

How Trained Are You?

NOTE

The Study Material you are about to read is produced by Resurrection Bible Study Ministry, this is an online bible study forum. WhatsApp: +2347067511039 to participate in our **FREE** Online Bible Study Program

Our Mission

We are commissioned by the Lord Jesus Christ to prepare His church for His second coming through His Spirit made available to us in this End-Time. We are committed to preaching and teaching Church leaders, Ministers, and the body of Christ as a whole the true gospel of holiness and righteousness which is Christ's doctrine and the only prerequisite for making Heaven, thereby re-erecting the already broken altar of true worship in sanctification to producing Sainly pilgrims.

All messages in PDF, VIDEO and AUDIO formats are given for free and **must not be sold** for any reason, they can be used by anyone all over the world for the sole purpose of spreading the gospel of Christ and also for building the body of Christ in this End-Time.

If you have been blessed through these teachings and would like to support this work prayerfully, broadcasts, or sharing of these messages through different means in other to prepare souls for the coming of our Lord and Savior Jesus Christ, please contact the numbers at the last page. May you not lose your eternal rewards even as the Lord increases you abundantly as you do so. Amen.

God bless you,

Oluwatobi S. Adewuyi

Coordinator

Topic:

HOW TRAINED ARE YOU?

Key Text: Daniel 1:5

Teacher; Moses O. Adewuyi

Prayer

Eternal Father of light, we are here today to learn at Your feet, we pray that You enlighten our spirit tonight and move us to the next level through Your Word in Jesus name. Amen

I want us to hear this tonight before we begin tonight's teachings.

Your walk with God is really important to God than your work for God, never neglect your spiritual growth. The Father is more interested in seeing you grow spiritually than you going down spiritually and yet being fervent in The house of God.

Please and please, do not trade your spiritual life for anything

Daniel 1:5 KJV And the king appointed for them a daily provision of the king's delicacies and of the wine which he drank, and three years of training for them, so that at the end of that time they might serve before the king. This is the story of Daniel and his fellow friends, you would see that after the king sought for men with great qualities. **Daniel 1:3-4 KJV** And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes; [4] Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans. He still wanted them to pass through training. How would the king have wanted this thing since he found men who met those qualities he laid down, this really shows that the aspect of training can never be disputed or thrown away. It's very very important and crucial. King Nebuchadnezzar didn't just want them to pass through training for a while but for good three years which means the training

was to be a deliberate one, the one which will nourish and nurture them up very well.

What does it mean to train?

To train means to teach so as to make fit, qualified and proficient, It means to form by instruction, Discipline or drill. To train can also mean to teach someone the skills needed to do something and to cause someone or something to develop an ability or skill.

Please follow closely

To train is not a day job, training is always rugged, strict and tough most times. Have you ever experienced a soldier slapping you before? If yes, you would see that the slap sounded differently and its effect on your cheeks was far cruel than the slap you received from a mere civilian, this is because of the training the soldier has received. After a soldier joins the army, they are trained specially and not like civilians. Furthermore, if you experience the punch of a heavyweight boxer, you will notice that the effect of it on your body is greater than the effect of someone who is not a boxer but who is of same age with the boxer. Why is it so? It's because of the training the boxer subjected himself to. Training really goes a long way in restructuring one's life, some people are partially trained while some are not trained at all. The level of the exploits you make is as a result of the training you subject yourself to. When you see someone who wants to know how to sew but doesn't go to be trained on how to sew, will such a person eventually know how to sew? No, because the person has not been trained to. Any soldier who gets to the warfront before he starts learning how to operate a gun will definitely die because of lack of mastery on how to operate a gun. David was under training before God could send Samuel the prophet to anoint him.

1 Samuel 16:11-13 KJV And Samuel said unto Jesse, Are here all thy children? And he said, There remaineth yet the youngest, and, behold, he keepeth the sheep. And Samuel said unto Jesse, Send and fetch him: for we will not sit down till he come hither. [12] And he sent, and brought him in. Now he was ruddy, and withal of a beautiful countenance, and goodly to look to. And the Lord said, Arise, anoint him: for this is he. [13] Then Samuel took the horn of oil, and anointed him in the

midst of his brethren: and the Spirit of the Lord came upon David from that day forward. So Samuel rose up, and went to Ramah. David was keeping the sheep and learning how to shepherd sheep before God called him to shepherd his people through being a king. He was under training with those sheep but he never knew. God will never use someone who lacks training or someone who is not willing to be trained, such a person must have been trained in one way or the other because God knows how difficult the work ahead might be so He ensures the chosen ones have undergone training in one way or the other.

Are we following?

There are areas we need to be trained if we really want to serve at the king's palace. An untrained soldier is not better than a civilian. We are soldiers of Christ, therefore, we must be well trained so that we can fight well.

Areas of Training

1. Emotional Aspect: As a christian, training yourself emotionally is really really necessary, it's not wrong to be emotional but you have to know the right time and the right way. Being emotional has made many christian women to give in to things they later regretted doing, being emotional has made a lot of christian men engage in sin which they later regretted.. Lacking training emotionally can make you have uncontrollable feelings wrongly, it can make you marry out of pity, it can make you give in to deceit or lies easily. Because somebody came to you begging you to cover up a lie either at the office or anywhere so that the person won't be punished, you became too emotional and allowed your emotions to lead you into doing the wrong thing. This is not right, this is why a person must be trained emotionally, train your emotions, train yourself to be emotional when needed and necessary. As a husband or wife, you became highly emotional when a particular person came and asked for things that you are supposed to inform your spouse about before giving out but because of being too emotional, you gave it out without thinking about your spouse.

Many people have been scammed by fraudsters because they were highly emotional when these scammers called them and lied to them that one of their relatives had an accident which required a lot of money, Out of being emotional

and not being able to control their emotions, they forgot to really check if it was true but went ahead to sell a lot of things to send money to the scammer who just called. Sarah didn't train herself emotionally and she ended up committing a grievous mistake

Genesis 16:1-4 KJV **Now Sarai Abram's wife bare him no children: and she had an handmaid, an Egyptian, whose name was Hagar. [2] And Sarai said unto Abram, Behold now, the Lord hath restrained me from bearing: I pray thee, go in unto my maid; it may be that I may obtain children by her. And Abram hearkened to the voice of Sarai. [3] And Sarai Abram's wife took Hagar her maid the Egyptian, after Abram had dwelt ten years in the land of Canaan, and gave her to her husband Abram to be his wife. [4] And he went in unto Hagar, and she conceived: and when she saw that she had conceived, her mistress was despised in her eyes.** She was so emotional, she wanted to produce a child for Abraham at all cost and it led to what she later regretted. Training one's self emotionally will really help one to do away with useless feelings and unnecessary cares.

2. Physical Aspect: This aspect really really matters as long as we are still in this world, a lot of christians are not trained physically, they are untrained. Being trained physically entails one being able to keep one's physical body under subjection, it's hard to do though but it's the best to do. Esau didn't train himself physically and he had to sell his birthright to his brother

Genesis 25:33-34 KJV And Jacob said, Swear to me this day; and he sware unto him: and he sold his birthright unto Jacob. [34] Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright.

If he had trained himself physically he would have been able to endure pains of hunger and wouldn't have missed the wonderful blessings of his father. Training one's self physically will make one be able to say no when to say no and to say yes when it's the right time, physical training comes with having a good behaviour and character too, It entails one noticing those places that needs adjustments in one's life and the person trying to make adjustments appropriately. It's never easy but it really pays off, there are times one would have to deny this flesh just to train it while there are times one would need to undergo some rugged

exercises and make some strict decisions which might not be pleasing to the flesh but just necessary to undergo. When Joseph was undergoing some things in the prison, he never knew he was under training for the palace he was going, It was later the evidence was clear. Physical training is not meant for physical brutality, it's meant to train the body physically to be able to do the will of The Father at all times. **Placing the body under thorough subjection!**

3. Spiritual Training: This training is highly important for every christian, most especially those who are specially called into ministry. Once a person knows that he is called, that doesn't mean he should start ministry immediately unless God says so. He is meant to undergo some trainings on how to run a ministry and this should be acquired under genuine men of God. Spiritual training covers training that enhances one's spiritual growth, praying and fasting with critical studying of The Word of God. The training can come in form of someone neglecting his phone for a while to be able to concentrate, doing away with distractions and strict retreat which makes one focused. A lot of christians are making mistakes these days by not fully staying under their spiritual fathers who will train them before setting out into the world, they are not well trained, incomplete training! When one is not trained spiritually, spiritual exercises becomes very difficult to do, prayers becomes very difficult to do and even studying of The Word.

During period like this, such a person is to make sure he stays and forces himself to do those things which his flesh is against at that time, that is a great way to train one's self. Receiving spiritual training should majorly be done under genuine men of God, else, such a young minister would be misled. If the young prophet in The bible had a spiritual father at first, he would have been thought how to solely rely on anything God says and wouldn't have been deceived by that old prophet which later caused his death. Having spiritual mentors and fathers can really help to train one spiritually but total carefulness is needed that the agent of the devil is not one's mentor or spiritual father due to negligence and lack of Spiritual sensitivity.

Are we still there?

Those things needed for quality training

1. **Consistency:** For one to be trained properly and well, such a person must be consistent, else such a training will be incomplete. Any soldier who doesn't complete the training is not qualified to be a soldier because training makes a soldier, therefore, Training makes a soldier of Christ completely ready at all times.

Daniel 1:12, 14 -16, 18 NKJV “Please test your servants for ten days, and let them give us vegetables to eat and water to drink. So he consented with them in this matter, and tested them ten days. And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies. Thus the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables. Now at the end of the days, when the king had said that they should be brought in, the chief of the eunuchs brought them in before Nebuchadnezzar.

Daniel and his friends were consistent in eating vegetables and water all through, their faith didn't shake neither did their consistency break and they later achieved a lot because of their consistency.

2. **Determination:** It takes determination to undergo complete training and strict ones because there are times one would have to deny himself food and pleasures just to train himself. When one is not determined, training becomes too difficult to achieve.

3. **Humility:** One who lacks humility will find it difficult to be mentored and thus find it hard to be trained because it can be someone who is able to be his child that would be sent to train him. It takes a humble heart to be under such a trainer.

4. **Patience:** Patience goes a long way in achieving a complete training, lack of patience will easily make one back out and get tired. Therefore, a christian must understand that training is necessary, therefore, patience should be highly applied.

5. **Diligence:** A lazy person will find it hard to undergo training. You will hardly find a soldier lazy because they wake early in the morning to do series of exercises and trainings. Diligence when applied together with consistency goes a long way in ensuring such a person is fully trained.

Hindrances to effective training

1. Laziness
2. Procrastination
3. Pride

We have come to the end of tonight's teaching, if you have any question, kindly ask but If there is none, I wish you all wonderful night rests ahead!

God bless You!

SOME OTHER MESSAGES BY RESURRECTION BIBLE STUDY MINISTRY

(Bible Study Materials in (PDF's Formats)	(Inspiring Movies on Our YouTube Channel)
Restitution	My Anointing
Renewal Of The Mind	Dreadful Path
Putting Off The Old Man	His Vineyard
Seeking After God	Cracked
The Fall Of Man	Dangerous Minutes
Costly Mistake	The Living Dead
A Strange Generation	Ide (Bondage)
Valentine	Deadly Thirst
Hating The World	The Mockers
The Seed	Man of God
Swordless Soldiers	Grave Clothes
The Journey to Tarshish	The Test
Wells Without Water	Conduct
Mystery of Unconfessed Sins	Trial
They are Watching	Ahon Asan
Leaving & Cleaving	Battle
Christ's True Followers	Fruitless
Life in the Tomb	The Falling Church
Overcoming Depression	University of Captivity
Overcoming Masturbation	Nailed

The Two Prophets	My Temple
------------------	-----------

NOTICE:

There are over **210** PDF copies of our teachings on different biblical topics in our library, please visit our E-library on Telegram at <https://t.me/rcministries> to download different topics of your choice. God bless you!

For comments, questions and others you can also contact us, and If you want to be a member of Resurrection Bible Study Online Ministry, Kindly contact us on WhatsApp by sending "**add me**" to any of the numbers below. You can also share your testimony if the Lord has touched your life in anyway through any of these messages.

Contacts:

+2347067511039

+2349028350180

Follow RBSM on Mixlr to connect to our live audio broadcasts on <https://mixlr.com/rbsmlive> or search for rbsmlive if you have the app or through Operamini / Google Chrome.

This Ministry produces Inspiring Christian Movies, you can see these Godly Films on YouTube, you may click to see them here [Resurrection Christian Drama Ministry](#) or search for RCDMIN or Adewuyi S. Oluwatobi

Edited by

Rex Purity Esther

(Media & Publicity Director)

Media Team

©Resurrection Christian Ministries - RCM