

HERMON LIFE



HERMON
CHRISTIAN
CENTRE

A weekly publication of **HERMON CHRISTIAN CENTRE**
Sunday | August 10, 2025



It's another week to experience the grace and goodness of God!

God is more than able to do all He promised to do. He is not a man that He should lie nor the son of man that He should repent. He is too faithful to fail. He can be trusted. He has always kept His word and the Bible is His record and CV.

Even if what He promised seems to be taking time, wait for it. It shall surely come to pass as God has said. It may not happen at your timing or the way you expected, but it shall definitely come to pass.

My earnest prayer for you is that you will remain strong, steadfast and unmovable in the faith in the name of Jesus.

Our sermon series this month promises to be a transformative and powerful experience. Through the revelations from the Bible and by the help of the Holy Spirit, burdens shall be turned to blessings.

Heavy burdens shall be taken off your shoulders and every evil yoke on your life shall be destroyed by the anointing in the name of Jesus.

We were not made for stress or toil but for rest. Adam's first day was the seventh day, the day God rested from all His work. God blessed and set aside the seventh day as the day of rest. As we go on in this series, we are entering into the rest of God in every area of our lives.

The rest of God is living according to God's finished work. It is knowing that before God made us, He has finished all that concerns us.

It is knowing that whatever we will need, God has provided for even before we were born. All we need to do is to believe and we shall enter into the rest of God.

Experience and enjoy God's rest this week and always in the name of Jesus!

Nnaemeka O. Ikemefuna
Senior Pastor

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LET'S GET TO
KNOW YOU
BETTER!

Don't do life alone....

God sets the lonely person in families... (Psalm 68:6)

This is your family and spiritual home. So don't remain isolated or be lost in the crowd.

We want to know you better and make you feel and be a valued member of this church.

Welcome to HERMON CHRISTIAN CENTRE where people are empowered to fulfill their God-ordained destinies and to be a Godly influence wherever they are.

HERMON CHRISTIAN CENTRE

TITHE (NAIRA)



2045-678-127



0427-480-554



1306-360-821

OFFERING (NAIRA)



2045-668-168



0415-385-957



1305-389-632

PROJECT (NAIRA)



2045-678-110



0479-076-367



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1306-360-838

SUNDAY SERVICE

worship
with us

EARLY RISERS' SERVICE - 7:30AM
FAMILY WORSHIP SERVICE - 9:30AM

THE PATRON HOTEL
KM 20 LEKKI-EPE
EXPRESSWAY,
SANGOTEDO, LAGOS.

LIVESTREAM:
YouTube & Facebook:
@hermoncentre

Website: hermoncentre.org

MID-WEEK SERVICE (ONLINE ONLY)

SERMON SUMMARIES

1ST SERVICE: CASTING ALL YOUR BURDENS ON THE LORD (Part 1)

Burdens are not bad in themselves, but there are burdens that, when we carry them, we will not make it in life.

Hebrews 12:1: weight is anything that weighs you down - the Bible tells us to cast them aside, to lay them down. Life is like a race, and you need to travel light; so, the first thing you put aside is weights. For every one of us, there is a race set before you, and in that race, your competition is yourself.

Don't look sideways or backwards, but keep looking straight ahead. Many people don't move forward because they keep looking back at their past or sideways at others. Look towards your own race and don't compare yourself to others. Some burdens are not of God, and they are called heavy burdens, which first start with our thoughts, what we think. It is in our thoughts that we become anxious - anxiety means troubled thoughts, and when those thoughts increase, they become burdens.

When you are carrying heavy burdens, you can't run the destiny God has for you. It is a sin to be anxious - Philippians 4:6. There is nothing that concerns you that God is not concerned about. Many of us don't know the depth of God's love for each of us. Once you think that God is far off and does not care about what's happening in your life, you will not have faith, and you cannot relate to Him as a father. Even when you sin is when you need God most - you must have this understanding, or else you won't have faith.

2ND SERVICE: CASTING ALL YOUR BURDENS ON THE LORD (Part 2)

Develop roots - rootless Christians will be destroyed. Nothing grows unless it is planted. Many Christians are destroyed because they have no roots. No tree is planted in two places. The seed of God (the Word of God) is always good. The problem is the soil (our hearts).

God sends His Word, and it is that Word that heals and delivers us from destruction. Every change you desire is packaged in the seed of God's Word. It is the entrance of God's Word that brings life.

Everything God will do for you is packaged in the Word preached. The soil in the parable of the Sower describes 4 types of hearts. The good soil /heart is the one that bears fruits 30/40/100 fold. The result or harvest we produce is not based on the seed - it is based on our accepting the Word, understanding it and engaging with it.

Anything you understand, you become the owner and can adapt it to your situation and know how to work it out. When we don't understand the Word of God, Satan comes and snatches it from our hearts. The Word of God is the most valuable thing you have. The answer we need is not deliverance; it is the understanding of the Word of God that will sustain you.

When we come to Jesus, He gives us rest. Then begin to do what He says. 1 John 5:3. God's commandments are for our good. They are instructions, not suggestions.

CASTING ALL YOUR BURDENS ON THE LORD (Contd.)

3 Ways to Take Off Burdens:

- Come to Jesus: Get Born Again (Matthew 11:28-30): Jesus invites us to bring our burdens to Him so He can give us rest. We should cast our cares on Him because He deeply cares for us (Psalm 55:22, 1 Peter 5:7).
- Pray: (James 5:13): Philippians instructs us to be anxious for nothing and to present our requests to God through prayer and thanksgiving (Philippians 4:6).
- Fast: When Hannah deeply desired a child, she prayed and fasted, pouring out her heart to God. After receiving encouragement from Eli the priest, she left with peace, and God answered her prayer (1 Samuel 1:7-20).

The challenge is that sometimes, after giving our burdens to God, we take them back by worrying again. When we cast our burdens on Jesus, we need to hold on to that trust and not let worry creep back. As we rely on Him and cast our cares fully on Him, He will faithfully help us carry the weight.

[Click this link to listen to the full sermon](#)

SCAN



Click any of these links to join the Prayer Service by 6pm:



[hermon christian centre](#)



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DAILY DEVOTIONAL

To fulfil destiny, you must first conquer fear - fear of the unknown, fear of failure, fear of what people will say, etc. In whatever shape or shade it appears, fear is an enemy. It is darkness. It stifles. It has torment. It weakens courage and is a murderer of faith.

God despises fear. In fact, He forbids it and does not permit it in His camp. (2 Timothy 1:7). In Judges 7:3, He commanded Gideon to announce to the assembled 32,000 soldiers of Israel gathered to face the invading armies of the Midianites, Amalekites, and children of the east that the fearful among them should return home.

Twenty-Two Thousand of them left. That's almost seventy per cent of those who came out for battle! Later, God chose only 300 who won a mighty victory.

If you permit fear to rule your life, you will always be running from the battles of life. You will not fulfil destiny. You will never be a champion unless you dare to conquer.

FULFILLING DESTINY (1)

by Hermon Devotional
PASTOR NNAEMEKKA IKEMEFUNA
www.hermoncentre.org

Declaration: Fear and faith cannot co-exist. You choose the one you feed. In this new week, God releases the grace for you to nourish your faith by reading, meditating on, and obeying His Word daily. (Romans 10:17).

[Click this link for daily devotional \(Monday - Saturday\)](#)

BIBLE READING

DAILY BIBLE READING

Sunday	ZECH 10-12; PSALM 49
Monday	ZECH 13-14; PSALM 50
Tuesday	MALACHI 1-4; PSALM 51
Wednesday	EZEKIEL 1-3; PSALM 52
Thursday	EZEKIEL 4-6; PSALM 53
Friday	EZEKIEL 7-9; PSALM 54
Saturday	EZEKIEL 10-12; PSALM 55

AUGUST Birthday Celebrants

- Vivian Okeke 2nd
- Okenne Oluchi Eunice 5th
- Israel Ekhe 11th
- Favour Ossai. 17th
- Mercy Nzemba. 20th
- Frank Tainu. 22nd
- Victoria Elaigwu. 28th
- Precious Aigbe. 29th



The Heart of the Home: A Christian Husband and Father's Role: 2

The Father to His Children: Guiding with Grace and Truth

A Christian father is called to bring up his children "in the training and instruction of the Lord" (Ephesians 6:4). This involves more than just providing financially; it's about spiritual, emotional, and physical presence.

- **Presence & Engagement:** Beyond being physically present, it's about being emotionally and mentally engaged. A father who puts away his phone to genuinely listen to his child recount their school day, no matter how trivial it seems, demonstrates actual presence.
- **Patience & Understanding:** Children are learning and growing. A father who patiently explains a concept, helps with homework without frustration, or calmly addresses misbehaviour, models understanding and grace.
- **Discipline with Love:** Correction is necessary, but it must be administered in love, aimed at teaching and guiding, not shaming or breaking spirits. A father who disciplines calmly, explains the reason for the consequence, and reaffirms his love afterwards, builds trust and respect.

The Mindset of Apology: Humility and Reconciliation

One of the most challenging, yet most powerful, acts for a man can be to apologise to his wife or children genuinely. Cultural conditioning, a perceived threat to authority, or simply a lack of practice can lead to mindsets such as:

- "Apologising shows weakness."
- "It undermines my authority as a husband/father."
- "They should just know I'm sorry; I don't need to say it."
- "My kids will lose respect for me if I admit I'm wrong."

However, from a biblical perspective, apologising is a profound act of humility and strength.

- **Humility:** Philippians 2:3-4 encourages us to "in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." Admitting fault is an act of humility that elevates the relationship above personal pride.
- **Reconciliation:** Matthew 5:23-24 teaches us to reconcile with others before even offering gifts to God. A sincere apology is a powerful tool for reconciliation, healing wounds, and restoring connection.

- **Modelling for Children:** When a father apologises to his child, he teaches them invaluable lessons about accountability, humility, and the importance of mending relationships. For example, a father who snapped at his child due to work stress, later comes back, kneels, looks them in the eye, and says, "I'm sorry I yelled. That was wrong of me, and it wasn't your fault. I was stressed, but that's no excuse," teaches a lesson far more impactful than any lecture.
- **Strengthening Relationships:** A heartfelt apology validates the feelings of the wronged party and rebuilds trust. When a husband genuinely apologises to his wife after a disagreement, acknowledging her feelings and his part in the conflict, it deepens their bond and fosters a safe space for open communication.

The Grave Impact of Domestic Violence: A Contradiction to Christ's Love

While discussing the ideal, it is crucial to address what stands in stark opposition to every biblical principle of husband and fatherhood: domestic violence. This includes physical, emotional, verbal, sexual, or financial abuse. Such actions are a profound contradiction to the love, honour, and understanding commanded in Scripture, and they bring devastating consequences:

On the Wife: Domestic violence strips a wife of her dignity, security, and sense of self-worth. It can lead to severe physical injuries, chronic health problems, and deep psychological trauma, including anxiety, depression, PTSD, and a pervasive sense of fear. It undermines her ability to thrive and often isolates her from support systems. The very "weaker vessel" meant to be honoured is instead broken.

On the Children: Children exposed to domestic violence, whether as direct victims or witnesses, suffer immense harm. They often experience emotional distress, developmental delays, behavioural problems (aggression or withdrawal), academic difficulties, and a higher risk of mental health issues in adulthood. They learn that violence is a way to resolve conflict, perpetuating a cycle of harm. Their sense of safety and trust is shattered, impacting their ability to form healthy relationships in the future.

On the Home and Faith: A home where violence exists cannot be a "sanctuary of love, truth, and spiritual growth." It becomes a place of fear and brokenness. Domestic violence directly hinders prayers and severs the spiritual unity Peter speaks of, as it is an affront to God's character of love and justice. It brings shame and reproach to the name of Christ and the Church.

Christian principles unequivocally condemn any form of domestic violence. A true/faithful Christian husband and father protects, cherishes, and uplifts his family, never harming them. If violence is present, the immediate priority is safety and seeking pastoral and professional help. This is not just advisable, but essential.

Conclusion: A Continuous Journey of Grace

The role of a Christian husband and father is a continuous journey of learning, growing, and leaning on God's grace. It's about striving daily to reflect the love, understanding, and sacrifice of Christ within the home. By embracing respect, compassion, mercy, courtesy, and the profound humility of a sincere apology, men can build homes that are not just structures, but vibrant sanctuaries of love, truth, and spiritual growth, where prayers are unhindered and God's presence is powerfully felt.

May God strengthen every husband and father as they faithfully walk in this noble calling.



August 2025 Sermon Series



Thanksgiving Service | Sunday, Aug. 3rd



Sunday Service | August 10th

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