

God's Plan of Salvation:

1. Hear - Romans 10:17
2. Believe - Mark 16:16
3. Repent - Acts 2:38
4. Confess - Romans 10:10
5. Be baptized - Acts 22:16
6. Live faithfully - Revelation 2:10

Announcements:

Sick: Mr. Brown, Mr. Dowling, Mr. Garner, Mr. Hadley, Ms. Donna Law, Ms. Kim (Ashley Law's mother), Lamar Mathis, Mr. and Mrs. Pete Newsome, Mrs. Owens, Ms. Ward, Mr. Winns.

If you would be interested in any of the following ways to study the Bible, feel free to let us know:

- Home Bible Study - We will come into your home or other place you feel comfortable and study the Bible with you. Bible questions are welcome in these studies and we will seek to give a Bible answer.
- Correspondence courses - We will be glad to mail you a correspondence lesson that you can fill out and mail back to us and we will send you the next lesson.
- Call us with your Bible question - #503-707-6014.
- Visit our website: [www.oakgrovechurchofchristjenningsflorida.com](http://www.oakgrovechurchofchristjenningsflorida.com)
- Come and visit - We always strive to have good, practical Bible instruction at each of our assemblies.

Oak Grove Church of Christ Bulletin  
2922 NW 76th Terrace, Jennings, FL 32053

April 10, 2022

## “I Will Not Be Brought Under The Power Of Any”

By Derek Long

The Bible teaches us to be people who possess self-control. Part of the fruit of the Spirit is self-control (Galatians 5:22-23). One of the things we are to add to our faith is self-control (2 Peter 1:5-7). Living the Christian life is compared to running a race. Athletes who run a race must be “temperate in all things” (1 Corinthians 9:24-26, NKJV). The point for us as Christians is we need to discipline our body and bring it into subjection (1 Corinthians 9:27). When we think about self-control, it is important to remember our need to practice self-control when it comes to sinful things. We must be able to deny self and not give into sinful desires we might have (Matthew 16:24; James 1:14). However, the Bible emphasizes the need to have self-control in every area of life including in the realm of lawful things. 1 Corinthians 6:12-13 says, “All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any. Foods for the stomach and the stomach for foods, but God will destroy both it and them. Now the body is not for sexual immorality but for the Lord, and the Lord for the body” (NKJV). In the

realm of lawful things, it is still our responsibility to exercise self-control.

The New Testament plainly teaches the Old Testament food laws are no longer applicable to us today (1 Timothy 4:3-5; Mark 7:19; Colossians 2:14-17). It is true we have a great deal of freedom and liberty as Christians when it comes to what we eat. Even though God gives us a lot of liberty when it comes to what we eat we still must be careful not to be brought under the power of something like our food. The Bible speaks about people whose god is their belly (Philippians 3:19). “Belly” may be used to refer to one’s appetites in general in Philippians 3:19 but certainly would include a person whose god is literally their belly. The Bible warns us about gluttonous eaters of meat (Proverbs 23:19-21). Let’s make sure we do not become gluttons when it comes to our food but be people who practice self-control in the realm of what we eat.

The New Testament demonstrates a person at times needs time for refreshment (Mark 6:31). The New Testament also warns about people who become, “lovers of pleasure rather than lovers of God” (2 Timothy 3:4, NKJV). We live in a society given to entertainment, recreation, etc. It is easy to let our time for recreation and entertainment to get out of proportion though. Christians need to remember to redeem the time” (Ephesians 5:16, NKJV). Redeeming the time involves using the moments we are given to their fullest. A person who spends inordinate amounts of time in recreation is taking something lawful and being brought under its power.

It is easy for us to think about things which fall into the lawful category and think we have no need to restrain ourselves in these areas. A person needs to think seriously about their

responsibility to remain in control instead of letting something else control us. Let’s think about the concept of not being under the power of any as it relates to our lives and the decisions we make in life!