



## Spiritual Disciplines

# Training in God's Presence

## At a Glance

### BIG IDEA

Discover how to train yourself in God's presence and activate your spiritual potential through faith and revelation. Learn to discipline your body and spirit to stay in God's atmosphere, ensuring your faith is alive and effective. This study will guide you in transitioning from mere belief to active participation in God's realm.

### PRIMARY PASSAGES

Romans 12:3

Galatians 2:20

2 Peter 1:1

2 Corinthians 4:13

Isaiah 40:28-31

James 2:19-26

## Key Takeaways

- God has given everyone a measure of faith; understanding is key.
- Staying in God's atmosphere is essential for spiritual growth.
- Faith must be accompanied by action to be alive.
- Spiritual discipline involves subduing the flesh and nurturing the spirit.
- Participation in God's realm energizes the divine nature within us.

## Introduction

Training in God's presence involves developing spiritual discipline to harness divine energy and overcome the flesh. This study explores how believers can transition from mere belief to active participation in God's realm, ensuring their faith is alive and effective.

## Scripture Reading

- **Romans 12:3** — Emphasizes that God has given everyone a measure of faith, highlighting the need for understanding.
- **Galatians 2:20** — Paul speaks about living by the faith of the Son of God, illustrating the depth of spiritual life.
- **2 Peter 1:1** — Peter mentions having like precious faith, underscoring the shared spiritual foundation among believers.
- **2 Corinthians 4:13** — Paul talks about having the same spirit of faith, emphasizing the unity in belief and action.
- **Isaiah 40:28-31** — Describes those who wait on the Lord renewing their strength, a promise for those who remain in God's presence.
- **James 2:19-26** — Discusses faith without works being dead, stressing the necessity of active faith.
- **1 Corinthians 9:27** — Paul talks about disciplining the body to bring it under subjection, highlighting the need for spiritual discipline.
- **Joshua 1:8** — Emphasizes meditating on the Word of God day and night to ensure success and prosperity.

## Key Points

1. **Understanding Your Measure of Faith** — Every believer has been given a measure of faith by God. The challenge lies in understanding and utilizing this faith effectively. Without understanding, faith remains dormant. Recognizing and nurturing this measure of faith is crucial for spiritual growth and active participation in God's realm.
  - Reflect on your current understanding of faith.
  - Pray for wisdom to recognize and utilize your measure of faith.
  - Engage in Bible study to deepen your understanding of faith.

Scripture: Romans 12:3

## Key Points (cont.)

2. **Staying in God's Atmosphere** — To grow spiritually, one must learn to stay in God's presence through worship and prayer. This discipline helps in nurturing the spirit and overcoming the flesh. Consistent engagement in spiritual practices keeps believers aligned with God's will and strengthens their spiritual man.

- Set aside daily time for prayer and worship.
- Create a peaceful environment conducive to spiritual reflection.
- Join a community of believers for mutual encouragement.

Scripture: **Isaiah 40:28-31**

## Key Points (cont.)

3. **Faith in Action** — Faith must be accompanied by works to be considered alive. This involves taking deliberate actions that reflect one's belief and trust in God. Active faith manifests through acts of love, service, and obedience to God's commands.
  - Identify areas in your life where you can put your faith into action.
  - Volunteer for service opportunities in your community.
  - Practice acts of kindness and generosity regularly.

Scripture: James 2:19-26

## Key Points (cont.)

4. **Subduing the Flesh** — Spiritual growth requires the subjugation of the flesh through practices like fasting and meditation. This helps in aligning the body with the spirit, allowing the spiritual man to thrive. Discipline in these areas fosters a deeper connection with God and enhances spiritual sensitivity.
  - Incorporate fasting into your spiritual routine.
  - Practice meditation on Scripture to focus your mind on God.
  - Evaluate and adjust lifestyle habits that hinder spiritual growth.

Scripture: 1 Corinthians 9:27

## **Key Points (cont.)**

5. **Energizing the Divine Nature** — Active participation in God's realm energizes the divine nature within us, enabling believers to live out their faith powerfully. Engaging with God's presence through faith and revelation transforms believers and empowers them to impact the world around them.
  - Seek opportunities to share your faith with others.
  - Cultivate a lifestyle of gratitude and praise.
  - Remain open to the Holy Spirit's guidance in daily decisions.

Scripture: 2 Corinthians 4:13

## **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 each believer?
- How does Isaiah 40:28-31 describe those who wait on the Lord?
- What is the relationship between faith and works according to James 2:19-26?

## **Interpretation**

- Why is understanding one's measure of faith important for spiritual growth?
- How can staying in God's atmosphere impact a believer's life?
- What does it mean for faith to be 'alive'?

## **Application**

- In what ways can you actively participate in God's realm this week?
- How can you incorporate spiritual disciplines to subdue the flesh?

## **Application (cont.)**

- What steps can you take to ensure your faith is accompanied by action?

## **Prayer Focus**

- Pray for strength to develop and maintain spiritual disciplines.
- Ask for wisdom to understand and utilize your measure of faith.
- Seek God's presence to energize your divine nature.
- Pray for the ability to overcome the flesh and live by the Spirit.

## **Next Step**

Begin incorporating daily spiritual disciplines such as prayer, meditation, and fasting to strengthen your faith and connection with God.

## Conclusion

Training in God's presence is a journey of developing spiritual discipline to harness divine energy and overcome the flesh. By understanding and utilizing our measure of faith, staying in God's atmosphere, and putting faith into action, we can transition from mere belief to active participation in God's realm, energizing the divine nature within us.