hope for the lives connected to us in our situations.

This hope was so vast that it crossed any racial or social boundaries present in Paul’s situation.

God granted him the lives of those who were:

- His captors. (centurion)
- His contradictors. (pilot & captain)
- His superiors.
- His fellow prisoners. (those guilty of crime)
- God gave Paul 276 lives. (Acts 27:37)

We are carriers of this tangible, lifesaving hope.

- We must facilitate its reach!

2 – The endurance of agape extends farther than for our own benefit. Love endures for the salvation of those near to us. Verse 7d

➤ 2 Timothy 2:10

Thoughts to consider when facing unsurmountable circumstances.

1. Am I a Believer? If yes, the following truths must shape our thoughts.
2. God is working for my good. (Romans 8:28)
3. God is working for the redemption of those around me.
4. God is setting me up for promotion.
5. God is choosing to use me for His purpose.

3 – Love Never Fails! Verse 8a

➤ Agape cannot ever fail because its source is rooted in eternity.

God's love began in eternity past and continues to eternity future. It cannot be shaken or disturbed by forces limited to this world.

➤ When we choose to display agape, we choose to display features from eternity.

Practical Application!

1 – When responding to challenging or emotional situations this week, purposefully remind yourself that you will choose to respond with *agape*. You will be a conduit for eternity to pass through your life and touch someone else's.

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march

Monthly Message Direction:

March 4th

March 11th

March 18th

March 25th

The Origin of Joy

Conditions for Losing Joy

The Discovery of Joy

The Method of our Joy

Speaker: Dr. Rai Papparatti

Date: March 4, 2018



The Origin of Joy

Text: Galatians 5:22b; Luke 10:17-20

“If joy is a Fruit of the Spirit, it makes sense to conclude that joy cannot be founded in earthly means. Striving to make fleshly experiences fulfill a spiritual need will bring man to the brink of depression with each attempt.”

1 – Earthly pleasures do bring happiness, but Jesus warns against making them a basis for our joy foundation. Luke 10:19-20a

The list of “joy producers” that the disciples were rejoicing over were genuine experiences.

- A. Authority over natural things that would harm.
- B. Victory over the power of the enemy.
- C. Freedom from any type of injury.

Why does Jesus instruct them to not rejoice in these epic experiences?

- Experiences change!

2 – True joy has its foundation and its supply in salvation. Luke 10:20c

- Psalm 51:12; Isaiah 35:10

David had tried through experience to fulfil himself; but it only ended in sorrow.

Joy is rooted in salvation because:

- A. Salvation is rooted in eternity.
- B. Salvation breaks the work of the devil and brings reminder of Calvary.
- C. Salvation is the ultimate gift and purpose.

3 – Joy, like its predecessor love, is a choice we make not a feeling we have. Luke 10:20c

Jesus instructs them to choose rejoicing rather than feel it.

- Philippians 4:4
- Psalm 33:1
- Habakkuk 3:17-18

*“Growth of the Fruit of the Spirit in our lives is evident when we **choose** to employ the gifts rather than **wait** for them to become evident.”*

- Too often we wait and never do.
- Rather, we must put our salvation and spirituality into effect by purposefully doing and seeing the growth happen because we do.

Practical Application!

1 – Write a note to yourself before going to bed that when you wake you will, “Rejoice in the Lord.”

2 – When waking, rejoice out loud. Declare to God how happy you are because of what He has done for you. Don’t focus on the problems or trials of the day. Focus on the joy of salvation!

14 Ways to find Joy

Written by Andrea Malin for Prevention Magazine
December 2, 2011

The more I tried to find happiness, the more I found myself in a vast sea of pleasures, thrills, and gratifications. An e-mail chain letter of "natural highs" cited making eye contact with a cute stranger, listening to the rain, and riding a roller coaster. Hmm. Nice, but do they bring me joy? Not really.

I couldn't help but feel that the experience of joy should be something more substantial, something I could sink my teeth—and heart and soul—into.

Where to Look

Whether your joy—let's call it "high happiness"—comes in the rush of a sugar high, the glow of professional accomplishment, or deep spiritual fulfillment, whether it trickles in small pleasures or flows in a deluge of delight, most would agree that we want more of it.

But you won't find joy from the lottery tickets tucked in your wallet. Nor will you find it in wrinkle-removing plastic surgery. Studies have shown that money and beauty are not reliable or substantial sources of happiness.

According to happiness researcher Sonja Lyubomirsky, PhD, of the University of California, Riverside, **life circumstances only account for 10% of happiness.** Half depends on our genetic "set point," which is kind of like the weight our body bounces back to after that crash diet. About 40% of our happiness is influenced by what we do deliberately to make ourselves happy. And being happy is the key antecedent to joy. "You can't be joyful all the time," says Lyubomirsky, "but people who are happy are going to be joyful more frequently."

Speaker: Dr. Rai Paparatti

Date: March 11, 2018



Conditions for Losing Joy

Text: Psalm 51

Pleasure Producing Markets in the U.S.

(1) Money (2) Sex (3) Drugs

“In Amsterdam, where the prostitution and drug use are legal, it is reported that last year, suicide was at its all-time high. Surpassing deaths from cancer, cardiovascular disease and traffic accidents.”

- The pleasure center led numbers in suicide.
- High numbers of suicide led to legal euthanasia.

More people have taken their life, ruined their lives, and taken the lives of others in the Netherlands; which has given them position #6 on:

- The World Happiness Index.

6th place in world happiness is ranked based upon social involvement, trust in society, and freedom.

1 – A prime indication for the lack of joy is the presence of sin. Verse 1-3

- David declares that his sin is, “ever before me.” (Verse 3b)
- The Hebrew gives the understanding that David’s plays his sin over and over in his mind. He cannot escape.
- **Sin hijacks mental stability.**

Why does sin affect our thoughts?

- Our mind is the center of decision before action. The Noetic Effect.
- Matthew 12:35

2 – Joy is uprooted and replaced in the presence of falsehood. Verse 6

- This is a contrast verse.
- God desires truth on the inside rather than a show on the outside.

When these two impediments are dealt with, only then will we be able to experience joy and have:

1. Extensive personal reach and effect.
 - Verse 13
2. Joy exuding from our words.
 - Verse 14b
3. God will be ever near to our efforts.
 - Verse 19a
4. Work will be done for God.
 - Verse 19c

Practical Application!

1 – Confess your sinful addiction to God.

- Confession must have with it the desire to change.
- Confession without repentance (change) is only gossip.

2 – Confess your untruthfulness to those around you. Spouse, friend, pastor, fellow Believer.

- Confession of untruthfulness liberates and allows for joy to enter.
- James 5:16

Speaker: Dr. Rai Paparatti

Date: March 18, 2018



The Discovery of Joy

Text: Philippians 1:12-20

“The discovery of joy is not a quest in finding what works for our lives or what brings happiness to our lives. The discovery of joy is in reality, the discovery of Christ in our lives and His placement for happiness.”

The leading question for the discovery of joy in every situation is:

- Are we intent on the gospel being lived out through our lives?

1 – If our purpose is to be used of God through our life’s situations, it will not be difficult to see Christ and experience joy in hardship.

Verse 12

- Paul highlights the gospel as the “great progress.”

What in life are we striving to progress?

- Paul mentions the word: circumstances. But it is not referring to his own progression.
- His terrible circumstances led to great progress in his Christian walk and for the advancement of the gospel.

Therefore, joy bombarded Paul’s situations.

Verse 18

James 1:2

2 – Purposefully speaking of Christ [bringing Him into our conversations] transforms our perspective by producing and exalting the true object of joy. Verse 13-14, 18

Paul is specific in showing that this joy becomes expressive through the intent of our words.

If we speak of Christ, our words spoken manifest joy in life situations. Conversely, silence about Christ and His plan allows for dark clouds of doubt and depression to replace and starve out joy.

➤ Romans 10:14, 17

The progression of the gospel in our lives produces the fuel and spark for joy.

➤ Acts 4:19-20, 23-24, 29-31;

➤ Acts 5:17-18, 27-19, 40-41

Practical Application!

1 – Be specific about seeing Christ in every situation. Ask yourself this question each day, *“Am I living my life to further the cause of Christ in whatever I do today?”*

2 – Be purposeful in bringing Christ in every arena of conversation this week. Daily take record:

Did I speak out loud of Christ in some way to those around me?:

Monday Y/N **Tuesday** Y/N **Wednesday** Y/N
Thursday Y/N **Friday** Y/N **Saturday** Y/N
Once completed, will give a good indication of our level of gospel purpose for the week.

Discovery Illustrations for The Discovery of Joy

Article produces in Reader's Digest

1 – Penicillin

Inventor: Alexander Fleming **Year:** 1928

What Happened: Halfway through an experiment with bacteria, Alexander Fleming up and went on vacation. Slob that he was, he left a dirty petri dish in the lab sink.

Big Discovery: When he got back, he found bacteria had grown all over the plate, except in an area where mold had formed.

As a Result: That discovery led to two things: 1) penicillin and 2) Mrs. Fleming hiring a maid.

2 – Anesthesia

Inventor: Horace Wells **Year:** 1844

What Happened: In its salad days, nitrous oxide was strictly a party toy, since it made people howl like hyenas. But a friend of the dentist took too much of the stuff at a laughing-gas stage show and gashed his leg.

Big Discovery: The friend hadn't realized he'd hurt himself.

As a Result: Nitrous oxide became an early form of anesthesia.

3 – Saccharin

Inventors: Constantin Fahlberg and Ira Remsen

Year: 1879

What Happened: After spending the day studying coal tar derivatives, Fahlberg left his Johns Hopkins laboratory and went to dinner.

Big Discovery: Something he ate tasted particularly sweet, which he traced to a chemical compound he'd spilled on his hand. Best of all, it

turned out to be calorie-free.

As a Result: He cut Remsen and the university out of millions of dollars when he secretly patented the breakthrough discovery, saccharin.

4 – Microwave

Inventor: Percy Spencer **Year:** 1946

What Happened: With the end of World War II, the Raytheon engineer was looking for other uses for the magnetron, which generated the microwaves for radar systems. While Spencer was standing next to the device one day, a chocolate bar in his pocket melted.

Big Discovery: The magnetron worked even better on popcorn.

As a Result: Orville Redenbacher became very rich.

5 – Chewing Gum

Inventor: Thomas Adams **Year:** 1870

What Happened: He was experimenting with chicle, the sap from a South American tree, as a substitute for rubber. After mounting failures, the dejected inventor popped a piece into his mouth.

Big Discovery: He liked it!

As a Result: Adams New York No. 1 became the first mass-produced chewing gum in the world.

6 – Silly Putty

Inventor: James Wright **Year:** 1943

What Happened: During the war years, the General Electric engineer combined silicone oil and boric acid in an attempt to find a cheap alternative to rubber for tank treads, boots, etc.

Big Discovery: It didn't work. But the scientists

had a blast bouncing and stretching his mistake, when they weren't using it to transfer comics onto paper.

As a Result: Kids had a blast playing with the Silly Putty too.

7 - Botox

Inventors: Alastair and Jean Carruthers

Year: 1987

What Happened: The couple were using small doses of a deadly toxin to treat 'crossed eyes' eyelid spasms and other eye-muscle disorders when they noticed an interesting side effect.

Big Discovery: Wrinkles magically disappeared.

As a Result: The expressionless face became the 'it' look, thanks to Botox.

8 - Mauve

Inventor: William Perkin

Year: 1856

What Happened: He was intent on discovering a cure for one of the deadliest diseases in the world, malaria.

Big Discovery: While trying to replicate the malaria fighter quinine in his laboratory, Perkin inadvertently discovered the color mauve instead.

As a Result: Perkin forgot about malaria and made a mint establishing the synthetic dye industry.



Bishop Adams Lwesya
March 25, 2018

Text: _____

Notes: _____



PEACE



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april

Monthly Message Direction:

- | | |
|------------------------|-----------------------------|
| April 1 st | Easter: The Prince of Peace |
| April 8 th | The Place of Peace |
| April 15 th | The Flow of Peace |
| April 22 nd | The Lifestyle of Peace |
| April 29 th | Peace of Mind |

Speaker: Jose Gavidia

Date: April 1, 2018



Easter Sunday

Text: Luke 24:1-7

“Today is a day of celebration; today is a day of victory. The work of Jesus would not be complete without the Resurrection.”

- 1 Corinthians 15:14
- Without the Resurrection, our faith would be hopeless.
- Without the Resurrection our Christianity would not make sense.

The empty tomb that the women saw, has a message that each person must understand.

1 – The empty tomb tells us that God always does what He promises to do.

- Psalm 16:10
- God made His promises true.

If God did what He promised for His Son, we have hope that all His promises towards us in the Bible will come to pass.

2 – The empty tomb has a message of hope for all of humanity.

- John 11:17-26

Jesus declares that He is the Resurrection and the Life.

Days after He declared those words He proved the Resurrection in His own life.

- This demonstrated that He alone has the power and the authority to resurrect and give us eternal life.

1 Thessalonians 4:16

3 – The empty tomb is a message of victory.

- 1 Corinthians 15:55-57

No person. By their own effort can have victory against:

1. Sin
2. Grave

Through Jesus, we have victory and can declare and repeat 1 Corinthians 15:57.

To know that we have victory should give us the confidence to confront anything in our life.

- The victory of Jesus is our victory.
- Ephesians 4:8-10
- Romans 8:34

Practical Application!

1 – Give a shout for joy declaring that the tomb of Jesus is indeed empty!

2 – Declare out loud that, “The victory of Jesus is my victory!”

Speaker: Jen Papparatti

Date: April 8, 2018



The Place of Peace

Text: Ephesians 2:11-22; Philippians 4:6-7

Jesus is our peace because he has provided access to God the Father. Ephesians 2:14, 18

- Philippians 4:6-7 shows how the provision of this access gives us God's peace.

1 – The access to God is a peace that has no human formation. Philippians 4:7a

- This is God's peace and it does not make rational human sense.

That phrase alone is enough to cause us to understand that this peace will be made available to us in the midst of deeply trying circumstances.

2 – This peace is not attained by any earthly method. John 14:27

- Peace I give you not as the world gives peace.
- As far as we understand peace, it is the removal of fear and difficulty.
- But Jesus continues to tell His disciples that they ought not to fear or be troubled.

The peace that He gives us is not one based upon the principle of situation remover. But that of situation conqueror.

- There will sometimes be fear in the conquest.

3 – This peace provides the Christian with a strong measure of prevention. Philippians 4:7

- It will guard our hearts and minds.
- It is preventative in that our mind will not be ravaged by ever changing situations.

The steadiness of this peace is all based on the condition that we take advantage of the access we have with the Father.

4 – An outcome of this peace is that it draws one closer to Jesus. John 14:27

- It is His own peace which He gives.
- Therefore, to have this peace must mean that we must draw near to Him.

5 – This peace is proven because of the price it cost. It is resurrected peace. John 14:27

- It is the peace of Jesus. His peace, which He has tested and proven through the resurrection. It is a peace which even death itself cannot conquer.

Practical Application!

1 – Spend 10 minutes in the morning over the course of this coming week, giving yourself to the access that you have with God.

2 – Read Psalm 91 each morning.

- Declare the promises of Psalm 91:14-16

Speaker: Dr. Rai Paparatti

Date: April 15, 2018



The Flow of Peace

Text: Romans 14:17-23

“Receiving peace comes through the action of serving Christ and the people in His Church.”

No peace = No serving heart!

The Kingdom of God is not about gratifying self – but about peace in the Holy Spirit. Verse 17

Serving Christ brings: Verse 18

1. Acceptance before God.
2. Approval before men.

1 – We must pursue the things which make for peace. Verse 19a

- Pursue carries the idea of *aggressively chasing like a hunter pursuing a catch.*

There must be:

1. Haste.
2. Intention.
3. Determination.

There will always be obstacles in the way of catching a prize. This should not deter us.

“We must break the pattern of offending and the attitude of not caring if people are offended from our life.”

2 – We must build up one another. Verse 19b

How to build up one another:

1. Meet a need.
2. Encourage one another through the Word of God.
3. Pray for one another.
4. Draw people into our social circles.

It is time to enlarge our own circle.

3 – Self-centeredness always leads to stagnancy and complacency. Verse 22

- Better noted here as condemnation.

Serving allows for our needs to be met because we become the flow of God’s power.

- As God flows through us to meet someone else’s need, we find that our own needs will have been provided for by a loving and grace giving God.

Practical Application!

1 – Find where you have been easily offended and release it to God.

Fill it in: I have chosen to forgive _____ because God has forgiven me.

2 – I will purposefully build up _____ by meeting this need, _____ and encouraging them through God’s Word this week.

Speaker: Dr. Rai Paparatti

Date: April 22, 2018



The Lifestyle of Peace

Text: Romans 15:8-13

Living a lifestyle of peace comes through the continual practice of belief. Verse 13

- The God of hope will fill you will all peace **in** believing.
- The context of the word **in** holds the idea of: within, or in “the realm of” as the condition.

The condition for the lifestyle of peace is the continuation of active belief expressed in our life.

How to Develop an Unshakable Belief System:

1 – Win in your mind first.

- Romans 7:23; 1 Peter 1:13; Romans 8:6

Sin desires to win in our mind first.

- James 1:14-15
- If we break the thought process of sin, we introduce the thought process of peace.

Peace, being a spiritual fruit, is introduced into our lives through the avenue of our mindset.

This is a matter of determination.

- If we have no idea what our goals are, we will never issue the attempt to reach them.

2 – Uncover and expose the cause of disbelief.

- 2 Corinthians 10:3-6
- The destruction of fortresses!
- Disbelief in our life becomes a fortress.

Destroying speculations has to do with exposing the wrong reasoning.

We must be vocal and intentional in our beliefs.

- The more we vocalize what is godly and denounce what is not, the more peace will flood our situations.

3 – Work on becoming a competent Christian.

- 2 Timothy 2:15

Competence comes through:

- Diligence 2 Timothy 2:15a
- Activity 2 Timothy 2:15b
- Confidence 2 Timothy 2:15c
- Precision 2 Timothy 2:15d

Practical Application!

1 – Early morning devotion and prayer is a must for this week.

- A disciplined motivation will turn the condition of our mind to receive the lifestyle of peace.

2 – Practice the vocalization of your prayers.

- Our mood is so often tied to our speech.
- Kick the mellow conundrum that eagerly desires to take over our life.

Speaker: Dr. Rai Paparatti

Date: April 29, 2018



Peace of Mind

Text: Philippians 4:6-7

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.”

Arthur Somers Roche

Anxiety which is the Greek word *merimnao* means, *drawn in opposite directions; divided into parts.*

- Much of our life, we can say, is pulled in so many different directions.

God gives a command for this particular fruit of the Spirit.

- Once again, the fruit of the Spirit of peace is not developed.
- It is experienced when the right pieces are in order.
- *“One day, God will give me peace”* is a lie.”

1 – Experiencing peace of mind is initiated through the discipline of prayer. Verse 6b

- This makes sense since it is a spiritual fruit.

What is it about prayer that begins the process for peace?

- It restores us to our position as creature receiving all from the Creator.

- It stops the momentum of “earthly ways” and allows us to redefine importance.
- It breaks self-absorption which is unable to receive spiritually.

2 – Experiencing peace of mind will always flow through thankfulness. Verse 6c

- The word for thankfulness actually signifies being thankful for God’s grace.

How to be thankful when you don’t feel like it.

- Take it back to salvation.
- Remember what God *has* done.
- Be audible with gratitude.

Thankfulness does not come easy. It comes out of a life that learns to give to God. Psalm 107:22

Results from activating this fruit of the Spirit:

1. The Peace of God, which passes understanding. Verse 7a
 - The spiritual experience will collide with the natural.
2. Will guard our hearts. Verse 7b
 - The center of our emotions.
3. Will guard our minds. Verse 7c
 - The development of our thoughts.

Practical Application!

1 – Make time for peace! If you truly desire this fruit of the Spirit, you must make time to receive it in prayer.

2 – Make it a point to be a Prayer Meeting.



may

Understanding the Tithe

Monthly Message Direction:

May 6 th	Understanding the Tithe
May 13 th	Mother's Day
May 20 th	Money is about Mindset
May 25 th	Anointing Service
May 27 th	Understanding the Seed

Speaker: Jen Papparatti

Date: May 6, 2018



To Tithe or not to Tithe Series

Understanding the Tithe

Text: Matthew 22:17-22; Malachi 1:4-13; 4:10-17

Tithing Misconceptions:

1. Tithing is my *gift* to God.
2. Tithing is *whatever* I decide to give.
3. Tithing was an Old Testament practice and the New Testament has nothing to say about it. – Matthew 5:17-20
4. God desires me to be responsible in taking care of my own needs before I give to the church.
5. Tithing is optional.
6. Tithes, offerings, or seed gifts are all the same thing. Giving is giving.

What is the tithe?

- Leviticus 27:30-33

The tithe in the Old Testament was not only limited to earnings. It represented everything pertaining to life and sustenance.

God is not in need of money.

- Psalm 50:10-11

You should not give God a sacrifice which to you is really not!

Tithing teaches us that all belongs to God through words and in actions. Tithing breaks rebellion.

Tithing Methods and Benefits from Malachi

Malachi 1:4-13 – Tithing Methods

1 – A half-hearted giving to God dishonors

Him.

Verses 6-8

- Half-hearted giving is giving without a plan or intention to be faithful.

2 – A half-hearted giving keeps God’s favor and kindness removed.

Verse 9

3 – A half-hearted giving grows tired in its faithfulness.

Verse 13

Malachi 3:10-17 – Tithing Benefits

1 – It will open the windows of heaven over our lives.

Verse 10c

- There are three places in the Old Testament where “windows of heaven” are mentioned. Genesis 7:11; 2 Kings 7:19; Malachi 3:10.
- It refers to a sluice gate. Power behind a dam waiting to be released for the purpose of cleaning and generating power.

2 – God will pour out a blessing.

Verse 10d

- This goes deeper than just “meeting a need” type of blessing.
- We cannot equate “money in” with “money out.”

3 – God will rebuke the devourer. Verse 11a

- There will be freedom in living pest-free.

4 – God will prevent the vine from premature delivery of fruit. Verse 11b

- This speaks of maturity.
- We will grow in maturity to handle each situation in the very way that God intends us to handle it.

5 – God will establish our place in this world. Verse 12

- Favor will follow us no matter the situation. This is true of living life in a palace or living life in a dungeon. Favor will follow.

6 – God will spare us as a father who spares his son. Verse 17

- God will intervene in our affairs because we will have placed Him in the position to do so.

Practical Application!

1 – Take inventory of at your income. Answer the question, “Am I giving to God at least, ten percent of what is coming in?”

2 – Using Malachi 3:10, test this method of giving to God the first of your income.

- Expect a return of favor and blessing because of your faithfulness.

Speaker: Dr. Rai Paparatti

Date: May 13, 2018



Mother's Day

Text: 2 Timothy 1:1-8

“Only God Himself fully appreciates the influence of a Christian mother in the molding of character in her children.” – Billy Graham

1 – A godly mother will pass on the most important legacy to a child - faith. Verse 5

- Power in this verse comes from the fact that Timothy came to faith in a broken and difficult family.
- Acts 16:1

Instilling faith is a daily sacrifice and decision that heavily incorporates the living Word of God.

- 2 Timothy 3:15

2 – A godly mother will facilitate the mentorship of their children. Verse 6

- Building faith in children allows for the opportunity for them to experience God's manifest Presence.
- The more godly opportunities available, the greater the desire for God.

3 – A godly mother recognizes the stronghold of fear. Verse 7a

- Paul was joining ranks with Timothy's mother and grandmother and attacking the greatest hindering spirit – FEAR.

4 – A godly mother displays a spirit of power, love, and of a sound mind. Verse 7b

- Power to encounter foes, power to bear up under trial, and power to triumph.
- Love towards God and love towards men.
1 John 4:18
- Sound mind which is well balanced and under the right influences.

5 – A godly mother lives completely unashamed no matter its cost. Verse 8

“Unashamed comes when there is something greater than the possibility of ridicule.”

Practical Application!

1 – Find a Mother to show appreciation to and specifically pray a prayer of blessing over their life.

2 – Pray that God will use your life to greatly influence your children towards the cause of Jesus Christ.



Illustration: Mother's Day

Mother knows best, right? Well that's what Nina Keneally, a 63 year old mom of two from Bushwick (Brooklyn), NY believes. Convinced that you sometimes just need the advice of a "mom," she has started a new online business for those times, as her site puts it, "When you need a mom... just not YOUR mom."

She calls her site NeedAMom, and as ABC reports, "She paid for a sponsored post last week in the Bushwick Daily and has been bombarded with inquires ever since."

She says her target customers are young adult professionals, many of whom do have loving mothers and fathers, but feel they may not necessarily understand their children's unique concerns or circumstances.

One woman, she said, simply wants Keneally to sit with her while she cleans out her closet and offer "non-judgmental" advice on what to keep and what to toss. "My mother would just die if she knew," the potential client wrote in her inquiry to Keneally. "Would you be interested in chatting with me while I work and keeping me on task for a couple hours?"

So you can have the non-judgmental ear of an experienced mom all for the one low price of \$40 per hour!

Speaker: Dr. Rai Paparatti

Date: May 20, 2018



To Tithe or not to Tithe Series

Money is About Mindset!

Text: Acts 5:1-11

“The discipline of tithing proves a radical biblical truth within the life of the giver: freedom from the love of things.”

1 – Ananias & Sapphira were bound by their love for money. Verse 2

- They could not bear the thought of giving it away.

We can truly see the extent of our love of money through the patterns in which we spend it.

Devotion to God’s laws with an attachment to money, still brings cause for an unfulfilled life.

- Luke 18:18-23

2 – Ananias & Sapphira desired the praise of men rather than the work of God. Verse 4a

- They wanted to look more generous than they really were.

Loving money and praise almost always go hand in hand.

- Luke 16:14-15

The privilege and the responsibility we have to give of our resources to God, shows the responsibility we develop to handle true riches.

- Luke 16:10-13

3 – Ananias & Sapphira lived lives engulfed by lying. Verses 4b; 8

When there is a love for money and a desire for the praises of men, we will find that our truth dissolves into deception and fraud.

- Is there lying in our life – we must evaluate our giving!

4 – Ananias & Sapphira discredited the Holy Spirit and His work. Verses 3-4; 9

- They had developed a hypocritical life before God.

Practical Application – Acts 4:34-37

1 – Barnabas was wholly invested in the serving God with his money rather than serving his own interest.

- Evaluate this question: Am I invested financially in the work of this church?

2 – Barnabas was interested in living his life as an encouragement. This fact became his new name.

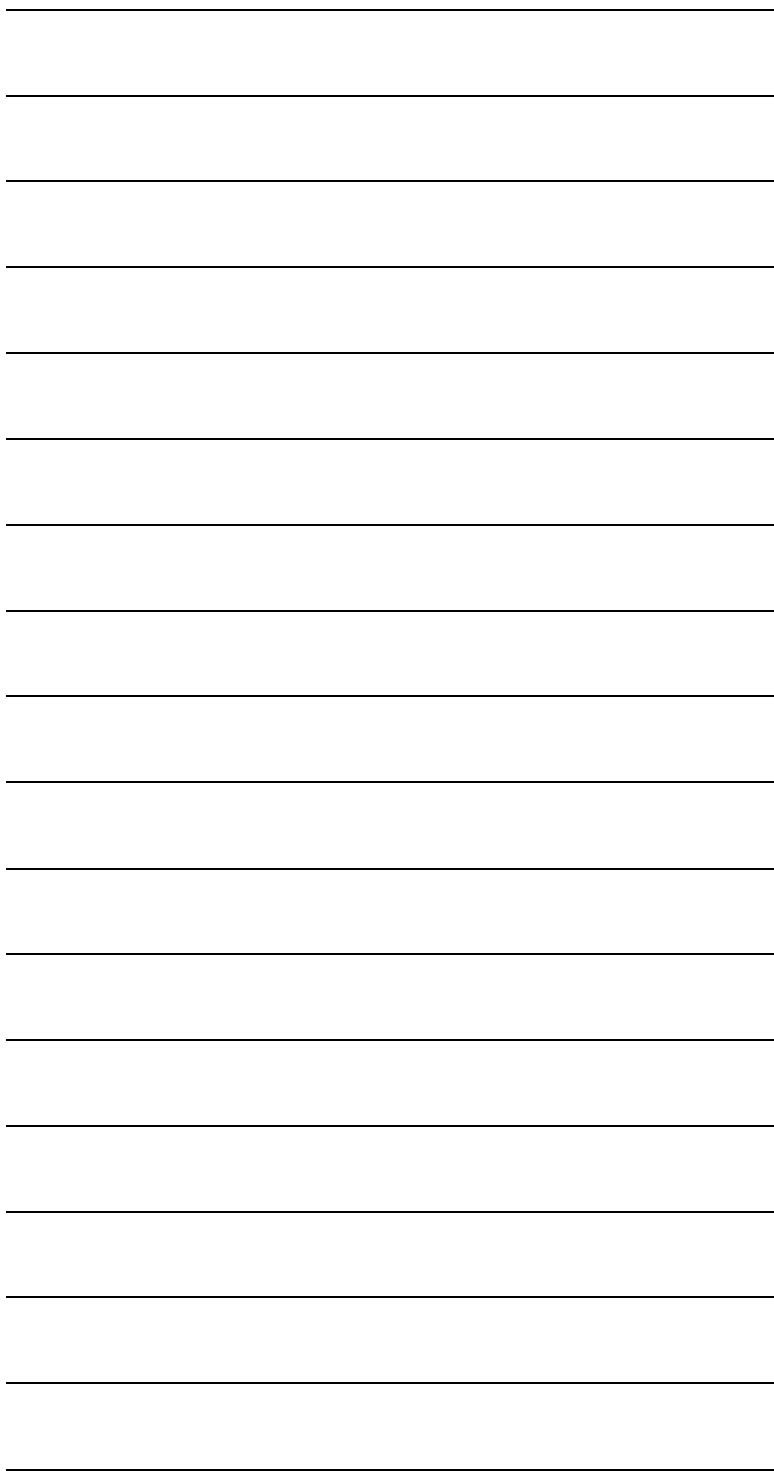
- How is my giving encouraging the work of the Lord through this church?

Money is about Mindset Sermon

Illustration for Point # 3

Lying seems to be a way of life for many people. We lie at the drop of a hat. The book The Day American Told the Truth says that 91 percent of those surveyed lie routinely about matters they consider trivial, and 36 percent lie about important matters; 86 percent lie regularly to parents, 75 percent to friends, 73 percent to siblings, and 69 percent to spouses.

Daily Bread, August 28, 1992.



P₃ | A₁ | T₁ | I₁ | E₁ | N₁ | C₃ | E₁

June



Monthly Message Direction:

June 3rd

June 10th

June 17th

June 24th

A Word of Patience

To Judge or not to Judge

Father's Day

A Not so Patient Servant

Speaker: Dr. Rai Paparatti

Date: June 3, 2018



A Word of Patience!

Text: Galatians 5:22, 1 Thessalonians 1:3

“Patience is a powerful mastery over perception. Not in that it distorts perspective, but in that it allows one to truly see situations as they are.”

The Greek word used for *patience* in reference to the fruit of the Spirit is *makrothumia*.

- To fully understand the context of this word, we must first understand its counterpart in the scripture *hupomone*.
- 1 Thessalonians 1:3

Hupomone is most often translated as *patience, endurance, perseverance or steadfastness*.

- It is the quality of character which does not allow one to surrender to circumstances or succumb under trial.

Makrothumia is *self-restraint before proceeding to action*.

- It is patience in respect to persons.

1 – Everywhere we find the word *makrothumia* expressed, we find some sort of mercy.

- This is a Fruit of the Spirit because it is the heavenly display of God towards man.

It is interesting to note that the very next Fruit of the Spirit is *kindness* which cannot be extended without this display of patience.

The book-ends of *patience* are: *peace* (the active Presence of Jesus with us) and *kindness* (our display of Jesus' Presence).

2 – Our patience towards people will be a direct manifestation of the Presence of Jesus.

- If we lack patience with people, we must also deduce that we lack the Presence of Jesus.

Patience towards people is best understood in the context of conflict.

Romans 12:17-21

3 – Our patience displayed will cost us personally and financially. Romans 12:20

- A sacrifice of our possession is the catalyst for this Fruit of the Spirit.
- Meeting a need!

Burning coals is always about restoration, not justification.

Practical Application!

1 – Look for the open opportunity to practice this Fruit of the Spirit.

- Meet a need or bless in some material way someone who has brought conflict in your life.

Speaker: Dr. Rai Paparatti

Date: June 10, 2018



To Judge or Not to Judge!

Text: Romans 2:1-11

“The opposite practice of makrothumia (long-suffering toward others inspired by mercy) would be krino which means ‘to pass judgement upon, condemn, take vengeance on.’” – Beth Moore

We can see why patience and judgment are opposites: the essence of the biblical word for *patience* is the delaying of *judgment*.

1 – When we judge others, we cause God to be harder on us.

Verse 1a

- Galatians 6:6-8

2 – That which we bring judgment on, becomes the very hook of sin on our own lives.

Verse 1b

- Sin will always give birth to sin.
- Sin becomes generational.

This is difference than judging sin. This is about our own self-righteousness against others.

3 – Our judgment reveals contempt for the riches of God’s patience.

Verse 4

- Our lack of patience with people makes light of the opportunity we continually have to go to God in repentance.

4 – Without the Fruit of the Spirit of Patience, we become judges spurned on by our own attitudes, our pasts, our personalities, and our positions. Verse 5

Breaking a Judgmental Spirit and Moving Towards Patience:

1 – Since judgment is deed driven, patience is brought on through our spiritual activity. Verse 6-7

2 – Patience is a conscious choice towards obedience rather than an easy reflex. Verse 8

- The more we are obedient, the easier and more automatic the response.

3 – There is a reward given to those who practice patience. Verse 10

- Glory
- Honor
- Peace

Practical Application!

1 – Find the person that we are passing judgment on: _____

- Pray for forgiveness.
- Ask God for insight.
- Open an avenue for conversation.
- Do a good deed.

Speaker: Dr. Rai Paparatti

Date: June 17, 2018



The Balance of a Godly Father!

Text: Jonah 4:1-2; Exodus 34:6-7

“Train up a child in the way he should go – but be sure you go that way yourself.” – Charles Spurgeon

1 – A godly father is gracious. Verse 4

- The word for gracious is only used in the Scripture as an attribute of God.
- It is used of God in hearing the cry of a vexed debtor.

We will so very often face the vexed debtor, especially in the relationships close to us.

- A godly father feely offers forgiveness and restoration – at his own cost.

2 – A godly father is compassionate. Verse 4

- Compassion is never compassion without action.
- Compassion without action is feeling bad.

3 – A godly father is slow to anger. Verse 4

- He does not wait long for the sinners return.
- His activity becomes progressively redemptive.
- 2 Corinthians 5:17-20a

4 – A godly father is abundant in lovingkindness, covenant loyalty, and favor.

Verse 4

- He is continually looking to meet the needs that constitute fatherhood.

5 – A godly father relents in calamity. Verse 4

It is interesting to note that all these attributes were professed from a son who was annoyed at his father.

- It is a testimony to strive for, that in our children's frustration, they proclaim our godly attributes.

How to develop these godly attributes:

1 – Active involvement in the life and events of those under us.

- Lack of time spent produces apathy.

2 – An intentional pouring into. A costly and risky investment.

- Child failure does not mean the risk taken was lost. The risk taken yields higher gain in setbacks. Setbacks hold higher remembrance value than straight wins.

3 – One arm up! One arm down!

- We must connect to God and then to our kids and family.

Practical Application!

1 – Bring forgiveness where it is needed. Ask God to forgive you, then, forgive the person in your family that struggle with. Tell them! Practice Godliness!

Father's Day 2018 Illustration:

THE MEN'S THESAURUS

Men don't always say what they mean:

1. When a man says "IT WOULD TAKE TOO LONG TO EXPLAIN"

He means: "I have no idea how it works"

2. When a man says "TAKE A BREAK, HONEY. YOU ARE WORKING TOO HARD"

He means: "I can't hear the game over the vacuum cleaner"

3. When a man says 'THAT'S INTERESTING DEAR.'

He means: "Are you still talking?"

4. When a man says: "IT'S A GUY THING"

He means: "There is no rational thought pattern connected with this, and you have no chance at all of making it logical"

5. When a man says "CAN I HELP WITH DINNER"

He means: "Why isn't it ready yet?"

6. When a man says "UH HUH, SURE HONEY," or "YES, DEAR"

He means: Absolutely nothing – It's a conditioned response.

7. When a man says 'I CAN'T FIND IT.'
He means: "It didn't fall into my outstretched hand, so I'm completely clueless"

8. When a man says "I HEARD YOU."
He means: "I haven't the foggiest clue what you just said and I am hoping desperately that I can fake it well enough so that you'll not spend the next 3 days yelling at me."

9. When a man says "YOU KNOW I COULD NEVER LOVE ANYONE ELSE"
He means: "I am used to the way you yell at me and realize it could be worse."

10. When a man says "YOU LOOK TERRIFIC!"
He means: "Oh please don't try on one more outfit, we're late and I'm starving."

11. When a man says, "THAT'S NOT WHAT I MEANT."
He means: "If something I said can be interpreted two ways, and one of the ways makes you sad or angry, I meant the other one."

12. If your husband says, "WHAT COLOR IS THIS?"
He means: ALL men see in only 16 colors, like Windows default settings. Peach, for example, is a fruit, not a color. Pumpkin is also a fruit. I have no idea what "taupe" is.

Speaker: Dr. Rai Paparatti

Date: June 24, 2018



A Not So Patient Servant!

Text: Matthew 18:15-35

“If we neglect the necessity of forgiveness, we fail to complete the portrait of biblical patience.

Patience is the vessel through which God pours His mercy. Mercy is fueled by forgiveness.”

- Beth Moore

1 – We must forgive to be free and clear from God’s judgment. Verses 32-34

- *Forgive* is the Greek word *aphiemmi* and means *to cut someone loose*.
- The word picture drawn by the Greek for un-forgiveness is one in which the unforgiven is roped to the back of the unforgiving.

Forgiveness allows our burden to be extremely light. Only Jesus can *cut the rope*.

- Matthew 11:29-30

Considering the punishment of the foolish servant, the one who does not forgive always suffers more than the one not forgiven.

- Though both were put in prison, only one was tortured.

2 – We must forgive to be obedient to; and receive the life purposed in God’s Word.

- Luke 6:37-38
- Matthew 6:14-15

We must continually remember that the principle of sowing and reaping speaks to all matters of our life. Especially when it has to do with matters of forgiveness.

3 – We must forgive so that we do not provide Satan with an opportunity to take advantage.

- 2 Corinthians 2:10-11
- Advantage can be seen here as leverage.

How to forgive:

1. Surrender the situation to God.
2. Pray so that God can cut the rope of offense.
3. Release the person with blessing.
4. Empower the person through affirmation.
5. Reject the memory of offense.

Practical Application!

1 – Take a slot of time and make a ceremony of forgiveness.

- Plan a communion time on your own.
- Find some bread and preferably some grape juice.
- Read 1 Corinthians 11:23-26
- Read Matthew 5:23-24

As you take communion, go over the points on *how to forgive*.

kindness



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july

Monthly Message Direction:

July 1st

July 8th

July 15th

July 22nd

July 29th

Jose Gavidia

Cord of God's Remembrance

Cord of God's Victory

Cord of God's Affection

Practical Kindness to the World



Speaker: Dr. Rai Paparatti

Date: July 8, 2018



Cord of God's Remembrance!

Text: Galatians 5:22; Isaiah 49:14-16

Kindness is the Greek word *chrestotes* and means: *useable or well fit for use.*

- It is the Spirit-produced goodness which meets the real need of man.

The real and personal dilemma of mankind towards God is the frustration of feeling that God is not present. Verse 14

1 – It is our Fruit of the Spirit work, to put into word and deed, to a frustrated world, that God remembers them. **Verse 15**

- God uses strong imagery to punctuate His point. The question is rhetorical.
- God's remembrance highlights His compassion.
- Kindness entails compassion.

How do we express God's loving care and heart towards a people that think He doesn't care?

British philosopher Paul Grice, put together 4 maxims that take further and enrich conversation.

1. **Maxim of quality.** Make a contribution that is true.
2. **Maxim of quantity.** Make an informed contribution.

3. **Maxim of relation.** Be relevant.
4. **Maxim of manner.** Express truth in verbal and nonverbal ways.

Matthew 5:13-16

2 – Showing the kindness of the Spirit takes a very personal and committed position.

Verse 16a

- The tattoos of God!

We must endure pain and attachment to the person and work intended.

- Tattoos are long-term.

3 – Showing the kindness of the Spirit will focus on restoring the difficulty and tragedy of people’s lives.

Verse 16b

- Isaiah 58:12

Practical Application!

1 – Name one person who is lost in your personal circle.

Name _____

Invest and target their lives for restoration. Be personally invested in them.

2 – Pray for them, meet their need, listen to their story, and apply the kindness of God to their situation!

Speaker: Dr. Rai Paparatti

Date: July 15, 2018



Cord of God's Victory!

Text: Zephaniah 3:14-17

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.”

– George Washington Carver (1860-1943)

Because of the victory which belongs to God, (verse 17) we also walk through this life *in* victory and producing victory for a world that is facing defeat.

➤ Psalm 108:13

1 – The kindness of the Spirit is the outward expression of the Fruit of the Spirit. Verse 17c

- The fruit of the Spirit is never intended to be private in nature.
- *“He will exult over you with joy.”*

Imagine rejoicing over someone that has made a spectacle of their life and is full of bad decisions.

➤ Zephaniah 3:1-4

Rejoicing over someone entails:

- a. Being confident in the righteousness that Christ has given to us.

- b. Breaking embarrassment from the social circles which have no spiritual merit.
- c. Accepting that God can redeem!

2 – The kindness of the Spirit holds back judgment and offense of sin. Verse 17d

- *“He will be quiet in His love.”*

Outside of the Fruit of the Spirit, we will always see people through memory of what they have done. Both good and bad.

Through the Fruit of the Spirit, we are able to see people through the lens of forgiveness and potential.

- Nancy Shore (2012)

“I have forgiven him. The Bible says that if we don’t forgive those who have harmed us then we are unable to be forgiven and I couldn’t afford not to forgive him because I couldn’t live with bitterness.”

– Nancy Shore

3 – The kindness of the Spirit manifests itself verbally for all to hear. Verse 17e

- It makes it a point that reconciliation is stronger and a priority in one’s life.

Practical Application!

1 – To use this Fruit of the Spirit, we must unashamedly stand for the reconciliation of those around us. We must lead them to Jesus.

- Publically
- Vocally
- Without reservation

Speaker: Dr. Rai Paparatti

Date: July 22, 2018



Cord of God's Affection!

Text: Hosea 11:1-4

God always shows kindness and favor towards those that are far away from Him.

- 2 Peter 3:9

As we grow in the Fruit of the Spirit, we display to a broken world the very elements of redemption and love which God is expressing.

- We magnify that expression.
- What expression are we magnifying to those around us?

1 – Kindness will always be displayed through example.

Verse 3a

- God had shown Israel how “to walk.”
- He had led them through the wilderness to follow His lead.

We must also lead the world in this walk.

2 – Kindness will always use patience as its springboard.

Verse 3b

- The imagery is used of a child learning to walk and growing weary. The nurse then picks up the child.
- This is why the Fruit of the Spirit are noted as building blocks.

3 – Kindness displays confidence of God’s healing plan. Verse 3c

- “They did not know that I healed them.”
- How do you show a world kindness and the healing that is available to them when they believe that there is no need for it?

*Look for opportunity to highlight the need that people have in their life.

4 – Kindness uses selfless love as its binding medium. Verse 4a

- God is paralleling for them the difference between binding an animal and dealing with a person.
- Sin causes forced binding.

Psalm 107:14

5 – Kindness takes full-on personal involvement – dirt included. Verse 4b

- The image used signifies freedom to feed freely and not restricted.
- John 6:32-35

6 – Kindness involves personal sacrifice. Verse 4c

- The joy of feeding people.
- 2 Kings 6:20-23

Practical Application!

1 – Ask of the Holy Spirit: “This week, how should I give of myself sacrificially so that someone will come to find You as their hope?”

Famous Missions Quotes

"A church that is not a missionary church is contradicting itself and quenching the Spirit." – Lausanne Covenant

"The spirit of Christ is the spirit of missions. The nearer we get to Him, the more intensely missionary we become." — Henry Martyn, missionary to India and Persia

"No one has the right to hear the gospel twice, while there remains someone who has not heard it once." — Oswald J. Smith

"Any church that is not seriously involved in helping fulfill the Great Commission has forfeited its biblical right to exist." — Oswald J. Smith

"We must be global Christians with a global vision because our God is a global God." — John Stott

"The mark of a great church is not its seating capacity, but its sending capacity." — Mike Stachura

"*'Not called!'* did you say?

'Not heard the call,' I think you should say.

Put your ear down to the Bible, and hear Him bid you go and pull sinners out of the fire of sin. Put your ear down to the burdened, agonized heart of humanity, and listen to its pitiful wail for help. Go stand by the gates of hell, and hear the damned entreat you to go to their father's house and bid their brothers and sisters and servants and masters not to come there. Then look Christ in the face — whose mercy you have professed to obey — and tell Him whether you will join heart and soul and body and circumstances in the march to publish His mercy to the world. — William Booth, founder of the Salvation Army

Speaker: Dr. Rai Paparatti

Date: July 29, 2018



Practical Kindness to the World!

Text: Romans 12:10-15

"I believe that in each generation God has called enough men and women to evangelize all the yet unreached tribes of the earth. It is not God who does not call. It is man who will not respond!"

— Isobel Kuhn, missionary to China and Thailand

1 – Beauty in our lives is defined by our dedication and devotion in bringing good news. **verse 15b**

- *Beautiful* is the Greek word *horaiois* and signifies *blooming*.
- Beauty is to be growing and maturing, flourishing and belonging to the right hour or season
- How often we struggle to bloom in our life?

2 – Having a commitment that looks to the unreached of the world, changes our perspectives on earthly matters. **verse 12a**

- There is no distinction

A Christian who thinks globally will begin to change his or her views on many things like:

1. **Possessions** – become tools to be used to reach the lost – Matthew 6:19-21, Luke 12:15
2. **Relationships** – are prized for their connections in growth – Hebrews 10:24-25

3. **Compassion** – becomes evident and acted on – Galatians 6:2.
4. **Success** – is defined by what has been done for Christ – Romans 8:28.
5. **What is biblical versus what is cultural** – becomes our boldness and standard.

3 – We must realize that we have been sent with a message to proclaim. verse 15a

- Sent by Christ Matthew 28:18
- Sent by the Church

Our willingness to go and proclaim must drive us.

Our failure to go to the world will cause:

- A people not hearing 14c
- A people not believing 14b
- A people who will not call on God 14a
- A people who will not be saved 13

"I thought it reasonable that I should seek the work where the work was the most abundant and the workers fewest." — Scottish missionary James Gilmour on why he went to Mongolia

Practical Application!

1 – Be keen to listen to the cry of the lost. See them everywhere you go and start praying for them

2 – Daily pray for the mission team headed to Malawi from this Church.

- Be part of the sending.



Monthly Message Direction:

August 5th

August 12th

August 19th

August 26th

Practical Goodness to the World

The Good of Reproofing

The Good of Correction

Missions Celebration

Speaker: Jen Paparatti

Date: August 5, 2018



Practical Goodness to the World!

Text: 2 Timothy 3:16-17

“That which is good, profitable, or beneficial is not always fun, easy, or pleasant. The purpose of this quality of the fruit of the Spirit is to do or bring that which is most beneficial, whether or not it is that which is most popular.” – Beth Moore

Each person’s ultimate service plan in this world is to be prepared for good work.

- Verse 17b

1 – God’s Word is always for the purpose of bringing good.

Verse 16a

- Isaiah 55:11
- The world resists God’s goodness because of conviction.
- Does this mean we are to not bring God’s Word to people?

There are always things that are good that we rebel against.

“The Bible is very easy to understand. But we Christians are a bunch of scheming swindlers. We pretend to be unable to understand it because we know very well that the minute we understand, we are obliged to act accordingly.”

– Soren Kierkegaard

**2 – God’s Word will always bring goodness
because it is inspired. Verse 16b**

“When people speak of the Bible as inspired, they are referring to the fact that God divinely influenced the human authors of the Scripture in such a way that what they wrote was the very Word of God.” – Michael Houdmann

- 2 Peter 1:21

Because the Bible is inspired by the mind of God, it therefore become authoritative.

What does authority accomplish?

Ephesians 1:19, 22-23

1. Power over all things. All means all!
2. Power is primarily for the believers in all situations that they face.
3. Power to give Believers the life of fullness.

**3 – God’s Word will always bring goodness
because it is profitable. Verse 16c**

- The best way to understand profitable is to think about making a profit.
- What will a profit in your bank account help you to do?

Practical Application!

1 – Push your life into overdrive. Take in a large portion of the Word of God this week.

- Make a plan and read through the Psalms in one week.

Speaker: Dr. Rai Paparatti

Date: August 12, 2018



The Good of Reproofing!

Text: 2 Timothy 3:16-17, Matthew 4:1-11

Reproofing is the Greek word *elegchos* and means *that by which a thing is proved or tested*.

- That by which invisible things are proved and we are convinced of their reality.
- Hebrews 11:1

The Fruit of the Spirit of Goodness, produces the evidence of faith in everyday life.

The question becomes, “How do we produce evident faith in everyday life?”

1 – The Word of God gives us the reality of the situation we are in.

Matthew 4:4

- Without the Word of God in our lives, we are easily overcome by the façade of this earthly life.

The devil desired that Jesus give in to the temporal longing of this earthly life. But, it was the Word of God which gave the **perspective** of the spiritual situation.

We must learn to bring spiritual reality to earthy settings. This is what the Fruit of Goodness produces in our lives and towards the lives of those we come in contact with.

2 – The Word of God gives the restraint needed when temptations are overwhelming and self-depreciating. Matthew 4:6-7

➤ 1 Corinthians 10:13

Why is it that the devil asks Jesus to do something as drastic as attempt self-harm?

Goodness will allow the Word of God to stabilize emotions.

3 – The Word of God gives place to discipline and priority. Matthew 4:10

“A life without the Word of God will lack the Fruit of the Spirit of Goodness. A life without Goodness, struggles to prioritize God’s place and effect in one’s life.”

The Effect of the Fruit of the Spirit of Goodness:

Matthew 4:11

1. The presence of the enemy pushed back.
2. The ministry of God’s messengers.
3. Preparation for God’s work and plan.

Goodness contains perspective, restraint, and priority.

Practical Application!

1 – Scripture Memorization! Take every effort to learn my memory the following Scriptures:

- Psalm 23
- 1 Corinthians 10:13
- 1 Thessalonians 5:16-24

Speaker: Dr. Rai Paparatti

Date: August 19, 2018



The Good of Correction!

Text: 2 Timothy 3:16-17, Matthew 5:21-24

Correction is the Greek word *epanorthosis* and means *restored, reformation, setting straight (right) again*.

This correction found through the Fruit of the Spirit of Goodness, expresses itself in the active initiative of making right the wrongs which flood our lives.

We all might have areas of wrongs peppered throughout our lives. Our natural instinct is always to:

- Ignore
- Delay
- Come out on top

1 – To display goodness through correction, we must take responsibility for our words.

Matthew 5:22

- Words feed hostile attitudes which then feed hostile actions.
- “We can work it out.”

Taking responsibility for our words begins with offering sacrifice to God. Matthew 5:23

- Romans 12:1-2

As we present ourselves to God, we are reminded of offenses that are evident in our lives.

- Separation from Godly things makes it easier to hold on to hurts.

2 – To display goodness through correction, we must “go” and make restitution.

Matthew 5:24a

- Jesus emphasizes the “go.”

Too often we wait for reconciliation and miss our responsibility to display the Fruit of the Spirit.

- The Fruit of the Spirit always takes the initiative!

3 – To display goodness through correction, we must value the restitution the same as we value being accepted by God.

Matthew 5:24b

- Matthew 6:9-15

If we do not value acceptance by God, we will always live under a guilty conscience.

We develop value by placing that which is important in its proper place.

Practical Application!

1 – Simple enough! Make restitution with those whom we are at odds with. Offer your life to God in prayer.

- Revel in the acceptance we receive from God with a clear conscience.

Sermon Illustration for Point 1:

- We Can Work It Out!
- Written 24 years ago.
- This has been magnified since then.

When psychologists Cliff Notarius of Catholic University and Howard Markman of the University of Denver studied newlyweds over the first decade of marriage, they found a very subtle but telling difference at the beginning of the relationships.

- Among couples who would ultimately stay together, 5 out of every 100 comments made about each other were putdowns. Among couples who would later split, 10 of every 100 comments were insults.
- That gap magnified over the following decade, until couples heading downhill were flinging five times as many cruel and invalidating comments at each other as happy couples.

"Hostile putdowns act as cancerous cells that, if unchecked, erode the relationship over time," says Notarius, who with Markman co-authored the new book *We Can Work It Out*. **"In the end, relentless unremitting negativity takes control and the couple can't get through a week without major blowups."**

U.S. News & World Report, February 21, 1994,
Page 67.

september



OWNERSHIP in the church

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Monthly Message Direction:

September 2nd

September 9th

September 16th

September 23rd

September 30th

Church Picnic

The Establishment of Church

The Establishment of Church

Giving Oneself to Serving

Giving Oneself to # Growth

Speaker: Dr. Rai Paparatti

Date: September 9, 2018



The Establishment of Church! Pt. 1

Text: Hebrews 10:23-26, Ephesians 3:20-21,
Ephesians 4:11-16; Psalm 73:1-17

1 – Participation in Church life facilitates for the distribution of power and glory in one’s life. **Ephesians 3:20-21**

- Verse 20a begins with a declaration.
- Verse 20b connects us with the power.
- Verse 21 defines the institution.

While many people argue that the *church* is “the people of God” and not a “specific place,” they miss understanding that though Salvation is **individually** based; life and growth in Christ is **congregationally** based.

- The New Testament, after the Gospels, is written to the *gathering* of the Church. To argue and rebut against the fellowship of Believers is to reject God’s institution for growth.

2 – Participation in Church life facilitates growth and maturity. Ephesians 4:11-16

- Our growth and maturity is so important that God gave specific callings to individuals for our benefit. Verse 11

God defines our life. Sets in place a structure for our growth; and all we have to do is attend!

Our Equipping

Verse 12

- *Equipped* is the Greek word *katartismos* and means *bringing to a condition of fitness or complete furnishing*.
- Getting in shape is not always fun because it contains discipline.

Purpose of maturity is for *No Lack!* – James 1:4

Participation is an exercise of discipline. Without it, there is evident:

1. Immaturity Verse 13
2. Instability in Belief Verse 14a
3. Blindness to evil men's attacks Verse 14b
4. Increase in sinful scheming Verse 14c

3 – Participation in Church life keeps us active and determined in our faith. Hebrews 10:24-25

“It is safe to say that a lack of church attendance brings inactivity which brings idleness, which then brings a desire for sin.” Verse 26

Activity in all areas of our life **except** the local church does not constitute effectiveness.

- Effectiveness in life is based on God instituted activity and not personal busyness.

Practical Application!

1 – Connect with someone in this church for church accountability.

- Be a part of this church by connecting with someone in this church.

Speaker: Dr. Rai Paparatti

Date: September 16, 2018



The Establishment of Church! Pt. 2

Text: Psalm 73:1-28 Key verse 17

*A popular Christian motto is, “You don’t go to church, you **are** the church.” While I get this sentiment in some ways, it can lead to an unhealthy view, pitting “being the church” and “going to church” against each other. If we are truly the church, then we will surely get together with other believers regularly. We cannot “be” the church if we don’t “go” to church. – Evangelist Matt Brown*

Outside of God’s House, Asaph experienced a myriad of emotional and misleading information.

1 – A disconnect from the church leads to a susceptible lifestyle to sin. Verse 2

- Asaph was plagued in his mind.
- Romans 12:2

2 – A disconnect from the church leads to envy. Verse 3

- To envy is to want something that belongs to another person.
- Exodus 20:17

3 – A disconnect from the church leads to a distorted perspective on life. Verse 4-5

- The wicked don't feel pain, are prosperous, don't have trouble, and are on another level than the rest of humanity – FALSE!

4 – A disconnect from the church leads to a “poor me” mentality. Verse 7-8

- A “poor me” mentality is highly contagious and gains strength with each missed church opportunity.

5 – A disconnect from the church leads to an obsessive anxiety. Verse 11, 14

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.” – Arthur Somers Roche

6 – A disconnect from the church leads to an embittered heart which is easily offended.

Verse 21

=====

Church attendance halts the destructive path of the mind. Verse 17

- Until I came – Then I perceived

This changes our:

- | | |
|---------------|-----------|
| 1. Focus | Verse 25a |
| 2. Desire | Verse 25b |
| 3. Outlook | Verse 26 |
| 4. Motivation | Verse 28a |
| 5. Mission | Verse 28b |

Practical Application!

1 – Determine to come to Church!

Speaker: Dr. Rai Paparatti

Date: September 23, 2018



Giving Oneself to Serving!

Text: Hebrews 6:10-12; Mark 10:35-45

“Serving in, for, and through the church breaks the stronghold of idleness.”

“Laziness never produces success. Busyness in the world over busyness in God’s Kingdom produces an imbalanced drive that never achieves fulfillment.”

2 Tests of Idleness:

1. **Personally:** I make sure that my priority during the day is to spend time with God. Everything else comes secondary.
2. **Communally:** I make myself available as I can through the church so I may serve God to the best of my abilities. I am a giver rather than a taker.

1 – The activity of serving, brings much needed maintenance to the home. Ecclesiastes 10:18

- God’s house
- Personal house

Sagging Rafters:

- Cannot handle the load any longer. Collapse is imminent.

Leaking House:

- A leak shows signs of deterioration.

Proverbs 18:9

2 – The activity of serving exposes temptation and keeps it at bay. 1 Timothy 5:13

- Idleness opens the door to sin.

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**Benefits of Serving God through the Church
Hebrews 6:10-12**

1 – Serving God through serving the church brings us to the forefront of God’s care! Verse 10

2 – Serving God through serving the church brings a consistent godly perspective in the matters of this life. Verse 11

3 – Serving God through serving the church brings maturity and depth in faith and patience. Verse 12

Practical Application!

1 – Answer the question, “Am I personally involved in the ministry of my church? Yes / No

2 – In what capacity can I be involved in the ministry of my church?_____

3 – Take a step and follow through with commitment! Make a plan!

Speaker: Dr. Rai Paparatti

Date: September 30, 2018



Giving Oneself to # Growth!

Text: Acts 2:42, 44, 46-47

“Church growth is important because it produces more opportunity for community, more opportunity for development, and more opportunity for impact.”

There are three realizations each person in the church must come to for there to be numerical growth. **Verse 44**

1. Believers! There is a distinction and separation for those who have come to the faith. Faith is not an addition to our world. Faith is our primary existence.
2. Togetherness! Without believer association, we rob ourselves of the benefits available through the “body of Christ.”
3. Commonality! This allows for the encouragement and structure needed for maturity.

The Steps Involved for Giving Oneself to Growth:

1 – There is the daily practice of continuance in receiving Godly teaching. Verses 42, 46a

- How much intake of the teaching of God’s Word do we receive?

Frequency determines commitment which determines activity.

- Activity both from the individual towards the kingdom of God and activity from God towards the individual.
- Activity here is reciprocal.

2 – There is the intentional practice of fellowship in our personal spaces. Verse 46b

- Breaking bread, house to house, meals together.

The more we allow the family of God to come into our personal space, we open ourselves up to benefit. Romans 12:4-16

Romans 12:10-13

- Be devoted – give preference – contributing to needs – practicing hospitality.

3 – There is the intentional practice of allowing our situation to revolve around God and His plan for us. Verse 47a

- God is the only catalyst for growth!
- The more He is involved and brought into our everyday situation, the more favor we receive and the more growth takes place.

Result: Verse 47b
The Lord was adding to their number day by day!

Practical Application!

Be a part of the Church. Make it a point to fit in!

- See Insert...



Intentional Teaching: Conflict Resolution
@ Pastor Rai's Home . 103 Nelson Ave, Harrison, NY

Sunday, October 7th @ 6:00 pm
"How to handle conflict personally"

Sunday, October 14th @ 6:00 pm
"How to handle conflict expressively"

Sunday, October 21st @ 6:00 pm
"How Jesus dealt with conflict"

Intentional Meal Together:

Friday, October 5th @ 6:30 pm
@ Pastor Rai's Home . 103 Nelson Ave, Harrison, NY

Friday, October 12th @ 6:30 pm
TBA

Friday, October 19th @ 6:30 pm
TBA



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Monthly Message Direction:

October 7th

Characteristics of a faithful person

October 14th

Characteristics of a faithful person

October 21st

Characteristics of a faithful person

October 28th

Evangelist Nathan Pimentel

Speaker: Dr. Rai Paparatti

Date: October 7, 2018



Characteristics of a Faithful Person!

Text: Galatians 5:22

“If it is true that we’re going to be rewarded in heaven according to our faithfulness, if that’s the issue that God is looking at and He says it five or six different times in the parables, if the basis for my rewards in heaven is not based on my talent or my background or what I accomplished, but on faithfulness, then I’d better start preparing for the final exam.” – Rick Warren

Faithfulness is the Greek word *pistis* (faith) and holds the idea of *trust, persuasion, and dependability*.

- Faith is always a gift from God and never something that can be produced by people.
- Faith always comes from God and involves His revelation; therefore, faith is beyond belief.

Therefore, faithfulness for us is the responsibility, dependability, and usability in the very faith that God has given to us.

1 – A faithful person gives priority to the right values.

Proverbs 28:20

There are 4 levels of value:

- A. A faithful person knows what’s important in life and what isn’t important in life.

- B. A faithful person knows how to invest his or her life and how not to.
- C. A faithful person makes their life count.
- D. A faithful person knows the significant from the trivial.

What percentage of our life do we spent doing for Christ and how much doing for ourselves?

- Luke 16:10-13

2 – A faithful person cares for others’ interest, not just their own. *Philippians 2:19-22*

- The faithfulness of Timothy was directly tied to his genuine concern for the growth and development of the church.

“Faithfulness swims against the stream of contemporary culture. Contemporary culture says ‘What’s in it for me? What’s my needs, my ambitions, my desires, my goals, my hurts, my values, my profit, my benefit?’ It’s very selfish, self-centered...God says faithfulness is proven by our other-directedness and by giving our life away, by looking at others rather than concentrating on our own self.”

– R. Warren

Faithfulness is a choice! The development of faithfulness is the activity of choosing the faith we have received over the temptation of the world.

Practical Application!

1 – It is no coincidence that the Fruit of the Spirit of faithfulness follows a month of teaching on being committed to the church. Let faithfulness be on display in your life by choosing what is important in value. ***Development of relationship with God.***

- How will this change this week?

Speaker: Dr. Rai Paparatti

Date: October 14, 2018



Characteristics of a Faithful Person!

Text: Galatians 5:22, Daniel 6:1-5

“The idea that a little change somewhere in the world could produce huge changes somewhere else became known as the Butterfly Effect.” – Meteorologist Edward Lorenz

Characteristics of a Faithful Person:

1. A faithful person give priority to the right values.
2. A faithful person cares for others’ interest, not just their own.

3 – A faithful person lives a life of integrity before the unbelieving world. Daniel 6:4

- Special attention must be made in this verse to the specific mention of *government affairs*.
- Daniel was targeted in the specifics of his job and lifestyle outside of his relationship with God.

They looked at his:

- A. Methodology of work. (government affairs)
- B. Relational capability. (corruption) Was he a leader or someone that could be bought.
- C. Passion. (negligence) Was he giving it his all or was he sloppy.

Luke 16:10

4 – A faithful person keeps his word and his promises. Proverbs 25:14

- It is interesting to note that this scripture is talking about gifts and the way it claims to be used.
- There is a vital for us to see that faithfulness with the most important commodity for our physical life (money) is the very aspect in which we receive God's blessings.
- Taking Proverbs 25:14 in opposite, we receive much needed rain.

He is not just talking about how we spend our money, he is talking about how we get it as well.

- Psalm 15:4-5

“If you want to have strong self-esteem, the key is to keep your word.” R. Warren

Keeping our word not only points to our faithfulness, but it points to God who is always faithful.

“Don't waste your time waiting and longing for large opportunities which may never come. But faithfully handle the little things that are always claiming your attention.” – F.B. Meyer

Practical Application!

1 – Evaluate how and if the people around you see you as a person full of integrity.

2 – Evaluate if you have been faithful with the words that you have spoken to those around you.

Opening Illustration for Characteristics of a Faithful Person, Part 2

In 1961, meteorologist Edward Lorenz developed a computer program to predict weather patterns. One day he was in a hurry and set a computer calculation that was supposed to be .506127 to .506. He figured a thousandth of a percent would be irrelevant. Later in the day, he restarted the program and found a radically different prediction in weather patterns. He produced a paper stating that a very small change in initial conditions could have a radical change in results. A fellow scientist said that if Lorenz was correct, a single flap of a seagull's wing could change the course of the weather forever.

In 1972, Lorenz presented a paper called, "Does the Flap of a butterfly's wing in Brazil set off a Tornado in Texas?" The idea that a little change somewhere in the world could produce huge changes somewhere else became known as the "Butterfly Effect."

[Edward Lorenz's findings were first published in 1963, in a paper entitled "Deterministic Nonperiodic Flow." Lorenz shared the 1983 Crafoord Prize of the Royal Swedish Academy of Sciences and was awarded the 1991 Kyoto Prize.]

Speaker: Dr. Rai Paparatti

Date: October 21, 2018



Characteristics of a Faithful Person!

Text: Galatians 5:22, Matthew 28:19-20

Characteristics of a Faithful Person:

1. A faithful person give priority to the right values.
2. A faithful person cares for others' interest, not just their own.
3. A faithful person lives a life of integrity before the unbelieving world.
4. A faithful person keeps his word and his promises.

5 – A faithful person hears and heeds the command to GO. Verse 19

- We know that this cannot mean only the 11 remaining disciples.
- The Gospel did not spread to all the nations because 11 men took it there alone.

Everywhere they went, they were reproducing Christians who in turn were then reproducing Christians.

- 1 Thessalonians 2:7-8

6 – A faithful person will teach Bible truth to another. Verse 20

- Not opinion!
- But truth that has been filtered through our own life and proven.
- What scriptures or teaching have been proven through our life?

If we are missing the proof in our own life, we have homework to do.

To be faithful in passing on to others what we also have received from Christ, we must be committed to investing in:

1. A Person

- Faithfulness is in being able to put a face to the very person that we are working towards reaching.
- If we are particular in reaching someone for the Gospel, God will arrange the details.

2. A Process

- Commitment to see it through till the end with a specific structure in place.

3. A Purpose

- So lives can be changed and His Kingdom advancing.

7 – A faithful person knows and accepts the closeness of the Presence of Christ. Verse 20b

- Our Faithfulness, echoes the faithfulness of Christ. Our faithfulness magnifies the faithfulness of Christ.

Practical Application!

1 – What has changed in your life because of Christ?_____

2 – Who in your life will benefit from your life’s change?_____

HOUSEHOLD OF FAITH MINISTRIES



Speaker: Evangelist Nathan Pimentel . Date: October 28, 2018

Notes: _____





november

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Gentleness

Monthly Message Direction:

November 4th

November 11th

November 18th

November 25th

Key of Submissions

Key of humility

Key of teachability

Key of example

Speaker: Dr. Rai Paparatti

Date: November 4, 2018



Key of Submission!

Text: Galatians 5:22, James 4:7-10

“The meek are those who quietly submit themselves to God, to His Word and to His rod, who follow His directions, and comply with His designs.” –

Matthew Henry

The fruit of the Spirit of Gentleness.

- *Gentleness* is the Greek word *prautes* and describes the *surrender to God’s will and ways*.
- For the Believer, *prautes* begins with the Lord’s inspiration and finishes by His direction and empowerment.

It is never something humanly accomplished or biological. It is a product of the Holy Spirit.

The first key to learning and developing this fruit of the Spirit is: Submission!

1 – Learning to submit to God and His ways, is learning to resist the devil. Verse 7b

- Take your antihistamines!

“Resistance to the devil causes him to flee because he knows he cannot have victory over us if we are prepared to do battle against him.”

Resisting requires:

1. Setting oneself up against (make up our mind)
2. Opposing (vocalize, set up chase)

2 – Learning to submit to God by learning to draw near to Him. Verse 8

Drawing near to God is not only about having righteous relationship with Him. It is the realization and actualization of need.

- The realization of our emptiness.
- The actualization of getting help for the need.

Learning to sin-run. Luke 15:18-20a

1. Go. Verse 18a
2. Say. Verse 18b

“Our internalization of trials and travesties, plus our silence before God, causes much unneeded guilt and shame.”

As we draw near to God, He alone can cleanse and purify.

Practical Application!

1 – What sin is specifically holding you down or continually tempting you? _____

Who will you reveal it to and set up an accountability and prayer plan with?:

Speaker: Dr. Rai Paparatti

Date: November 11, 2018



Key of Humility!

Text: Galatians 5:23

The Keys of Gentleness:
Submission – Humility - ? - ?

“When we don’t give way...when we fight for our own way, the only possible conclusion is that we sink...at best, and lose all...at worst.”

- Remembering Admiral Nakhimov.

Having a heart to be humble is a choice that yields powerful and victorious results.

1 – The primary expression of humility is that towards our effort to seek God.

2 Chronicles 7:14

- We can never be humble towards humanity without humility towards God.
- Humility outside of our yielding to God is selfishness.

The Result: Healing in the midst of chaos.

2 – Humility brings about a continual display of tenderness.

2 Chronicles 34:27

- A tender heart is easily moved to love, pity, or compassion. (*Merriam-Webster*)

The Result: God hears and displays His compassion.

3 – Humility towards God will exercise the discipline of fasting. Ezra 8:21-23, 31

- Humility had specifics in mind while fasting.

The Result: God answers our prayer and protects us in the midst of ambush.

4 – Humility strives for devotion in the center of community. James 4:10

- *In the Presence of the Lord.*

The Result: God exalts us.

5 – Humility is quick in releasing our anxiety to God. 1 Peter 5:6-7

- Holding on to anxiety is a sign of a proud heart.
- Proverbs 16:18

The Result: God changes the situation *at the proper time*. At a favorable time!

Practical Application!

1 – What is the biggest need in your life at the moment in which you are willing to fast before God for one day?

Need: _____

Pick the day, skip the meal, and pray during the time you would be eating for God to intervene.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast		Lunch		Dinner		All 3

THE WORLD; Two Soviet Ships Collide in the Night

SEPT. 7, 1986

The two Soviet ships, a liner with 1,234 people aboard and a freighter carrying a cargo of oats, were supposed to pass in the night last week as they sailed in the Black Sea off the coast of southern Russia. The pilot of the liner, called the Admiral Nakhimov, said the crew had spied the freighter off Novorossiysk and radioed a warning, to which the freighter responded: "Don't worry, we will pass clear of each other. We will take care of everything."

"I saw the freighter about to ram into our side," the pilot said. "The engines were put into reverse, but it was too late."

Within 15 minutes, the 17,000-ton, 525-foot liner sank, so quickly that there was no time to launch lifeboats.

The authorities said 398 people, all Soviet citizens, appeared to have drowned; 116 bodies were recovered, and 282 passengers were listed as missing.

The authorities also said that both vessels' captains knew for 45 minutes that they were on a collision course but ignored warnings, and that the captain of the Admiral Nakhimov abandoned his bridge minutes before the crash.

Yesterday *Sovietskaya Rossiya*, a newspaper of the Communist Party and Government, quoted the Politburo member heading the investigation of the incident as saying, "The guilt of both captains is undoubted." Both were arrested earlier in the week.

Speaker: Dr. Rai Paparatti

Date: November 18, 2018



Key of Teachability!

Text: Galatians 5:22-23

The Keys of Gentleness:

Submission – Humility – Teachability - ?

“Mighty warriors who desire to go deeper are teachable...Such a desire is much more than just a willingness to listen. We become teachable when our desire to receive wisdom is greater than our desire for comfort.” – Steve Porter

1 – A teachable spirit will not separate itself from the source and flow of wisdom.

Proverbs 18:1-2

- Separation from a daily communion with Christ.
- Separation from church.
- Separation from people that have been Christians for longer than we have.

An individual in separation mode is living life after his own desire.

Name our desire: _____

Name the desire of those around us: _____

Name the desire of Christ: _____

To which end are we living?

Characteristics of separation:

1. Unfriendliness.
2. Quick opinionating.
3. Blindness to both sides. Can only see through one lens.
4. Struggle with loneliness.

2 – A teachable spirit will put in immediate practice the truths revealed to him.

James 1:19-25

Teachable Pattern #1

Verse 19

- | | | |
|---------|---------|---------|
| ➤ Quick | Slow | Slow |
| (Hear) | (Speak) | (Anger) |

Teachable words will often not agree with our nature.

Teachable Pattern #2

Verse 21

- | | | |
|-----------|---------|--------|
| ➤ Discard | Discard | Keep |
| (Filth) | (Evil) | (Word) |

Teachable words will often raise an internal rebellion.

Teachable Pattern #3

Verse 25

- | | | |
|-------------|-----------|----------|
| ➤ Forgetful | Effectual | Blessed |
| (Hearer) | (Doer) | (In All) |

Teachable words put into practice produce blessings in all areas. It is the Spiritual take-over of our natural process.

Practical Application!

1 – Make it a point to connect with a godly influence this week. Don't delay. For fellowship, insight and for prayer!

Speaker: Dr. Rai Paparatti

Date: November 25, 2018



Key of Example!

Text: 1 Timothy 4:12-16

The Keys of Gentleness:

Submission – Humility – Teachability – Example

1 – Our gentleness to God is expressed through the example we show in our speech.

Verse 12b

- Our words are the primary descriptive of our life.
- Ephesians 4:29

Take inventory of the motive behind the words we use? How often do we use the words:

*Stupid – Idiot – Loser - *\$@# - Negative in nature*

- Proverbs 15:4

2 – Our gentleness to God is expressed through the example of our conduct.

Verse 12c

Conduct is the Greek word *anastrophe* which stems from 2 Greek words. *Ana* which means *down to up* and *strephe* which means *turn*. The meaning is *up-turning*. *The change of outward behavior from an “up-turn” of inner beliefs.*

“We will never change anything unless we determine to change something and spend the effort to do so.”

3 – Our gentleness to God is expressed through the example of our love. Verse 12d

- Love in this passage is the expression of self-sacrifice.

Name the last time we have purposefully denied ourselves for the advancement of another:

4 – Our gentleness to God is expressed through the example of our faith. Verse 12e

- Faith is an inward reality. Yet, we must express it outwardly.
- Has our outward expression of faith shown in the situations we are in?

“It must not take long for any one person to realize we are Christian. If it does, we are more carnal than spiritual.”

5 – Our gentleness to God is expressed through the example of our purity. Verse 12f

- We cannot be pure on the outside if we struggle with purity on the inside.
- Purity in our intake.

What we see, what we are around, who we are around, and what we fill with our time.

The method of living a life of example:

1 – Give attention to: Verse 13

- Public reading of Scripture.
- Exhortation – Declare what God says in a situation.

- Teaching – Show someone how to live for God.

2 – Do not neglect: **Verse 14**

- Your spiritual gifting.
- We must put into practice our spiritual walk with the Lord.
- 1 Corinthians 12-14

3 – Take pains with these things. **Verse 15a**

- Study them and by doing so, devise a plan for their exercise in our life.

4 – Be absorbed in them. **Verse 15b**

- The spiritual portion of our life must be of more importance than the physical realm of our life.

“We will never regress in any facet of this physical life when there is emphasis on the spiritual life. Conversely, we do regress in this physical life when there is lack of emphasis on our spiritual life.”

5 – Pay close attention: **Verse 16a**

- To yourself (personal spiritual progression)
- To your teaching (example to others)

6 – Persevere. **Verse 16b**

- Stand up against the distractions and situations that block, distract, and cause strife against the disciplines of our spiritual walk.

Practical Application!

Monday: I will exemplify godly speech through:

Tuesday: I will exemplify godly conduct through:

Wednesday: I will exemplify godly love through:

Thursday: I will exemplify godly faith through:

Friday: I will exemplify godly purity through:

“...for as you do this you will ensure salvation both or yourself and for those who hear you.”

1 Timothy 4:16b

self-control

Fruit
of the
Spirit



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december

Monthly Message Direction:

December 2nd

December 9th

December 16th

December 23rd

December 30th

Repairer of the breach

Self-control of the mind

Developing Self-control

Self-control in Christ

Looking back

Speaker: Dr. Rai Paparatti

Date: December 2, 2018



Repairer of the Breach!

Text: 1 Corinthians 6:12; Ezekiel 26:7-9;
Isaiah 58:12; Proverbs 25:28

“Our bodies are inclined to ease, pleasure, gluttony, and sloth. Unless we practice self-control, our bodies will tend to serve evil more than God. We must carefully discipline ourselves in how we “walk” in this world, else we will conform more to its ways rather than to the ways of Christ.”

- Donald S. Whitney

The implications of having broken walls:

1. Allure of the outside (the *only* disguised positive).
2. Loss of security.
3. Fear.
4. Anxiety.
5. Panic.
6. Disorganization.
7. A running mentality.
8. Loss (there will always be a level of loss with an intruder).

“It is safe to say that each person has a lack in self-control in some area of their life. It is in that area through which frustrations and failures stem through.”

We are called to be Repairers of the Breach!

Self-Control is the Greek word *egkrateia* and means *self-mastery or dominion*.

- For the Believer, *self-control is Spirit-control*. It is self-control proceeding out from *within* oneself, but not *by* oneself.

How do we begin to repair the wall and allow the Fruit of the Spirit of Self-control to be active?

1 – We must change our thinking and allow only the profitable to enter. 1 Cor. 6:12

- We must learn to question our ingestion!

Whatever is not profitable, holds the opportunity for enslavement. (Verse 12b)

2 – We must not lose sight of the disciplines that worked in the past. Isaiah 58:12

- Raise up age-old foundations.
- This means: do them again!

Self-control produces a freedom that is unparalleled in our life experience. Isaiah 61:4-7

- Favor over our efforts from outside. Verse 5
- Closeness to God. Verse 6
- Double portion of God's moving. Verse 7a
- Joy in each life situation. Verse 7b

Practical Application!

1 – Your practice of self-control this week will be in what you allow into your life that will be of profitable nature. Name it: _____

Speaker: Dr. Rai Paparatti

Date: December 9, 2018



Self-Control of the Mind!

Text: 2 Corinthians 10:4-5

1 – Self-control of our mind is initiated through the destruction of things which fight against the knowledge of Christ. Verse 5a

- This refers to attacks in the **gaining** of knowledge of Christ, the **living** in knowledge of Christ, and in the **teaching** of the knowledge of Christ.

Forces that fight against the knowledge of Christ:

1. Attitudes – towards people, situations, and towards ourselves.
2. Time – this will always be our battle. We must have a system in place to command our time.
3. People – seeing people without the lens of **redemption**, will cause us to see them through the lens of **frustration**.

2 – Self-control in our mind is carried out through the captivity of our thoughts.

Verse 5b

“Our thoughts are the catalysts that set our courses.”
– Shannon Lynch

If we do not have the right weapons, we cannot fight against the bombardment of thoughts.

So often we deal with thoughts in the defensive.
We are called to be offensive and take them
captive.

We captivate thoughts through: Ephesians 6:14-18

1. The Word of God – Verses 14-17
2. With prayers and requests through the Spirit
– Verse 18a
3. Connectivity with the Saints – Verse 18b

**3 – Self-control in the mind expresses itself
through the readiness to punish disobedience.**

Verse 6

- This is our test for self-control of the mind.
If we are ready to attack the expression of
sin and set up a guard against the temptation
of sin, we have this self-control.
- We must have a self-control reflex.

Practical Application!

1 – Set up an early commitment this week to spend
your first efforts in the Word of God.

Time in the morning: _____

2 – Set up an afternoon time to pray for someone
in this church.

Time in the afternoon: _____

3 – Disrupt the normal schedule of your evening to
bring God’s presence to your family.

Time in the evening: _____

Illustration for Self-Control of the Mind

1979

Good Housekeeping printed an article by Cathy Trost and Ellen Grzech called, “*What Happened When 5 Families Stopped Watching TV?*” A Detroit newspaper issued an offer of \$500 each to 120 families who would cease watching television for one month. Of those 120 families, 93 turned down the offer. Of the remaining 27 families, 5 families who had been watching television from 40 to 70 hours a week became the study subjects. You can imagine what an adjustment these families faced after having watched an average of 6 to 10 hours of TV a day. The results, however, were closer family units; increased family activities such as games, piano playing, and singing; one-on-one time between parents and children; and patience. Families also reported an increase in creativity.

1993

The Houston Chronicle produced an article by Joe Stinebaker entitled, “*Gawkers’ Growing Fascination with Violence Cited.*” It read,

“It’s a still weekend night in southwest Houston. A young man’s body lies face-down on a sidewalk outside an apartment complex, his life cut short by two bullets fired into his head at close range. A crowd has gathered outside the yellow tape-line set up by police only moments ago. Many in the crowd are carrying children – some perched on a parent’s shoulders, to better take in the macabre scene. Such is the state of murder in Houston. No longer do parents feel the need to shield their

children's eyes from the carnage of the streets. Murder has become the urban theatre.”

2016

This paper was published in the scientific
American Mind
January 1, 2016

We all heard the warning as kids: “*That TV will rot your brain!*” The parental scolding dates back to the black-and-white days of *I Love Lucy*, and today concern is growing amid a flood of video streaming on portable devices. But are young minds really being harmed?

With brain imaging, the effects of regular TV viewing on a child's neural circuits are plain to see.

Studies suggest watching television for prolonged periods changes the anatomical structure of a child's brain and lowers verbal abilities.

Behaviorally, even more detrimental effects may exist: although a cause-and-effect relation is hard to prove, higher rates of antisocial behavior, obesity and mental health problems correlate with hours in front of the set.

To understand the argument against television, we should rewind to 2013, when a team of researchers at Tohoku University in Japan, led by neuroscientist Hikaru Takeuchi, first published findings from a study in which the brains of 290 children between the ages of 5 and 18 were imaged. The kids' TV viewing habits, ranging from zero to four hours each day, were also taken into account. Takeuchi and his colleagues found that the more television these kids watched, the bulkier

the brain's hypothalamus, septum, sensorimotor area and visual cortex became. These areas are implicated in multiple processes, including emotional responses, arousal, aggression and vision, respectively. In addition, the brain showed thickening in a frontal lobe region, the frontopolar cortex, that is known to lower language-based reasoning ability. Testing confirmed that verbal IQ scores, which measure vocabulary and language skills, fell in proportion to the hours of TV the children watched. The changes in brain tissue occurred regardless of the child's sex or age or his or her family's income.

Some of these brain differences could be benign: an increase in the visual cortex's volume is likely caused by exercising eyesight while watching TV. But thickening in the hypothalamus is characteristic of patients with borderline personality disorder, increased aggressiveness and mood disorders. Perhaps watching TV shows, with their high density of drama, action and comedy, engages circuits of arousal and emotion such that these areas, rather than circuits of intellect, strengthen. **This change could lead to psychological and behavioral issues. Previous studies have shown that for each additional hour of television watched in childhood, the odds of developing symptoms of depression increase by 8 percent and the odds of being convicted of a crime increase by 27 percent. And other findings suggest that for every two hours watched in one's youth, the odds of developing type 2 diabetes increase by 20 percent.**

Speaker: Dr. Rai Paparatti

Date: December 16, 2018



Developing Self-control!

Text: Hebrews 12:1-3

“When we try, through our own strength to conquer and rise above the strongholds of our life, we find that we continually fall short.”

- We cannot remove burdens unless they are lifted from us.
- We cannot remove entanglements unless we are set free from them.

So how do we free ourselves and practice the Fruit of the Spirit of Self-Control?

1 – Self-control is developed through refocusing and re-training our wandering eyes.

Verse 2a

Experts suggest that to strengthen the muscle in our eyes, near/far exercises must be practiced multiple times daily.

- 2 Corinthians 4:18

The near focus:

- *Fixing eyes on a near point and allowing the muscle to eliminate any confusion of what is happening around that point.*
- In our life’s situations, we must fix our gaze on Jesus and the plan He has for our **now**.

This is tough to do without a life yielded to His plan.

“Distractions develop habitual practices of unconstraint.”

The far focus:

- *Fixing eyes on a distant object and eliminating tendency to relax muscle to see distraction.*
- In our life’s situations, we must fix our gaze on Jesus and the plan He has for our **future**.
- Jeremiah 29:11

2 – Self-control is developed through living for someone else.

Verse 2b

- Each of the Fruit of the Spirit are displayed in their interaction with and for others.

When our life’s focus is to follow after God, we find fulfillment in all of our endeavors.

When our life’s focus is to serve others (from our relationship with God) we find that we conquer the frustrations from the brokenness of our life.

“Self-control will always be the product of one’s faith relationship with God and not a matter of self-righteousness, self-denial, or asceticism.”

Practical Application!

1 – Purposefully ask and invite God into the details of your life. Receive His control over the frustrations of your situations.



Speaker: Dr. Rai Paparatti

Date: December 30, 2018



Looking Back – Fruit of the Spirit

Text: Galatians 5:16-23

“[The Fruit of the Spirit], they are impossible goals for the unbeliever. Yet attainable – but not automatic – graces for the true Believer.”

Beth Moore

1 – There is an undeniable war within us – whose victor depends upon the smallest of weapons: choice! Verse 16

- Paul encourages a simple choice with a monumental outcome.

Titus 3:14; Galatians 6:9

- We must choose to engage in good deeds that meet pressing needs.

2 Peter 1:8, 10

- We must choose to accept that we have been chosen by God. Then, practice it!

2 – Being led by the Spirit produces a freedom from guilt, condemnation, and fear. Verse 18

- “*Under the Law*,” signified being stuck with no way out.

3 – The Fruit of the Spirit life is about the crucifixion of the flesh Verse 24

- Crucifixion signifies the right attitude towards the flesh.

Spiritual versus Carnal.

- Carnality undermines spirituality.
- Carnality keeps one bound under the conditions of the flesh.
- Spirituality redeems carnality.
- Spirituality empowers living life in the flesh.

4 – The Fruit of the Spirit life is about living by the Spirit. Verse 25a

- Living by the Spirit signifies living life yielded to God's ways and desires.
- It is about the decision in our mind and heart to give in to the Spirit.
- Galatians 6:7-8

5 – The Fruit of the Spirit life is about walking by the Spirit. Verse 25b

- Walking by the Spirit signifies the daily choice made to consciously choose the Spirit Life in our daily routine.

Practical Application!

1 – End the year purposefully choosing to display an aspect of the Fruit of the Spirit. As you meet people to celebrate the year end, meet a need!

"But the fruit of the Spirit is love, joy, peace,
patience, kindness, goodness,
faithfulness, gentleness, self-control;
against such things there is no law."
Galatians 5:22-23