

Pastor E.A Adeboye

*Christian
Moderation*



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Deuteronomy 4:23-24

“Take heed unto yourselves, lest ye forget the covenant of the LORD your God, which he made with you, and make you a graven image, or the likeness of anything, which the LORD thy God hath forbidden thee. For the LORD thy God is a consuming fire, even a jealous God”.

This generation is generally called the digital age because with a handheld device, you can connect with anyone in the world. This is actually very good but the concern is in such devices taking total control of you. These days, many are so preoccupied with their phones that they do not have time for God and what matters to Him. For some, the first thing they pick when they wake in the morning is the phone and not the Bible. Others can spend one hour on social media yet cannot spend same studying God's word or praying. This shows that such hearts are more drawn to the phone than God. Don't give the devil the liberty to rob you of God's blessing. Are you not already giving a phone the place of God? Have you observed that the position many take when using a phone is such that their heads are bowed? (Exodus 34:14 “For thou shalt worship no other god: for the LORD, whose name is Jealous, is a jealous God”). says: “I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou

shalt have no other gods before me.” Exodus 20:2-3. If you have to delete applications on your phone that you are addicted to, do so. If it will take you to place a Bible over your phone at night so when you reach out for the latter in the morning, it is the former you would pick instead, do so. Put measures in place to ensure you prioritize activities that will make you grow spiritually. Many Christians now prefer electronic Bibles. However, with the Bible applications on the phones and tablets, there would be distractions from other applications on the device and the Spirit in the word of God cannot minister to a distracted mind. If you must use the electronic Bible, it would be best to go offline to cut off distractions from calls and messages. I play the audio Bible before I go to bed so that all night, God’s word is being read aloud in my room while I am sleeping. You can do so too. **Proverbs 23:21 “For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags”. And Proverbs 25:16 “Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it”.**

As much as food is necessary for humans to stay alive, it could also be the cause of untimely death for some. This is primarily because such people have refused to exercise moderation and care in their food intake. **“And put a knife to thy throat, if thou be a man given to appetite.” Proverbs 23:2** says you should control your appetite, exercise restraint even if it appears you may die by

doing so. Don't be like Esau who, because of hunger, in **Genesis 25:32** claimed: “...**Behold, I am at the point to die: and what profit shall this birthright do to me?**”

You will not die by exercising discipline on yourself. It is indiscipline that kills. Some time ago, some rats were used for an experiment. They were put in two groups “A and B. the ones in the first group “A, were fed very well, thus they grew fresh and robust while the ones in group B were given fewer rations, so they were not as fat as those in the first group. After some time, all the rats were injected with the same measure of a disease. Those in group A died while those in B survived. The researchers found a strong connection between overfeeding and the failure of the rats in group A to survive the disease. Watch the quantity of food you consume, especially when you are about to go to bed. It may be difficult at the start, but keep at it, your body will adjust. Avoid junk and genetically modified food. As much as possible, reduce how often you take canned food. In fact, eating too much processed food has been linked with the development of cancer. It is best to eat organic fruits and vegetables as they are healthy. Grow some of your food if you can.

God is interested in your spiritual wellbeing but He is also very interested in your health. That is why He took care of sickness through the stripes on His body (**Isaiah 53:5** “**But he was wounded for our transgressions, he was bruised for our iniquities: the chastise-**

ment of our peace was upon him; and with his stripes we are healed”) before His crucifixion for your sins at Calvary. He needs you to take care of your body because the healthier you are, the more effective you will be in His service.

James 3:2-13

2 For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.

3 Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body.

4 Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth.

5 Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!

6 And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell.

7 For every kind of beasts, and of birds, and of serpents, and of things in

the sea, is tamed, and hath been tamed of mankind:

8 But the tongue can no man tame; it is an unruly evil, full of deadly poison.

9 Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.

10 Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.

11 Doth a fountain send forth at the same place sweet water and bitter?

12 Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh.

13 Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom.

(KJV)

In Isaiah 40:31 **“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint”**, Christians who wait upon the Lord are compared to “an eagle” – often referred to as the “king of birds”. There

are many kinds of birds; why did the Lord choose the eagle and not the parrot or some other kind for this illustration? The answer is not far-fetched. Several distinguishing factors set the eagle apart from the parrot and indeed other birds. While an eagle is big, strong and high flyer, parrot is weak and cannot fly as high. While one may enjoy the company of a parrot, when serious issues are to be discussed, it is usually shut out while “an eagle” is invited. Are you a parrot or an eagle? The eagle does not talk much; it tends to act instead. It doesn’t move with a flock, like many people with gossip cliques today. Perhaps this is why it soars above storms – it has immense ability to use the storms to its advantage. How you use your mouth can determine if you will overcome a storm or be subdued by it. Watch it! Talk only when necessary. **Proverbs 13:3** “He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction.” Going by the above, the less likely you are to get into trouble and vice versa. Words are powerful, so be careful with them. You cannot retrieve any utterance. **Matthew 12:36** “**But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment.**” says we shall be held accountable for every idle word we speak, so always think before you speak. You don’t have to respond every time you are criticized. You don’t have to always say what’s on your mind. Bridle your tongue before it puts you in trouble. Ask yourself: Why

do I talk too much? For some, it's because they like noise and cannot stay quiet. Some want to impress; others talk to show they are good debaters and yet others, to display how current they are. If you talk too much, control your tongue or excuse yourself whenever you find yourself in such situations and soon enough, you will find yourself talking less and with moderation. Be careful of what you say, when you say it, how you say it, where you say it and to whom you say it.