



“BEHOLD
I COME
QUICKLY”

JULY EDITION



The Global Harvest Mandate Vision Outreach
...taking light to the world

WELCOME ADDRESS



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...taking light to the world

Welcome to the July Edition of Behold I Come Quickly monthly magazine.

Glory to God for His kindness and generosity in making His word available to us; for it is a rare privilege. May His holy name be forever praised. Amen.

This month by His grace we shall be accessing the following topics:

- 1.) THE ARK RESTED ON THE MOUNTAINS OF ARARAT IN THE SEVENTH MONTH
- 2.) MORTIFY THE POWER OF EVIL LONGINGS
- 3.) UNDERSTANDING YOUR PERSONALITY AS A CHRISTIAN TEENAGER
- 4.) COMPLETE OBEDIENCE?
- 5.) LITTLE FOXES - PRIDE
- 6.) STRESS

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Once again you are welcome. It is a month of perfection and rest in Jesus name, Amen.

Yours in His love

A handwritten signature in blue ink, appearing to read 'Oyenu Omolola - Margaret', written over a light grey rectangular background.

OYENUE OMOLOLA - MARGARET

For The Global Harvest Mandate.

THE ARK RESTED ON THE MOUNTAINS OF ARARAT IN THE SEVENTH MONTH



OMOLOLA-MARGARET O.

Genesis 7 vs 5 - 8

And Noah did according unto all that the LORD commanded him.

Noah was six hundred years old when the flood of waters was upon the earth.

And Noah went in, and his sons, and his wife, and his sons' wives with him, into the ark, because of the waters of the flood.

Of clean animals, and of animals that are unclean, of birds, and of every thing that creeps on the earth, there went in two and two unto Noah into the ark, the male and the female, as God had commanded Noah.

Genesis 8 vs 1 - 4

And God remembered Noah, and every living thing, and all the cattle that was with him in the ark: and God made a wind to pass over the earth, and the waters asswaged;

The fountains also of the deep and the windows of heaven were stopped, and the rain from heaven was restrained;

And the waters returned from off the earth continually: At the end of the hundred and fifty days the waters were abated.

And the ark rested in the seventh month, on the seventeenth day of the month, upon the mountains of Ararat.

In Christianity, it is a general belief that seven stands for perfection and rest. This belief is of course not unconnected with God as it actually takes its root from Genesis chapter 1:1- 31 and chapter 2 vs 1 - 3 where it was recorded that God worked for six days creating the universe and rested on the seventh day. Throughout chapter 1, He kept adding beautiful things to the universe in order to make it conducive and habitable; Adam, who was the crown of His work was created on the sixth day and put in the garden of Eden where several fruits and herb trees were made to grow, serving as food for man.

Adam and Eve his wife could be likened to someone born with silver spoon, for right from creation they were introduced to a life of luxury and peace. None of the goodies they had access to was as a result of their personal efforts. Their story could simply be summarised as '**born into affluence and rest**' which was intended to be their permanent position and address. It's a pity, however that they were soon evacuated from God's provision, luxury and rest on account of unbelief, betrayal, and disobedience to divine instruction; for there's a direct connection between **obedience and rest**. Toiling, hard labour, murder, anguish, pains and death eventually became the order of the day as penalties for their disobedience.

Our anchor texts today is a proof that obedience is key to rest, and it represents the wings through which rest flies. There is a direct link between the two. Just as peace is dependent on obedience, so is rest; these two can only be activated simply by heeding divine instructions. - Anywhere they are missing, there will always be divine anger, wrath and destruction of diverse kinds. Such was the case during the time of Noah. People turned against God, the whole world corrupted their ways, they were filled with violence, immorality and all sorts of evil acts; God then decided to

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destroy all living creatures both man and animal but Noah found grace with God because he lived righteously. According to Matthew 6 vs 10b, God's will must be done on earth as it is in heaven but man could not manage the earth doing His will as was originally planned by God. Destroying and rebuilding the earth therefore became 'a **must project**' for God, after all He created it in the first place.

God spoke to Noah, see, I have a project and both of us are going to partner together - "This present earth is corrupt for it is filled with violence through man. I will destroy them with the earth". "Make an ark of gopher wood with rooms in the ark and pitch it within and without". "The ark shall be three hundred cubits, the breadth fifty cubits and the height thirty cubits". "Make a window in it and finish it in a cubit above, set the door of the ark in the side with lower, second, and third stories". I'm bringing flood of waters upon the earth to destroy all flesh but with you I will establish my covenant and you shall come into the ark, you and your sons, your wife and your sons' wives. Also, take of every living animal, male and female into the ark. Of fowls and cattle after their kind. also take thou unto thee of all food that is eaten". Thus, Noah did according to all that God commanded him, so he did. (Genesis 6 vs 13 - 22 paraphrased) - Wow! What a long list of instructions yet Noah didn't miss any, he paid attention to details and obeyed completely. For 120 years, he kept believing and building without wavering, not even minding whether what he was doing made sense to people around him or he was being mocked, he chose to trust and obey. The moment he was done constructing the ark, God instructed him to move into the ark with his immediate family and some of the animals, this he also did without questioning God - **This is true obedience and worship; obedient people are great worshippers.**

The whole world was thrown into confusion afterwards for God did as He had spoken to Noah ; All the fountains of the great deep were broken up and the windows of heaven were opened so that rain began to fall for days without stopping. The flood was upon the earth for 40 days and the waters prevailed exceedingly fifteen cubits upward upon it ; All the mountains and high hills under the whole heaven were covered by the flood, the waters bore the ark and it was lifted up above the earth upon the face of the waters. - Hmmm, what ended the whole world (the flood) lifted the ark of an obedient man, how amazing God can be! The Landlord of the whole universe (Ps 24 vs 1), when He shuts no man can open and when He opens no man can shut, He is The Almighty, The Alpha and Omega, I call Him my Father, The End of discussion, Oh! His name is also Discussion Continues; words cannot be enough to express how mighty He is.

Moreover, God remembered Noah and his family with all the living things in the ark, He caused a wind to pass over the earth and the waters asswaged; The fountains also of the deep and the windows of heaven were stopped, restraining the rain from falling; **And the ark rested in the seventh month, on the seventeenth day of the month, upon the mountains of Ararat.** - Rest was sure for Noah, his family and the ark because he chose to obey. Obedience is a choice, those who disobeyed and lived carelessly were carried away by the flood. Please note that the issue of seventh month came up again as a period God found a place the ark of Noah which floated on waters for months could rest the sole of its foot, all because it carried someone who had respect for the word of God. God had to move situations to favour him, He made a wind to pass over the earth and the waters asswaged. I see God moving situations on our behalf and whatever has hindered our rest is giving way now in Jesus name, Amen.

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For every child of God, there's a timing and a place ordained for comfort and rest but this can only be attained through obedience. Your own mountain of Ararat could be in the fulfillment of a particular assignment, while people are going through turbulent periods, you're safe and secured because you've entered into the plan of God.

No one has ever entered rest except by answering the call of obedience. Every act of disobedience to God is an invitation to trouble, and to come out of such, heeding the earlier instruction is required. Refusal to answer the call of salvation or call into ministry is an automatic door to satanic affliction. Also, daily life of obedience is expected of us no matter our spiritual status; **title is useless when we don't honour the word of God or the God on whose credit we obtain and bear the title.** When obedience to His word is calling, our response should be **'here I am' and rest would also say to us 'I am available'**.

I just went to read through some few verses of Deuteronomy chapter 28 now; and amazingly, I observed something I've never noticed before, ask me what? - The subheading of verse 1- 13 of that chapter reads thus: **Blessings on Obedience**, also from verse 15 - 68 there is another sub - heading which reads - **Curses on Disobedience**; Pls note here, that the conjunction used in these phrases is **'on'** not **'of'** in New King James Version of the bible. People of God this simply means both obedience and disobedience are automatic carriers, they both have ability to carry blessings and curses respectively, there's a crown of blessing or curse on them. May the mercy that is in the blood of Jesus speak for us in every area we've disobeyed God in Jesus name, Amen.

In conclusion, a repeat of what happened in the time of Noah is coming shortly, though not by flood but fire. Jesus is the ark that guarantees our safety and the door is widely open, His voice is loud enough calling people to turn away from their evil ways, Revelations 22 vs 14 says "Blessed are those who do His commandments that they may have the right to the tree of life, and may enter through the gates into the city. But outside are dogs and sorcerers and sexually immoral and murderers and idolaters, and whoever loves and practices a lie. Jesus says in John 15 vs 14, "You are my friends if you do whatsoever I command you ; in other words He is saying " You are my enemies if you don't do what I command you ; Will you obey today ?

Stay safe and stay connected

MORTIFY THE POWER OF EVIL LONGINGS

OGUNSOLU TAIWO ELIZABETH



Colossians 3:5-10 (AMP) So put to death and deprive the power of evil longings of your earthly body (with its sensual, self-centered instincts) immorality, impurity, sinful passion, evil desire, and greed, which is (a kind of) idolatry (because it replaces your devotion to God).

6. Because of these (sinful) things the (divine) wrath of God is coming on the sons of disobedience (those who fail to listen and who routinely and obstinately disregard God's precepts),

7. And in these (sinful things) you also once walked, when you were habitually living in them (without the knowledge of Christ).

8. but now rid yourselves (completely) of all these things: anger, rage, malice, slander, and obscene (abusive, filthy, vulgar) language from your mouth.

9. Do not lie to one another, for you have stripped off the old self with its evil practices,

10. And have put on the new (spiritual) self who is being continually renewed in true knowledge in the image of Him who created the new self

In the past series we discovered what our attitudes should be, that is Christ-like attitude as well as God's expectation from every believer to bear fruit of the Spirit. We shall study how to mortify the power of evil longings in this episode as we cannot stop a bird from flying but we can prevent it from nesting on our head. I pray the word of God transform our lives and guide us to the way of life in Jesus name. Amen.

From the foundation text above, the following facts can be deduced:

1. As long as we are still living in this earthly body, evil longings (sins) will surface at one point in our lives
2. These evil longings have the power to capture and kill its victim
3. Children of God need to kill and deprive the power of such evil longings as they surface
4. These evil longings hinder our devotion to God
5. Those who keep yielding to these evil longings will incur the wrath of God
6. We have walked in all these evils before knowing Christ
7. Now that you have the knowledge of Christ, you need to get rid of them completely
8. Every child of God is now a Spiritual being carrying the image of Christ and is being renewed continually.

In the book of Ephesians 5:5-8 Apostle Paul also highlighted these same issues and emphasized that 'these should not be named or mentioned among the children of God because whosoever yields to these evil longings does not have inheritance in the Kingdom of God'. We are no longer in darkness but children of the Light.

DO NOT YIELD TO TEMPTATIONS

Matthew 6:13(KJV): And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen

These evil longings can be classified as temptations. Jesus knows that we will be faced with them at one point or the other in our lives which was why He included it in the 'Lord's Prayer'. He alone is able to give us victory over the power of evil longings because all powers belong to Him.

MORTIFY THE POWER OF EVIL LONGINGS

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John 1:12 (KJV) But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name:

The good news from the above text is that for every one who has received Christ, the power to overcome sin; the power to put the power of the evil longings to death; the power to say NO to sin; has been vested in him.

Philippians 4:13 (AMP) I can do all things (which He has called me to do) through Him who strengthens and empowers me

Temptations may come our ways where and when we least expected but Christ has given us the power to overcome them all. Temptation is not a man or woman; it has to do with a situation that makes one vulnerable and gives you the opportunity to sin. After Jesus had fasted for forty days and night according to Matthew 4:1-11, He was physically hungry and weak, then the tempter came and asked him to turn stones to bread, he also took Jesus to the pinnacle of the temple and asked Him to jump to the ground and lastly He told Jesus to fall down and worship him. Jesus overcame the devil by using the WORD of God. The devil presents you with enticing pleasures and even situations that puts you in a dilemma which may cause you to compromise your faith for the fear of losing. We should not be afraid of saying NO, but rather be afraid of yielding to it. The aftermath of yielding to these evil longings include sorrows, pains, regrets, scars and so on. In a nutshell, the price for yielding to these evil longings is costlier than saying NO. After Jesus resisted the devil, the angels came to minister to Him and afterwards commenced His Ministry and He was glorified at the end. The Bible says that we should steadfastly resist the devil and he will flee. Situations that give opportunities to sin will come, but saying NO to them steadfastly makes us true imitators of our Lord Jesus Christ. The fact is that we cannot stop birds from flying but we can prevent them from nesting on our head.

Let's take a look at the three Hebrew men in the Bible. Nebuchadnezzar, the King made an image of gold which height was three score cubits and breadth six cubits and set it up in the plain of Dura, in the Province of Babylon. He then gathered all the rulers of the provinces to come for the dedication of the image and made a decree that at the sound of the music and instruments they must all fall down and worship the image, and anyone who disobeyed would be thrown into a burning furnace. The three Hebrews, Shadrach, Meshack and Abednego were part of the rulers but they refused to bow despite the punishment attached to it knowing fully well the commandment of God which commanded us not to bow down to any graven image nor serve them because He is a jealous God. The situation presented itself in form of idolatry, they had two options, either to submit and escape the punishment of the King or to refuse the order and be thrown into the burning fiery furnace. Someone might say, 'I will bow to the image and go back to God' but it doesn't always work that way. Some Chaldeans reported them to the King and they made it known to the King that even if their God was unable to save them, they would not bow. This infuriated the King and they were bound and thrown into the burning fiery furnace which was made seven times hotter. The unimaginable happened that day because God made good His Word that He will be with us even in the fire. The King looked and saw four unbound men walking about in the fire instead of three because God was there with them. They were in the fire but never got burnt and they came out without a scratch, even those who threw them into the fire got killed by the flames of the fire. The righteous path they followed caused revival in the Land of Babylon and the King declared that no other God can save except the God of Shadrach, Meshack and Abednego.

MORTIFY THE POWER OF EVIL LONGINGS

OGUNSOLU TAIWO ELIZABETH



2Corinthians 12:9-10(AMP) but He has said to me, "My grace is sufficient for you [My lovingkindness and My mercy are more than enough—always available—regardless of the situation]; for [My] power is being perfected [and is completed and shows itself most effectively] in [your] weakness." Therefore, I will all the more gladly boast in my weaknesses, so that the power of Christ [may completely enfold me and] may dwell in me.

10. So I am well pleased with weaknesses, with insults, with distresses, with persecutions, and with difficulties, for the sake of Christ; for when I am weak [in human strength], then I am strong [truly able, truly powerful, truly drawing from God's strength].

As children of God, we need to always stand for righteousness and shun sin, don't compromise your faith no matter the situation and God will always be glorified at the end of it all. God had promised to be with us and provide us with the strength and help we need to overcome temptations.

WHAT MOTIVATES YOU?

This question is very crucial to everyone, something motivates us to take any action, good or bad. The question now is what motivates you to shun evil longings or desires? Let's take a look at some things that should make us say NO to sin at any point in time. I have had my own share of temptations and more will come but these truths or desires will keep every child of God from falling into temptation.

1. The desire to please God. Philippians 2:13; Psalm 103:21; Hebrews 10:6
2. The desire to obey God. 1Thessalonians 4:7, 2Corinthians 7:1
3. The desire to be like Christ. 1Peter 2:21-22
4. The desire to make heaven. 1Thessalonians 3:13, Hebrews 12:14
5. The desire to fulfill divine purpose. Jeremiaiah 29:11
6. The desire to obtain God's blessings Psalm 24:1-5, Psalm 1:1-3

REFLECTION

Philippians 4:13 (AMP); I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ's sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.]

Isaiah 40:31 (AMP); But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired.

No matter how overwhelming the desire to sin may be; you may be weak tired, lost, vulnerable, at your lowest point, seeing the temptation as an opportunity to make it, and so on, all you need to do is to fight it hard, the power has been vested in you, just set it in motion and you will surely overcome. You might have been defeated in the last, now is the time to rise, say NO to sin, and claim your victory in Christ Jesus.

PRAYER

Lord Jesus, please let your strength be made perfect in every of my weaknesses, forgive my past wrongs, set my life in order from your glory in Jesus name. Amen.

COMPLETE OBEDIENCE

Celestine Ekele .I.



Obedience to God requires total loyalty and never forget, it is not hidden!. The same way people around us see the things that we do and can tell by our lifestyle, our God can see even the hidden details.

So we cannot be hypocritical about our obedience. The book of Philippians 2:12 says -

“Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with FEAR and trembling.”

The FEAR of the Lord is the beginning of wisdom: a good understanding have all they that do His commandments:...” (Ps. 111:10; cf. Prov. 1:7; 9:10)

The FEAR referred to in this context is simply “the FEAR of dishonoring God” Do not Dishonour God!

Whenever we disobey God or refuse to do His commandment, we dishonor Him!

When you are hypocritical about your obedience to God, you are dishonouring God.

My beloved youth the choice in this case is totally yours. But I will advise you choose wisely!

It is either you honour God or dishonor Him. You cannot have both, you cannot seat on the fence because the word of God says in Matthew 6:24 – “No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon”

Simply put, you cannot live in sin and also be a saint (God forbids it!) - Romans 6:1-2 says – “What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein?”

Listen Beloved Youth, if you need honour in every spheres of life, then, HONOUR GOD!

1 Samuel 2:30(b)... ; for them that honour me I will honour, and they that despise me shall be lightly esteemed.*

Incomplete Obedience is hypocritical and despising to God, and that is Dishonouring enough.

Complete obedience is all that God requires for you to receive honour, even as He is honoured.

Obey His words without argument (just like a child) and His deeds will be evident in your life.

Matthew 18:3 - “And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven”

Be a Wise Youth! Jesus is coming soon!

Stay Blessed and Take Charge!

See you in the next edition!

Shalom!

UNDERSTANDING YOUR PERSONALITY AS A CHRISTIAN TEENAGER

OLUNLOYO FUNMILAYO O.



Having understood the “Personality” of a Christian Teenager in our last edition, we shall proceed to see how such personality can be sustained even in this perverse generation.

We are in world where people have traded their personality or integrity for social acumen, financial gratification, fashion, career or academic pursuit and have forgotten who they are in Christ Jesus

But for a teenager who is conscious of heaven, ready to make impact in this generation and sustain his/her personality even in the midst of thick darkness of sin, he/she must take note of all that will be discussed in this edition.

To sustain is to maintain or keep in existence, that is to keep your personality as a Christian teenager in existence no matter what comes your way, you must

1. Choose to be different – If you want to be like the REST, you cannot be the BEST – Dan 1:8, Pro 1: 8 – 10. Choose to stand out in righteousness, be intentional and determined about being the best for God, the rest may compromise and defile themselves but you must choose to be different.
2. Hold the teachings you have received, don't give in to peer pressure – II Tim 3:14 -1, Pro 4:20, Pro 3:1-2, Ps 119:11. As a child of God, you have been taught the mind of God, there are peer pressure all around, but you must hold on to all that been invested into you via teachings and preachings.
3. Declare your identity wherever you are, if you don't declare your identity, you will deny it – i.e II Tim 1:8. Wherever you find yourself, it is expected of you to declare your identity as a child of God, let people know that you are a child of God, be excited about it, let others see Jesus in you both at home and far away from home. Daniel and his friends in far away Babylon.
4. Establish a relationship with God, build an altar for Him in your heart – build an altar for Him in your heart – Dan 3:17, 6:10-11. A place of worship in your heart is a must if you must sustain your personality with God, don't live on the salvation of your parent, know God as an individual and create time for personal worship and relationship with God.
5. Be mindful of who your friends are, don't be unequally yoked with unbelievers – 1 Cor 15:33, Dan 2:17. The association you keep can define who you are, choose your friends among the children of God – Pro 13:20 “walk with the wise, so you can be wise.....”

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6. Be judiciously/productively engaged, get busy with positive things, be a responsible individual, don't be idle – don't just galivant around, go to school, learn a trade, acquire a new skill or improve on the existing one. Don't just live a wasted life of no impact, be resourceful and diligent in whatever you do. Daniel 1:4, 17.
7. Have a Christian mentor or role model, be accountable to someone who can rebuke, chastise and discipline you when you are wrong, that you look up to and challenges you to be a better person and Christian, someone to whom you can confidently express your strength and expose your weakness without fear of being intimidated or exposed. Elisha was a mentee of Elijah, Timothy was mentored by Apostle Paul, same goes for Ruth with Naomi and Mary with Elizabeth.

Examples of Teenagers who sustained their personalities as children of God

1. Joseph – in Gen 39, he had an offer for free sexual enjoyment with his master's wife, this would have given him access to more and better food, latest designer clothing and many more goodies, but he chose to please God.
2. Esther, Rebecca and Mary (the mother of Jesus) in Esther 2:3, Gen 24 :16, Matt 1 : 23 – were all beautiful girls, yet, they maintained and kept their virginity till marriage, they refused any man defile them in the name of being social and the bible recorded their act of purity.
3. Samuel in 1 Samuel chapters 2 & 3, he grew up with the corrupted, wayward and sinful Ophine and Phineas in Prophet Eli's house, yet he chose to sustain his uniqueness and peculiarity as a child of God.
4. Daniel in Daniel 1:8, lived in a strange land, far away from home and his pastor, yet he maintained his relationship with God, he refused to compromise his stand, rather he was able to positively influence his other three friends to stand for God, even in the face of deadly persecution.

Dear teenager, please note that your personality is your uniqueness and peculiarity that makes you different from others, always remember that you are not of this world, you have been bought with a price, you are a Royalty, the Prince/Princess of the Royal Majesty of the whole universe, the Most High God, you are HIS/HER EXCELLENCY, so strive to sustain that highly exalted position that your Father in Heaven has placed you.

LITTLE FOXES - PRIDE

PASTOR OYEDEJI DAVID

CHRIST HARVEST FIELD CHURCH IBADAN, OYO STATE



Proverb 16:18, "Pride goes before destruction, a haughty spirit before a fall."

This month we are going to address PRIDE as one of the little foxes that destroy the vineyard.

According to WEBSTER Dictionary, Pride is a feeling that you respect yourself and deserve to be respected by other people. A feeling that you are more important or better than other people. It is defined as

(1) the quality or state of being proud: such as

- a) inordinate self-esteem
- b) a reasonable or justifiable self-respect
- c) delight or elation arising from some act, possession, or relationship

2. Proud or disdainful behavior or treatment

Many times pride comes like a little fox that destroys our lives. Pride brings destruction, and it does not belong in the life of a believer. It lifts self and fails to glorify and honor God.

There is an irony with pride where the proud person often thinks he or she is humble, and the humble person often thinks he or she is proud. Pride is a big problem both for the believer and the unbeliever alike. At every stage of our Christian life, pride is the greatest enemy and humility is our greatest friend. No matter how strong you are as a Christian pride will come without warning. Many of our problems result from pride's work in our lives, but too many people fail to realize this because it comes like a little fox to wreak havoc. As believers, we need to be aware of this device of Satan to wound and destroy our lives, which is his ultimate goal. He tries to prevent us from being what God wants us to be by blinding us to his ways. Of all the struggles man has pride is the one that has the most devastating result. It is the top of God's list of sins that He despises. Proverbs 8:13 (NIV) reads, "I hate pride and arrogance, evil behavior and perverse speech." No matter however hard we try to cover it up, excuse it or justify it, pride produces the same result which is arrogance and rebellion against God. When we put on pride, we are opposing ourselves to the creator of heaven and the earth. Wearing pride leads to anxiety, sin, and even death. In contrast, according to 1Peter 5:5-11, the benefits of putting humility are overwhelming. It is the dress code of God's kingdom.

The problem with pride is that it always leads to mean-spirited sin. The prideful or arrogant limit others. They cannot do without this because that is the very nature of a prideful spirit. Your thought life governs the way you treat others. The prideful always want to express his superiority over others. To do this he must lie to himself or others. He tries to make others look or act as though they are less worthy of notice, and if he is unable to attract attention, he hates the one who gets it.

Pride promotes injustice. It treats people unfairly, assigning value to what is superficial or basic, and belittling what is of true value. The prideful people think ill of others. He has to put others down in order to lift himself up.

Pride shows no mercy and rarely announces its coming. It is sinister and slides into our lives by whispering thoughts of arrogance, conceit, and self-importance. Satan used it against king Uzziah.

Examples of victims of pride

Biblical example:

- a) Satan

Satan, called Lucifer, became so impressed with his own beauty, intelligence, power, and position that he began to desire for himself the honor and glory that belonged to God alone. This pride represents the actual beginning of sin in the universe. He was completely cast out of God's heavenly government and his place of authority. Ezekiel 28:11-19; Isaiah 14:12-17; Luke 10:18.

LITTLE FOXES - PRIDE

PASTOR OYEDEJI DAVID

CHRIST HARVEST FIELD CHURCH IBADAN, OYO STATE



b) Uzziah

When pride came upon Uzziah, he allowed his heart devotion to be swayed by thoughts, of prideful temptation and offered sacrifice in the house of God which is an exclusive duty to be performed only by the priest.

Uzziah became king over Judah at the age of 16, and he reign for 52 years in Jerusalem. The Bible tells us that he did the right in the sight of God. He continued to seek God in the days of Zachariah, who had understanding in the vision of God, and as long as he sought the Lord. God made him prosper. He achieved greatness to the extent that his fame spread as far as the entrance of Egypt for he became exceedingly strong, 2nd Chronicle 26:1-15. The bible tells us further, "But when he was strong his heart was lifted up, to his destruction, for he transgressed against the Lord his God by entering the temple of the Lord to burn incense on the alter of incense" (2Chronicle 26:16). The rest of the chapter tells us of the result of his prideful spirit – King Uzziah became a leper the rest of his life, and dwelt in an isolated house.

II: Example in This Age:

A man was called by God to serve in a ministry. Each time there is problem in the ministry he attributed it to the leadership. He refused to admit that he was part of the problem. He began to tell others that he could perform better than the leaders. He was very critical and always seeking getting credit for his work, but no one acknowledged him. He became discouraged and disappointed when his friends and co-workers realized his prideful behavior. He was blinded with pride to the extent that he wanted to leave the very work which God has called him into, without knowing that his obedience to God was at stake. Pride tempted him to believe that he was better than others, that he was right and everyone else was wrong. Pride never admits its failure when confronted, so was this man, and finally, frustration led him to leave the ministry. He would not submit himself to the authority over him. He mistakenly believed that he knew more than the leadership God had placed in his life. He went out and never made it.

Pride brings destruction, and it does not belong in the life of a believer. Pride lifts self and fails to glorify and honor God.

The problem of pride:

- a) God hates pride. Proverbs16:5, and opposes it - James 4:6
- b) Pride hate God – Psalm 10:4
- c) Pride forfeits wisdom from God – Psalm 25:9; Proverbs 26:12.
- d) Pride always leads to a fall – Proverbs 16:18; Isaiah 2:12-17; 1 Corinthians 10:12

Understanding Pride:

We have to understand pride from the biblical perspective.

- a) Pride is the first sin. Isaiah 14:12-15; Genesis 3; Proverbs 16:18
- b) Pride leads to other sins e.g;
 - 1. Disobedience instead a Submission – 1 Samuel 15:23
 - 2. Hypocrisy instead an Authentic living – Proverb 12:9; Mathew 23:5
 - 3. A judgmental spirit instead of Love – 1 Corinthians 8:1

LITTLE FOXES - PRIDE

PASTOR OYEDEJI DAVID

CHRIST HARVEST FIELD CHURCH IBADAN, OYO STATE



4. Boasting instead of Meekness – Proverbs 27: 2; 2 Corinthians 12:5-6
5. Isolation from God instead of Fellowship – Gen 3; 1Pet 5:5
6. Isolation instead of Community – Proverbs 13:10; Romans 12:16

Others include:

7. Self-promotion
8. Lack of Giving to God and others
9. A Selfish Attitude
10. Arrogance
11. Refusal to Listen to the Advice of others
12. Lack of humble regard for God and others

Practical ways of Overcoming Pride

1. Identify lies you are believing – For our adversary is a liar and the father of lies.
2. Acknowledge the Problem – Take an honest look at yourself and your attitude. Ask God to show you where pride is causing problems. Psalm 139: 23-24
3. Consider the Cross of Jesus Christ and your salvation – Galatians 6:14; Ephesians 2:8-9
4. Deliberately make choices that hurt your pride. The best choice is to choose the path of humility and work things out.
5. Always give God the glory for everything – Genesis 41: 16; 2 Corinthians 3:5
6. Guard your heart against pride – James 4:8. You have to continually practice this just as you take care of your body, by submitting to the word of God and share Christ with others.
7. Honor others before yourself – Romans 12:10; Phil 2:3
8. Flee false humility – it is the epitome of hypocrisy, refusing to admit imperfection in your life. Genesis 6:3
9. Pray: Ask God to humble you – Just be honest in prayer with God. Talk to him and he will hear you. Luke 11:13
10. Be thankful for God's gifts. 2 Samuel 7:18; 1Corinthians 4:7

Conclusion

Pride may be described as a little fox that has destroyed the lives of many including great men of God. Pride has many faces, therefore God cautions us to be vigilant in our stand against it. Whenever we begin to behave that we are so important that we do not have to be held accountable for what we do or say, it can be sure we are heading to a fall, because that is pride. Pride often surface because a person feels inferior and thinks he or she needs to be more than what he or she is. If we open a door to it, even a small one, the enemy will take advantage of the opening and rush into our hearts thoughts that will deceive us into thinking much better of ourselves than God desires. God wants you to have healthy self-esteem, but he also wants you to learn how to handle pride so you will not miss His blessings for you. Through Jesus Christ, you are all you could ever hope to be. Ask God to teach you how to rest in His infinite care and you will realize how valuable you are in Christ.



HEALTH TALK - STRESS

Mrs Oluranti Akinlade

Definition = This is a reaction you express when you are going through mental or emotional pressure.

It can also be defined as a reaction you express when you think you are losing control of any situation, due to the fear of the unknown.

Causes of Stress

What happens when you are stressed is that your system release the stress hormone call cortisol by your adrenal gland.

This can be due to the following issues

- (a) - When you are under pressure of one thing or the other
- (b) - death of a spouse
- (c) - divorce
- (d) - sickness and diseases
- (e) - marital separation.
- (f) - unhealthy relationships /marriage.
- (g) - financial instabilities.

Any situation that is overwhelming and you cannot handle.

It can even be due to your lack of activities.

Signs of Stress

How do you know you are going through Stress?

- (1) - Aches and pain
- (2)- Tiredness
- (3)- Muscle pain
- (4)- Anger
- (5)-pounding heart beats
- (6)- chest pains
- (7)- inability to sleep well
- (8)- headaches and dizziness.
- (9)-clenching of the jaw.
- (10) - withdrawn from people.
- (11)- memory loss
- (12)-high blood pressure.
- (13)- stomach upset



HEALTH TALK - STRESS

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Dangers of Stress

If stress is allowed to go on for a long period it becomes chronic stress, this can affect your immune system by suppressing the digestive system.

It can increase your chances of getting a heart attack or stroke

It can speed up your aging process, by you looking older than your age.

How do I Manage or get rid of stress?

There are various ways to manage or get rid of Stress.

(1) - Exercise like walking or jogging.

Exercise helps to release hormones called endorphin which is a chemical that improves your mood. It can also serve as a pain killer. It also improves your mental wellbeing.

(2)- Consider supplements, Lemon balm, Omega 3 fatty acids, Green Tea.

(3)- Always write things down.

(4)- Be positive always in your thinking.

(5)- chew gums, studies had prove that it helps to promote blood flows to your brain.

(6)- Spend time with friends and family members.

(7)- laugh often spend time with your funny friends, you can watch comedy TV programmes.

(8)- learn to say no to certain things, if you find yourself taking more than you can handle.

(9)- learn to avoid procrastination, prioritise what needs to be get done.

(10)-listening to slow paced instrumental music.

(11)- deep breathing exercises activates relaxation.

(12)- reduce intake of caffeine.

The most important key is to always reflect on those good things you have received in the past and always have a grateful heart. Refused to be bitter about anything. Let your heart be free.

Stress kills so be careful.