



RCCG OCEANIA

Spiritual Disciplines

Training in God's Presence

At a Glance

BIG IDEA

Discover how immersing yourself in God's presence can transform your life. By understanding and nurturing the faith already within you, and through consistent spiritual practices, you can experience profound changes. This study will guide you through practical steps to deepen your faith and align your life with divine principles.

PRIMARY PASSAGES

Romans 12:3

Galatians 2:20

2 Peter 1:1

2 Corinthians 4:13

1 Corinthians 9:27

Joshua 1:8

Key Takeaways

- Faith is already present within every believer; understanding and nurturing it is key.
- Participation in God's realm energizes and transforms us.
- Consistent spiritual practices like prayer, fasting, and meditation are essential.
- Staying in God's presence can alter both spiritual and physical aspects of life.
- Distractions and the flesh will challenge your spiritual discipline.

Introduction

Training in God's presence is a transformative journey that affects both our spiritual and physical lives. By understanding the faith that is already within us and engaging in consistent spiritual practices, we can experience profound changes. This study will explore how to deepen our faith and align our lives with divine principles.

Scripture Reading

- **Romans 12:3** — Highlights that every believer has been given a measure of faith.
- **Galatians 2:20** — Emphasizes living by the faith of the Son of God.
- **2 Peter 1:1** — Affirms that believers share a precious faith.
- **2 Corinthians 4:13** — Discusses the spirit of faith shared among believers.
- **1 Corinthians 9:27** — Illustrates the importance of disciplining the body for spiritual growth.
- **Joshua 1:8** — Stresses the importance of meditating on God's Word.
- **Isaiah 40:28** — Describes God's strength and how it is available to those who wait on Him.

Key Points

1. **Understanding Your Faith** — Every believer has a measure of faith, but the challenge lies in understanding and nurturing it. This understanding is crucial for spiritual growth and transformation. Recognizing the faith within us allows us to build a strong foundation for our spiritual journey. By acknowledging this gift, we can begin to cultivate it through study and reflection.
 - Reflect on the measure of faith you have been given.
 - Study Scripture to deepen your understanding of faith.
 - Pray for wisdom to nurture your faith effectively.

Scripture: [Romans 12:3](#) [2 Peter 1:1](#)

Key Points (cont.)

2. **Energizing Through Participation** — Engaging with God's realm energizes the divine nature within us, leading to spiritual and physical transformation. By participating in God's work and presence, we align ourselves with His purposes. This participation not only strengthens our faith but also revitalizes our spirit and body.

- Engage in activities that align with God's purposes.
- Seek opportunities to serve and participate in your community.
- Reflect on how your participation in God's work energizes you.

Scripture: Galatians 2:20 2 Corinthians 4:13

Key Points (cont.)

3. **Practicing Spiritual Disciplines** — Regular spiritual practices such as prayer, fasting, and meditation are essential for maintaining and deepening one's faith. These disciplines help us stay connected to God and provide the structure needed for spiritual growth. By committing to these practices, we create space for God to work in our lives.
 - Set aside regular times for prayer and meditation.
 - Consider fasting as a way to focus on spiritual growth.
 - Create a personal plan for consistent spiritual practice.

Scripture: 1 Corinthians 9:27 Joshua 1:8

Key Points (cont.)

- 4. Overcoming Challenges** — Distractions and the flesh will resist spiritual growth, but perseverance in spiritual disciplines will lead to transformation. It is important to recognize the obstacles that hinder our spiritual journey and develop strategies to overcome them. By relying on God's strength, we can remain steadfast in our pursuit of spiritual maturity.
 - Identify distractions that hinder your spiritual growth.
 - Develop strategies to overcome these challenges.
 - Pray for strength and perseverance in your spiritual journey.

Scripture: **Isaiah 40:28**

Group Discussion

Tip: Use these questions to guide the group from seeing → understanding → applying.

Observation

- What does Romans 12:3 say about the measure of faith given to believers?
- How does Galatians 2:20 describe living by faith?
- What is the significance of the shared faith mentioned in 2 Peter 1:1?

Interpretation

- How can understanding our faith lead to spiritual transformation?
- In what ways does participating in God's realm energize us?
- Why are spiritual disciplines crucial for maintaining faith?

Application

- What steps can you take to better understand and nurture your faith?
- How can you actively participate in God's work in your community?

Application (cont.)

- What strategies can you implement to overcome distractions in your spiritual life?

Prayer Focus

- Pray for deeper understanding of your faith
- Seek strength to maintain spiritual disciplines
- Ask for guidance in overcoming distractions

Next Step

Commit to a regular schedule of spiritual disciplines such as prayer, meditation, and scripture study to deepen your faith and experience transformation.

Conclusion

Training in God's presence requires dedication and perseverance. By understanding and nurturing the faith within us, engaging in spiritual practices, and overcoming challenges, we can experience profound transformation. Let us commit to this journey, trusting that God will guide and strengthen us along the way.