



# Exercise or Exorcise?

Cory Waddell

Studying our Bibles, we see several types of events which took place in their times that do not happen now. Mostly, we notice the presence of miraculous or supernatural activities. During Jesus' ministry, one of the more disturbing events was that of demon possession. In this period, God allowed for these supernatural beings to enter humans and wreak all kinds of havoc, including multiple personalities (Mk 5:1-20), epileptic-style seizures (Mark 9:14-29), and even muteness (Mt. 9:32-34). In each of these examples Jesus displayed his divine power by commanding these demons to leave the person. In modern terms, we describe this as exorcising demons.

In our time, God has closed that door of allowing for such blatant supernatural possession. However, I would suggest that we still battle demons in our lives. Paul tells us in Ephesians 6:12, "For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places." Today, our demons look more like the demons of addiction, obsessions, broken homes, and so forth. They follow us everywhere we go and can impact generations of our families. One reason why they follow us so ardently is because too many people are spending time EXERCISING their demons instead of EXORCISING them. The difference is life-changing.

**EXERCISING** means we are putting something into practice or putting it to work for us. We go to the gym to exercise our bodies through rigorous activity. We exercise our freedom when we go vote in elections. We exercise our minds when we read and study. We can exercise our demons by regularly and willfully engaging in whatever activity it is that controls us. For example, the addict actively seeks out whatever it is that gives him the high, whether drugs, alcohol, pornography, etc. Or perhaps one could exercise their demons by doing nothing at all. Instead of being proactive against the damaging effects, they simply wallow in the misery of their pain.

**EXORCISING** is the process of expelling those demons from our lives. It means to banish them by the power of someone greater than it. Just like in Bible times, exorcising our demons depends on the power of Jesus' name and the presence of his Spirit. His grace can reshape our souls through and through (Rom. 8:1-11; Gal. 2:20). Yet, EXORCISING our demons also requires that we EXERCISE the spiritual things that allow Jesus to shape us. Paul goes on to say in Ephesians 6:13-18 that we must put on (aka "put to use") the armor of God which involves truth, righteousness, readiness, faith, salvation, the word of God, alertness, perseverance, and prayer. Putting this armor to use is part of the way Jesus exorcises demons from our lives so that we can be conformed into his image more and more (Rom. 8:29).

Today, I challenge you to take a good look at your life. What demon(s) are you struggling to break free from? Are you responding in a way to EXORCISE them, or are you EXERCISING them? What will be your next step to let the power of Jesus change you?

# WEEKLY PRAYER REQUESTS

- KOURTNI YOUNG and her testing being done to figure out infertility issues
- REGINA HUNT is needing encouragement to walk in the light
- TRACI, Kelli Dailey's friend from work, is in the hospital
- KEN RAMAY and upcoming open heart surgery
- CINDY PERKINS, friend of Juanita, is home after 85 days in the hospital.
- ZACHARY DAVIS, friend of Juanita, has cancer.
- FAMILY OF MICHAEL EDMENDSON he passed away April 11th
- JENNIFER, Kayla Banks' friend, is needing prayers for her baby
- MARIE STRAIN in hospital for blood clots in her lungs
- SHELBY HUBBARD & FAMILY, Shelby passed away
- SIMS FAMILY, live in Brookwood, lost their child in a car accident
- ANNA MARSHAL, Kitty's sister, is in hospital.
- JACK ADKINS is having surgery at the end of the month
- MISSION WORK IN INDIA
- BETTY RAMAY is at rehab and is recovering
- DANNY DAILEY for health reasons
- BARBIE SMITH'S FATHER and all of health issues
- BILLY GUYTON'S wife has stage 3 breast cancer
- LYN'D DUNNWOODY Debbie's Brother in Law's Daughter, has breast cancer
- JAMIE KELLEY, James Hall's daughter, health struggles, is home still needs prayers
- JAMES HALL needing prayers and is needing encouragement
- RUBY MILLIGAN, Doug's SIL, has T-Cell Lymphoma. Pray for her and Don.

## ATTENDANCE

Worship A.M. ... 80  
 Worship P.M. .... 50  
 Wed P.M. ....50

## CONTRIBUTION

Last Week.....\$2,263.00  
**BUDGET**  
 Weekly.....\$3,000.00

