



CELL GUIDE

TOPIC	Sync your life with God	SPEAKER	SP Daniel Foo
THEME	New Season, New Warfare	DATE	9 & 10 Feb 2019

MESSAGE SUMMARY

SYNC YOUR LIFE WITH GOD

SP Daniel Foo reviewed on 1. Understand the Warfare and 2. Mercy, Grace and Favour.

SP reiterated the importance of syncing our lives with God. To sync our lives with God is to pursue holiness (Hebrews 12:14, 1 Peter 1:15), to be set apart for God and when our lives sync with God, we reap Blessings (Psalm 16:11, John 10:10b).

HOW TO SYNC YOUR LIFE WITH GOD

SP elaborated on the 7 dimensions to be Spiritually Alert and Vigilant (1 Peter 5:8-9) and 7 Areas of Personal Consecration in syncing our lives with God.

(I) 7 Dimensions to be Spiritually Alert and Vigilant

A. Spiritually

- (1) Be aware of the spirit of Men. 1 Corinthians 2:11
- (2) Be aware of the world of Demonic spirits. 2 Corinthians 4:4
- (3) Be aware of the world of Angelic spirits. Hebrews 1:14, Psalm 91:11, Ps 103:20
- (4) Be very aware of the Holy Spirit. 1 Corinthians 3:16. 1 Corinthians 2:10

B. Mentally (Romans 12:2, 2 Timothy 1:7)

- (1) Know that there are 3 Sources of all thoughts, ideas, suggestions, and dreams.
- (2) Take captive every thought in obedience to Christ - 2 Corinthians 10:5.
- (3) Recognize thoughts from the evil one.
- (4) Renewing of the mind. Romans 12:2
- (5) Develop thoughts from the Word of God.

C. Emotionally – To allow the Holy Spirit to mould our emotions and to top up our emotional tanks
Ephesians 5:9, Galatians 5:22-23

D. Environmentally

Our environment comprise the people who cross our paths and the specific situations we are in.
Presence of unclean spirits lurking around:

- e.g. 1 - at worldly cocktail functions and parties.
- e.g. 2 - at home/place where there is much occultic activity.
- e.g. 3 - much relational conflicts and friction.
- e.g. 4 – Lack of peace at home/place.
- e.g. 5 – Mocker and scoffer spirits - Proverbs 22:10

E. Relationally (Psalm 147:3, Luke 4:18)

The Posture of their spirits reveal their state e.g., have hurts, envy, pride, anger or stress

F. Physically – to look out for potential dangers, personal health and develop healthy sleep patterns

G. Financially (1 John 2:15-16, Deuteronomy 8:18)

This means we spend within our sources of income and be wise stewards of our resources-possessions. We should also know the difference between seed and bread.

(II) 7 Areas of Personal Consecration (Romans 6:13, 16, 19)

A. Our Mind - should be renewed continually (Romans 12:2, 2 Corinthians 10:5)

B. Our Eyes - are the lamp of the body and if our eye is good, the whole body is full of light (Job 31:1, Matthew 6:22)

C. Our Ears - We should always practice dual listening i.e. to the person speaking and prompting of the Holy Spirit. (Luke 8:18, Proverbs 4:20)

D. Our Mouth - We should not speak evil of another brother or sister and learn to speak blessings. (Psalm 141:3, Proverbs 18:21)

E. Our Heart – we should guard it because out of the abundance of the heart, the mouth speaks (Matthew 12:34, Proverbs 4:23)

F. Our Hands – should be cleansed and pray for God to establish the work of our hands. Psalm 90:17

G. Our Feet – signify the places that we go and the direction in life. We should flee from sinful environment. Jeremiah 6:16

CONCLUSION

SP summarised the practical handles for us to ensure that our lives are in sync with the Lord. When we fail to do so, we should apply the blood of Jesus for forgiveness, covering and cleansing so that our sins are covered. It's a journey for all believers as we keep improving in order to be set apart for the Lord. We are a chosen people, a royal priesthood, a holy nation, a people for God's own possession. Being set apart for God enables us to abide in Him, rest under His shadow, living lives that are sanctified and bring glory to the Lord.

QUESTIONS

1. Which area(s) of the 7 dimensions of being spiritually alert and vigilant do you find most challenging?

2. Reflect on the 7 areas of personal consecration. Share a positive testimony of an area that you have applied the principles of personal consecration.

3. What are the areas in your life that you would need to intentionally sync with God? How do you plan to be spiritually alert and vigilant so that you can lead a life that is set apart for God?