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TOPIC Anointed Altar

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THEME 7 Pillars of a Healthy Church

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## MESSAGE SUMMARY

### ANOINTED ALTAR FOR CONSECRATED, VICTORIOUS LIVING

An anointed altar boils down to a consecrated life that is totally dependent on God, overcoming and victorious.

In the Old Testament, whenever a person encounters God, he builds an altar to the Lord. (Gen 8:20 Noah; Gen 12:7-8 Abraham; Exo 24:4 Moses; Josh 8:30 Joshua; Jdg 6:24 Gideon; 1 Sam 7:17 Samuel; 2 Sam 24:25 David; 1 Kgs 18:32 Elijah) To be overcomers and live a victorious life, we need to *continually* build an altar to the Lord, inviting Him to intervene and encounter us.

Snr Ps Dan Foo shares how to build such an altar by *posturing* our hearts to receive the Word of God (Pro 4:20-21,23; Ps 139:23-24) and *responding* to the Word whenever God speaks to us (Heb 3:7-8,15; 4:7; Rom 12:1).

### POSTURING & RESPONDING TO GOD'S WORD

God desires us to live the more abundant life (Jn 10:10; 2 Pet 3:18; Rm 8:29) by growing in righteousness and holiness, maturing spiritually into Christlikeness (Eph 4:22-24; Rom 6:11). Failure to do so will grieve the Holy Spirit and may give ground/foehold for the devil to attack us (1 Pet 5:8; Jn 10:10a; Eph 4:27). Nonetheless God in His mercy and grace will very gently put His finger on that area of our lives to be dealt with.

We are to consecrate ourselves by

- a) separating *from* the things that do not value-add to our godliness (eg. toxic people, mindless time-wasting activities); and
- b) separating *to* the things that will value-add to our godliness; such that what was permissible (for ordinary nominal Christians) is no longer permissible for us.

Apart from consecrating the 7 areas of our bodies (mind, ears, eyes, mouth/tongue, heart, hands, and feet), we are to pay attention to the well-being of our tripartite man (1 Thes 5:23) – spirit, soul and body.

### 1. STRENGTHEN OUR SPIRIT-MAN

We strengthen our Spirit-Man through:

- a) **Deepening our Relationship with God** (2 Cor 13:14) through the 3 disciplines of Word intake, prayer connect, altar of thanksgiving/praise/worship.
- b) **Sensitising our Conscience** (Rm 9:1) to the Holy Spirit.
- c) **Sharpening our Discernment** (Heb 5:14) to differentiate what is from God vs man, right vs wrong.

## 2. TRANSFORM OUR SOUL-PERSONALITY

- a) From our **Natural Mind/Cognition** that can be opinionated, clever, argumentative, skeptical, stubborn, suspicious, humanly wise by the world's standards -> **Renewed Mind** (Rom 12:1-2; Phil 2:5; 1 Cor 2:16; 2 Cor 10:5)
- b) From our **Natural Emotion/Feelings** that can include fits of rage, insecurity, low self-esteem/image, inability to rejoice with others' success, need to boast or defend self (vs nothing to prove), impatience, mood swings, jealousy, envy, strife, lusts, easily swayed -> **Spirit-Led Emotions** (Gal 5:22-23)
- c) From our **Natural Volition/Will** that can be foolish, stubborn, not according to the Word/Will/Ways of God, reactionary from hurts, uninformed, un-enlightened, biased, unwise, prejudiced -> **Yielded Will** (Col 1:9-10; Jas 3)

## 3. ADDRESS THE HEALTH OF OUR PHYSICAL BODY

Deal w sickness, disease, energy lack/loss through:

- a) Rest and sufficient sleep
- b) Exercise
- c) Diet/Nutrition

## Conclusion

When our lives are out of alignment or equilibrium, pay attention to it and deal with it. This is a journey where our every response is a progress from faith to faith (1 Rom 1:16-17), strength to strength (Ps 84:7), grace to grace (Jn 1:16), and glory to glory (2 Cor 3:17-18).

In God's love for us, He will use all manner of communication to speak to us (Act 9:5-6; Isa 6:1,5,7-8), including words of knowledge/wisdom (1 Cor 12:7-10) and anyone in any situation (Num 22:27-28, 30) – even a donkey! We can spare ourselves the oft unnecessary pain if we learn through obedience to the Word and from others. Thus, we should plug ourselves into body life (cell group) and hold ourselves accountable to others (Jas 5:16).

# QUESTIONS

1. The sermon mentioned how we are to consecrate ourselves by separating from the things that do not value-add to our godliness. What are some things that people generally think should no longer be permissible as we mature spiritually?

2. Share one (recent) instance when God gently put His finger on an area of life that He wanted you to deal with. How did God speak to you and how did you respond?

3. Which part of the “Tripartite-Man” – Spirit, Soul, Body – do you currently find most challenging? How will you build an altar unto Him in this area?