

Week 9

Training and developing your human spirit

All of this information that you are learning, all sounds wonderful, but how do you get it every time, or most every time? You train and develop your human spirit. When you allowed the Holy Spirit to come into your life and help guide you, that is when you allowed it entry into your body. Now it can sit there and do nothing, but “prick” your conscious. Or you can unlock the wonderful power within and make it work for you in a positive way. You don’t go from sinner to perfection in one second—technically you do in God’s eyes, but what I mean is that it takes you time to relearn new habits. New habits and new ways of thinking in your life. It takes time for you to learn to listen to the Holy Spirit and obey instantly. Just as I am teaching and training my little one to come when I call them, you need to train yourself to instantly listen and obey the Holy Spirit as well.

The number one way to begin this is to start reading and meditating in the Word of God each day as much as humanly possible. You need to be listening to God’s word being read day and night. You have to make a decision in your life, yes I know social media is fun and watching videos is fun too, but what are they doing for you in your own life? They are making you “think” about all the things that you don’t have in your own life. They make you feel like you are missing out and that everyone else appears to be having it better than you do. I guarantee you are not going to be left in the dust if you choose to meditate on the Word of God instead of watching videos or social media each morning and night. You need to make a decision—set aside a certain time each day and limit that for your social media browsing. Then dive into Bible reading. You have been reading three chapters a day through this study and that is wonderful, remember if some part of it sticks out to you, underline or highlight it. I like to use a colored pencil to do this. Before you read ask the Lord for understanding of the scriptures you are about to read.

Another great way to get them in, is by turning on an audio version of a chapter in the Bible during the day. Being at home, it is easy for me to put on a Youtube video of an audio of the book of Proverbs. It doesn’t require you to completely pay attention and your mind can listen to the snippets of wisdom being fed in your brain. Listen to it for a month, you should surely remember some of it after this time.

I also like to fall asleep listening to the Bible reading. When my children were little, I put on the book of John, after some time they could even quote part of the book. It may take you weeks to get through all of it because you fall asleep:) but that is okay, just let it be fed into your mind as you are going to sleep. This is great for those who have trouble sleeping due to their brain not being able to completely be silent for the night.

When you find an inspirational verse, copy it down and stick it up where you will be mostly for the day. I have memorized and gotten the Word, deep within me by doing this. This is especially helpful when you are dealing with a person and they are trying to upset you—I would repeat my verse over and over in my head until that person’s words did not affect me. Now it is just second nature to not even think twice about cutting words, I am able to blow them off easily.

Daily Bible reading: Luke 19,20,21

Day two

Training and developing your human spirit

Now that you are reading and listening to what God's Word says about your life, it is time to put it into practice. Hmm..how would you do that? By starting to believe what it says. When you come across a verse that "sticks out" to you, start repeating and proclaiming it in your life.

One of my very favorite verses in the Bible is Ephesians 3:20..."Now to him who is able to do far more abundantly than all that we ask or think according to the power at work within us." This is a great reminder for me in my own life. The Lord had moved us to a completely different state and we no friends, no family around us, it would of been hard had I not put this verse into practice daily. I had to remind myself over and over that I could not be sad because I knew that only God can choose the absolute best place for me to live with my family and that it would be above and beyond all that I could have ever imagined it would be. I had to remember the second part of that verse.....according to the power at work within us....that means that it was up to me whether I wanted to trust and believe in faith that God was going to do something awesome in my life. It had to start with me.

Another great reminder for myself was to remember that if I was doing all that I was supposed to be doing and tithing like the Lord says, then finances were not going to be an issue for me either. That was also a tough one to get over. We live in an economic world and money makes the world go round. We need it, we often times desire it, and it can easily become a choke hold if we are not careful. The Bible says...the LOVE of money is the root of all evil. Not that money is evil. We need it to function properly in our lives . We shouldn't have to decide what we are going to go without this week with. We shouldn't live paycheck to paycheck, we should have an abundance. I had copied on a piece of paper and wrote down.....I am free. I am not bound by finances or lack of money. I have plenty to do what I want to do. As soon as that doubting spirit would start to creep up in my life, and it would, I would repeat that over and over until it was no longer an issue for me. It took time, this was a stronghold in my life and I decided I didn't want to be bound by it any longer. Guess what? Money issues are gone, I do have plenty to do what I want and the overall feeling of bondage is no more in my life.

Examine what it is that has you in bondage in your own life. Are there any issues with addiction, pornography, food, health, money, relationships, etc...take some time and ask God what it is that keeps you in bondage. Think about those moments when your heart just sinks in your chest and you start to feel anxiety or frustration in your life...probably some bondage to something. You will get through this!

Daily Bible reading: Luke 22,23,24 Congratulations!! You have finished another book of the Bible.

Day three

Training and developing your human spirit

Now that you are reading the Word of God daily, then you are practicing the Word of God and how it pertains to your life and situations, today you are going to learn about giving the Word first place in your life.

You want to work on removing the hindrances that are causing you to stumble in your life. God wants good things for you. You don't have to beg Him to meet your needs. He already promises to do those things. Our job is to remove the things in our lives, not beg God to do them. Remember the mountain he tells US to remove? We need to do that, not go begging to him to remove the hindrances. It is our job. This job of being a Christian and following after the Lord isn't one to sit down and do nothing and expect the blessings to flow. Sure you can get saved and go to heaven, by doing nothing, but you want to see the blessings flow into your life. You want to see the mighty power of miracles and signs happen within you. This starts by you becoming an active soldier of the Lord. Start doing what it is He tells you to do.

If you are lost at what to do, start praying to ask God what you are doing wrong. In Romans 8:15 it says "For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons by whom we cry, "Abba, Father!" We have received the Spirit of peace, freedom, and liberty, not bondage to fear, stress or worry.

Ask yourself, "Am I in fear? Am I tormented? Do I question things? Am I unsure of what to do? Are you agitated or annoyed or upset at something? Are you afraid of something?" What can you do? You can relax and get in faith. Know that the Lord will always lead me, because he says so in His word. Know that you will do the right thing. Be confident that you will know. What can you fear, when you are following after God? Stop doubting things!

Fear will cut you off from healing, provisions, people, and hearing from the Lord. If you act on fear you will allow the "destroyer" a right to bring it on you. Just like if you act on faith. No matter what symptoms you feel about fear, resist them! No matter what is going on around you, it is NOT IN YOU! You are completely in control of what is going on in you. Don't let your heart be troubled, Jesus said. Resist the devil and he WILL flee! Note it does not say, he "might" flee, or he will flee "later" it says he WILL FLEE! That is written in the present tense:) Say I refuse to fear. I will resist this!

Daily Bible reading: John 1,2,3

Day four

Training and developing your human spirit

We are learning how to develop our human spirit to be the most effective. One of the last things will be for us to learn is to obey instantly the voice of your spirit. This can be a tough one until you train yourself to do it.

I think of when my children were little, I wanted to train them to come when I called them. I wanted them to know that when they heard Momma's voice, their job was to come quickly to me. I would start out by being in the room with them, I would say "Come Brooklyn," and she would come. I would make it a fun game, showing her how happy I was when she obeyed instantly. We would do that over and over again. Then I would step it up a notch. I would wait until she was engrossed in playing with her toys and I would call her name again, "Come Brooklyn." Of course, she didn't listen. I would have an older child be around her to remind her that Momma is calling her and she needs to quickly go find her. The older sibling would make it fun and be all excited for her, then she would make it. I may give her a treat like a small M&M candy—to reward her for being obedient. I would practice this each day. There were a few times he didn't come and I would have to go to her and say, "Brooklyn, Momma has called you and you need to come when I say." I would not reward her with candy that time. Eventually she learned to come every time I called her. If I were to not do it continually, she would resort back to completely ignoring me. It took work, but something that was worth taking the time to do. I wanted her to learn to obey the voice of her Mother.

God wants us to learn to obey the voice of Him so that he can reward us as well. Be being in the right place at the right time you will be rewarded for things. It may not always be a physical thing, it may be something of the spiritual realm that is happening and you be blessed by it. But by doing exactly what he says and at that moment, is the key to furthering the Kingdom of God.

God's will, will be done on this earth, even if the people He has chosen to work with don't do it. He may have you set up to give a word of encouragement to someone or to give to someone financially and if you don't say the words that He gives to you, or you start questioning Him, when he tells you to sow money into a person, it is you who misses out on the blessing that comes from it. He will find and use someone else to be His blessing. You don't want to miss out on the good things that the Lord has for you.

Start learning to listen to that voice and act upon it. When he tells you to say something, say it. Don't question yourself whether that is you or God. If the Spirit of the Lord lives inside of you, then you should have nothing to question. When your spirit is pricked and you feel led to do something, like give financially to someone, don't question yourself on whether you need that money for something else. You might start going, well that sounds great Lord but that is my last \$20. How am I going to get to work if I give that away? Don't start questioning the things that you can see, start trusting the things you can't see. If God tells you to do it, then do it!

Daily Bible reading: John 4,5,6

Day five

Training and developing your human spirit

We are learning about training and developing our human spirit. We need to always listen to our inner spirit, which is the Holy Spirit living inside of us. Do what it tells you to do. Just as I expect my little children to obey me instantly when I call them, God expects us to listen to Him when He calls us.

Don't be led by needs or opportunities in life. Be led by God internally. This takes knowing God and where He has you and not letting anything change you. Remember the rock and being a strong stable force? We don't want to be like the sea waves that are always wavering back and forth in their decisions on where to go and what to do. We want to be that stable rock. No matter what opportunities come our way, we want to choose the ones that God has us be in.

Just because you are offered a job that looks like you will receive a lot of money over a job that maybe you won't get as much, you don't always choose what you "think" is the better one. Just because you will make more money doesn't mean that God wants you to take it. He may be able to expand your territory so much greater in the other job with less money and you might have the opportunities to make more at that job. You don't know so don't be "head led." Be God led in all of your decisions. This all takes knowing God and being led by the Spirit. You want the BEST opportunities in life and the RIGHT ones.

Don't seek voices while doing this. You want to trust that "inward tuition." It is like a check in your heart. It is almost like a red light going on. If you are praying about something and then a situation comes up, you will get a "check" on the inside. The more you pray about it, the more you bring it up on the inside, if it is the right decision you feel better more and more about doing it. Listen to it and do what it says.

One thing not to do is to put out a fleece. Do you know what putting out a fleece is? In the Old Testament, Gideon put out a fleece. He asked the Lord a question and then said as I lay this fleece on the ground let it be wet in the morning if I am supposed to do this. Kind of like, "God let a red car pass by me if I am supposed to do this." Or "God open this door or shut this door if I am not supposed to do this." No, no, no, you are doubting God. The devil can also open and shut doors. That is not what you want to be playing around with, you want to be led by the Holy Spirit. Be led by the voice He gives you as well as the inward witness which is the Holy Spirit living inside of you. God says that if you ask you shall receive. If you want wisdom and knowledge to know what to do, guess what? He promises to give it to you. He won't make it confusing, he won't let you question, he will give it to you. It is clear, we make it unclear. We doubt, we question, we ask again, His answer is right inside of us. Our job is to do whatever he says to do. Be a doer of what he tells you to do.

Daily Bible reading: John 7,8,9