

POWER TRAINING CAMP WORKBOOK



COACH'S GUIDE

POWER TRAINING CAMP OVERVIEW:

Where's the power? The fact that you are looking at this workbook suggests that you see a value in knowing what the Bible has to say about power. You almost certainly believe that there is supposed to be spiritual power in a Christian's life. Perhaps, like me, you've expected some evidence of that power in your life and been disappointed. It's not enough to acknowledge that there should be power. The important thing is, how do I tap into it? Where is it?

That is the sole purpose of this training camp. I don't claim to have all the answers, but I can show you some things TO PRACTICE that will enable you to tap into that power.

The way we practice is as you would expect, we do prescribed exercises. We do them together in class and encourage the trainees to continue doing them on their own through the week in the sections that start like this: [WEEK 1 EXERCISES: EACH DAY...](#)

COACH: While you cannot make anyone do the exercises, you must do everything you can to encourage that. First, you should do the exercises yourself. Second, you need to include group sharing about the exercises in class time.

This guide is purposefully called a "Coach's Guide," not a "Teacher's Guide." Leading this Training Camp (or any of them) requires you to think like a coach, not a teacher. A teacher imparts information to prepare students to pass a test. A coach demonstrates skills, and leads players in practicing the skills together to enable a team to win games.

We Christians are God's team. We are not just in a game, but a battle. However, the process is the same. A Jesus recruit must be shown the skills they'll need in order to not just survive, but be victorious. Then they must be led to practice those skills over and over so that they can face the enemy in battle and win.

The lessons in this Training Camp explain important principles. But the most important part of any training camp is practicing the skills together. The exercises are the focal point. Doing the exercises together with the trainees and then encouraging them to do them on their own is the critical factor.

There are 6 lessons to this camp, meaning that the camp can be completed in 6 weeks. HOWEVER, it is most beneficial if done in 12 weeks, allowing 6 additional weeks to practice the concepts and giving the trainees a much greater opportunity to make a long term habit of practicing what brings more power to our Christian life. How this would work is explained on page ??.

In this workbook, you will see everything that's in the "Recruits" workbook plus some additional helps for you.

1. Each page of the recruits' workbook is reproduced in this guide, (with the blanks filled in).
2. Additional background notes and discussion points are added where appropriate. There's also space for you to write your own thoughts about the material.
3. At the beginning of each lesson section will be a box. You'll see this exact one at the top left of page 2.

What's the "big idea"?

Lesson 1: The Holy Spirit is the source of all power. The power comes FROM the Holy Spirit through our own tongue. The key is to Hear and obey. We hear by coming into His presence.

These boxes will contain a short statement of the main focus of the lesson to help you stay on target.

The first teaching is long because there are a lot of new concepts to cover, and it includes practice time, though the practice time is brief.

POWER TRAINING CAMP WORKBOOK

This is the stamp that the recruits will get upon completion of the Power Training Camp. We want them to break any chains that bind.



Life Training Center's Training Camps are modeled after sports training camps. Each one identifies one main skill that a Christian should have. The lessons and exercises break that skill down into smaller steps that can be practiced and honed.

The inside front cover of each Training Camp workbook explains how they are different from typical Bible studies.

Michael Jordan is a superstar athlete and businessman. He recognizes the need to constantly hone our fundamentals. He is not only a superstar athlete, but a businessman who applies this principle to being a success in business.

I believe the need to hone fundamentals also applies to spiritual power, which is what we're going to focus on for the next 12 weeks. I'm going to use that sports analogy throughout. We'll practice some fundamental spiritual skills together AND I'll ask you to practice them on your own through the week. I heard a

statement that drives home the need to practice what we say we know. "The devil doesn't care how much truth you know. He only cares how much you apply."

With each lesson, I'll also specifically use some baseball terms to help you see how power works in the spirit world. I like to try to present biblical truths in what may be a somewhat unorthodox way because I think we often hear terms in church or Bible studies, but don't really grasp how to live those out in everyday life for us ordinary Christians.

TRAINING CAMP



The Training Camps bring together "pros" and "rookies" to learn from and sharpen each other. It is a concentrated time of learning new skills and rehearsing old ones. Michael Jordan said, "You have to monitor your fundamentals constantly. The minute you get away from fundamentals the bottom can fall out of your game, your schoolwork, your job, whatever you're doing. Get the fundamentals down and the level of everything you do will rise." We must keep our fundamentals sharp at all times. The Training Camps are a means of ensuring that we are constantly raising the level of everything we do for God's Kingdom.

Professional and amateur athletes, as well as performing artists, and even sales people have coaches. Often when a professional's performance is slipping, the first thing a coach will do is take them back to the fundamentals. No matter what level they're at, rehearsing the fundamentals is... well, fundamental. We never get too good at what we do to not need to brush up on the basics.

Other Training Camps:

Bible Training Camp | Armor Training Camp | Prayer Training Camp |
Destiny Training Camp | Eagles Training Camp

NAME & DATE

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This page gives background information on the Power Training Camp. It's very important to remind the trainees throughout the Camp sessions that the purpose is not to learn information, but to hear God and obey. As we do that, the biblical information and theological truths will also become apparent. But if we aim for theological truths, we may very well still miss hearing God.

POWER in the PRESENCE

Where's the Power? The source of all power is God, the Holy Spirit. Acts 1:8 begins "but you will receive power when the Holy Spirit has come upon you..." Once we've received that power the key to tapping into it is to hear God and obey. How do we hear Him? By coming into His presence.

God is everywhere all the time. So, what do I mean by "coming into His presence." I can't fully explain it. But I think you'll all agree that even though God is everywhere all the time, we can be more or less aware of Him at any given time.

In the language of science fiction, there are other dimensions, co-existing right together at the same time. But normally, we're unable to see, hear, or touch the things of another dimension. It's always a challenge to find a way to connect the dimensions. In the language of the Bible, there's a physical dimension, and a spiritual one. We're told to "fix our eyes on what we can't see." The things that we started doing as a part of the Bible Training Camp, and that we'll be doing with this Power Training Camp, open us up to the God-dimension so that we can "see, hear and touch" Him.

You can receive a link to access the Power Training Camp videos by emailing your request to pkltc@outlook.com. You can also find praise videos to use for the exercises at LifeTrainingCenter.org. By clicking on the [Worship Videos](#) tab at the top of the site, you will also have access to the Worship music recommended as exercises in the lessons, as well as other praise music.

What's the "big idea"?

L 1: The Holy Spirit is the source of all power. The power comes FROM the Holy Spirit through our own tongue. The key is to "hear n obey." We hear by coming into His presence.

Coaches are encouraged to read the previous synopsis of what this training camp is about. Note the web address for recorded teachings and other resources.

We'll be continuing with what we started in the Bible Training Camp and begin to "take it out of the box." We start the Power Training Camp by continuing to read scripture, reflecting on it, and capturing what God wants to speak to us through it. Then we'll work together on ways we can embed what we capture into our daily life.

CONNECT TO THE SOURCE

As in other Training Camps, in each lesson we'll have a new brick to remind us that we're building a sacred enclosure. It's a place of protection and blessing BECAUSE it's where we meet with God. This time, you'll notice there's a little outlet on the side of the brick, representing the fact that it's a way we can plug into the power source. There's only one power source, God. Like in our home, however, there are multiple outlets.

And, just to mix our metaphors a little more, the words on our bricks each week represent a sports analogy. Particularly baseball. We're going to be using baseball to help us see how these spiritual things actually work in our very real world. I don't think you need to know a lot about baseball or even be at all interested in baseball to grasp the comparisons.

In baseball, you need a certain kind of power. Sportscasters often talk about a power hitter. That's the guy you know has the power to hit a home run when you need it. You want players in the outfield who have a power arm so they can throw that ball back in to maybe get a runner out.

We can be and need to be Power hitters. We can be people, who, when we step up to the plate, the defense says, "Oh no. Everybody back up!" We're going to look at where the power comes from and how we tap into it. This is legal, God-sanctioned, steroids, with absolutely no negative side effects. God not only offers it, he commands us to take it because it's the only way we can achieve the things He has planned for us.

THIS FIRST PAGE, Introduction; I'm going to quickly hit a number of things to show where this is going, then we'll go into more detail in the rest of today's lesson, and in weeks to come. I ask and answer a number of important questions about power. Questions like, "what kind of power are we talking about?" and "why do we need a training camp on power?"

I'll teach you some things the scripture says about power, but I feel I must frequently emphasize that we need to not only know things, we need to practice doing what we say we know.

In the introductory section of this lesson, I'll answer the questions briefly. The rest of the Training Camp will cover the "how to's" as well as include practice time.

That brings me to the first question I'm going to ask.

I. WHY POWER?

Why do we need to have a training camp about power? In order to answer that, I need to answer a few other questions.

A. What power? **Spiritual.**

Electricity is power. Physical strength is a kind of power. There's brain power, the ability to figure things out and solve problems. There's political power and military power.

There are lots of other kinds of power, but we're going to focus on spiritual power. And spiritual power is really a greater power than any other kind.

- B. Matthew 28:18-20, Matthew 16:13-19 (vs 18), Why do we need it?

There are probably many reasons why we need spiritual power.

I'm sure you can think of circumstances and situations where you know you need spiritual power to get through something, overcome obstacles, accomplish things, help others.

But I'm going to give you one specific reason why we, all Christians, need power. I believe it's the one reason above all others.

First, from Matthew 28...

¹⁸Then Jesus ...said to them, "All authority has been given to Me in heaven and on earth. ¹⁹Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age."

The first part of the answer to why we need power is that Jesus has given us a job.

This job is for all of us Christians together. It will take every single one of us doing our part to accomplish

making disciples in all the world. In Africa and India as well as in your neighborhood and mine, and our workplaces and schools.

Then from Matthew 16, Simon (Peter) had made a statement in answer to Jesus' question, "who do you say that I am?" Simon confessed Jesus as the Messiah. Then...

¹⁷And Jesus responded, "Simon son of Jonah, you are blessed because flesh and blood did not reveal this to you, but My Father in heaven. ¹⁸And I also say to you that you are Peter, and on this rock I will build My church, and the forces of Hades will not overpower it.

What I want us to focus on right now is the fact that the enemy has power and he's going to try to be OVERpowering us as we are endeavoring to be making disciples. The power available to us as Jesus' church is far greater, but we need to be using it. It's not enough just know about it. We need power to advance the kingdom of God. In other words, to get the job done.



LESSON
1

Connect to the Source

I. WHY POWER?

- A. What power? Spiritual.
- B. Matthew 28:18-20, Matthew 16:13-19 (vs 18), Why do we need it?
To advance the kingdom of God.
- C. Why do we want it?
I hope we want it to do our part.
- D. Where does power come from? Holy Spirit.
- E. How do we tap into this power?

II. THE KEY...

- A. to all kingdom power is to hear God and obey (hear and do)
Matthew 16:13-19 (vs 17).
The Disciples spent 3 years obeying Jesus in daily, ordinary things. The last thing they did before the Holy Spirit fell, was obey his instruction to wait.
- B. Ephesians 3:20, 12, How do hear Him? Come into His presence.

C. Why do we want it?

Again, there may be many reasons why we want power, personally. Given what I've just said, regardless of any personal wishes, I HOPE we can adjust our thinking to WANT power to do our part in accomplishing the task. To build the kingdom, whatever part of it that God has assigned to each one of us, to be making disciples. You can fill in your own blank at line **I.C.**

Think about it. Have you wanted spiritual power? If so, why? Do you need to adjust your thinking? You can certainly ask God to help you with that. If it's not yet your reason for wanting power, I hope it will be; to get the job done of building God's kingdom. I hope we want it to do our part.

D. Where does power come from? **Holy Spirit.**

This is obviously an important question.

The spiritual power we're talking about comes from the Holy Spirit. I'll give you scripture for that in a few minutes. I think we recognize that. We acknowledge that spiritual power comes from God, the Holy Spirit.

But...

E. How do we tap into this power?

Even if we know everything there is to know about what I've already said, that doesn't mean we are actually accessing the power.

We can know all about where the power comes from to turn on the lights and run the appliances in our home. We can know why we need the power. But if we don't connect to the source, Duke Energy, all our knowledge will do no good.

Even if our homes are connected to Duke Energy, if we don't flip some switches in our home, we still won't actually be able to use the power.

If our homes are plugged into the power at the source, but we don't plug the appliances into the outlets, they won't work.

So, we will be looking at specific steps we can take to be tapping into the power of the Holy Spirit.

*****And as we do that, we need to remember that there are multiple potential failure points between the source of the power, and the use of the power.*****

But here's the key. Back to that Matthew 16 passage, notice one very important word, "BECAUSE"!

II. THE KEY..

A. Matthew 16:13-19 (vs 17), To all kingdom power is to **hear** God and **obey (hear and do)**.

The Disciples spent 3 years obeying Jesus in daily, ordinary things. The last thing they did before the Holy Spirit fell, was to obey His instruction to wait.

Jesus tells Peter that he'll be blessed. Jesus tells Peter he's a rock and on this rock, Jesus will build his church, AND THE FORCES OF HADES WILL NOT OVERPOWER IT. How do I get me some of that? It all hinges on the word, "because." The reason Jesus makes this powerful promise to Peter is not because Peter gave the right answer, it's how he got the answer. BECAUSE Peter didn't figure this out on his own. Peter didn't study to learn it. He didn't find it out by listening to all the learned teachers of the day. He heard it directly from the Father.

How can the church be built that will withstand the onslaught of hell? Peter heard God and acted (spoke). We've got to continually work on our hearing. How? How do we hone our fundamental skill of hear & do? We're promised the power of Jesus, but there are conditions.

Let's see that in Eph 3

B. Ephesians 3:20, 12, How do hear Him? Come into His **presence**.

²⁰Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

God is able to do things we can't even imagine, but notice that it's through His power at WORK IN US. I have a part to play in this. You have a part to play. How do I get that power working in me?

Back up to verse 12...

¹²Because of Christ and our faith in him, we can now come boldly and confidently into God's presence.

This is what leads into God's mighty power IN US accomplishing unbelievable things, coming into His presence. We need to practice coming into His presence regularly so that we can carry His presence with us throughout the day for ourselves AND to a needy world. Practice hearing His voice when we come into His presence so that we can hear it throughout the day. That's how we have access to the power.

It will take the rest of this lesson, and the rest of this camp for me to show you ways that we come into His presence. And not just show, but practice together.

For those of you who have gone through the Bible training camp, you should know the first way is to SOAK in the scripture. If you haven't participated in that camp yet, I strongly encourage you to do so at your next opportunity. I could tell you in a few minutes what it's about, but as we've said, it's not about head knowledge, it's about doing.

We will again practice SOAKing in the scripture together as part of this training camp. I'll also introduce two additional ways that we come into His presence, and we'll practice those. These are ways to hear God, and I'll remind you frequently that the point of all of this is to hear God speak to us and then do something about what we hear.

The key to all power is to Hear & Do.



LESSON
1

Connect to the Source

I. WHY POWER?

- A. What power? Spiritual.
- B. Matthew 28:18-20, Matthew 16:13-19 (vs 18), Why do we need it?
To advance the kingdom of God.
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I hope we want it to do our part.
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- B. Ephesians 3:20, 12, How do hear Him? Come into His presence.

Come into His presence, hear His voice, obey. Start with obeying the commands in scripture.
EXPERIENCE POWER!

Power in Bible listening because we're obeying the command to dwell (I like to call it SOAK) in the Word.

Power in praise because we're obeying God's command to praise always.

Power in praying in the spirit because we're obeying God's command to pray at all times in the spirit!

Now let's go deeper into my first question. Power for what? Whatever is needed to be getting the job done for Jesus, to be making disciples, building the kingdom; maybe some things we don't think of as a "power" needs. Next we'll see what the scripture has to say about "the job", the reason for power.

We've got to start with the basics. Start with making sure we're plugged in to the power.

Like the power in your home. You've got various outlets that you can plug into all around. But before those outlets provide ANY power, the house has to be connected to the power source, the electric company.

Acts chapters 1 and 2, tell us Jesus' final instructions to the disciples before His ascension, then what happened on the day of Pentecost, when the first disciples were baptized in the Holy Spirit. We're going to hit some highlights. Our focus is obviously Acts 1:8... Let's read the verses that lead up to it...

III. POWER CONNECTIONS: PLUGGING IN

(Acts 1:1-14; 2:1-21)

⁴While He was together with them, He commanded them not to leave Jerusalem, but to wait for the Father's promise. "This," He said, "is what you heard from Me; ⁵for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.

"them" is the disciples. Approx 120 according to a few verses later.

⁸But you will receive power when the Holy Spirit has come on you, and you will be My witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.

I recently read something that pointed out that there were at least 500 disciples following Jesus around who saw him after His resurrection, but only 120 are going to hear this instruction AND OBEY! They're the ones that got the power.

A. Acts 1:8, Wait for the **Spirit**, receive **power**, be My **w i t n e s s e s**.

So, His instruction was to wait for the Spirit, they'd receive power, then He says, they WILL BE witnesses. We know this, but what are we doing about it? This is a constant challenge to me as well. I'm always aiming for growth, especially in being a witness for Jesus. I've got to push myself, and going through these Training Camps, even when I'm leading them is the motivation I need to stretch a little further; to go out of my comfort zone. I've got to be growing in hearing this instruction from God and obey. I need to not just hear the general instruction, but be listening for the specifics, When, who, how, where? And then I need to do something about what I hear.

What's involved in being a witness? Let's read a few verses about the day of Pentecost, focusing on what happened to the disciples that day; what they did and said. The first verse I'll quote is an angel talking to the disciples after Jesus had ascended into heaven.

¹¹...This Jesus, who has been taken from you into heaven, will come in the same way that you have seen Him going into heaven.

Notice the words, "you have seen..." Compare that with chapter 2:32, Peter is speaking to the crowd about what happened to them...

³²"God has resurrected this Jesus. We are all witnesses of this.

We use the term "witness" in the church, and we usually mean evangelizing, sharing the gospel. But for the actual definition of the term we need to think legal, courtroom. Being a witness is telling what you personally have experienced and seen. It's not what someone else told you they saw or heard. This is not referring to quoting some facts you've memorized. What then should it mean for Christians?

To demonstrate this, now let's see what this meant for the 120 on the day of Pentecost with a few more verses from Acts 2

¹When the day of Pentecost had arrived, they were all together in one place. ²Suddenly a sound like that of a violent rushing wind came from heaven, and it filled the whole house where they were staying. ³And tongues, like flames of fire that were divided, appeared to them and rested on each one of them.

A few verses later, the crowd explains what they saw and heard.

11...we hear them speaking the magnificent acts of God in our own languages.

So, when the Holy Spirit fell on them at Pentecost, what was the first thing that happened? The Holy Spirit had control of their tongues. Sadly, after that, He doesn't seem to have a much control of the tongues of most of us disciples.

What was happening here is that people from all over the world, who spoke many different languages heard the disciples speaking in their own languages. What exactly did they disciples have to say? They were telling the magnificent acts of God, what they had SEEN God do.

- B. Acts 1:11, 2:11b, 32, Being a witness means **telling** your **experiences** of God's **works**.

WHAT YOU'VE SEEN! Not second hand. You have to have some experiences with God.

Being a witness is letting the Holy Spirit use our words to tell others about God's goodness. This is the first

thing that happened on the day of Pentecost. And, it should be what continues to happen daily through US! Has God been good to you? Has He done some works in your life? Then, as they say these days to toddlers who are crying for something they want, "Use your words." Use Your words to say good things about God.

And this should be an ongoing occurrence. If we're spending time coming into God's presence, hearing Him speak to us and doing something about what we hear, we'll see more amazing things happen that we can witness to. It won't be just something that happened 20 years ago when we got saved or baptized in the Spirit.

Now, here's another verse that tells us a way in which God wants us to yield our tongue to the Holy Spirit...

III. POWER CONNECTIONS: PLUGGING IN

(Acts 1:1-14; 2:1-21)

- A. Acts 1:8, Wait for the **Spirit**, receive **power**, be My **w i t n e s s e s**.
- B. Acts 1:11, 2:11b, 32, Being a witness means **telling** your **experiences** of God's **works**.
- C. Acts 2:17-18, **prophecies**, dreams, and visions.

Don't leave here without it (Him)! That is, don't leave without being baptized in the Spirit if you haven't yet been.

IV. ENTERING IN

- A. Psalm 95:2; 100:4, Enter with praise. Praise opens the door. It heightens **our ability to hear** because it opens a "**phone line**" to God.
- B. Romans 8:26-27, Spirit prayer also opens the door. When we pray in the Spirit, we KNOW we're praying **according** to God's **will**.

¹⁷And it will be in the last days, says God, that I will pour out My Spirit on all humanity; then your sons and your daughters will prophesy, your young men will see visions, and your old men will dream dreams. ¹⁸I will even pour out My Spirit on My male and female slaves in those days, and they will prophesy.

c. Acts 2:17-18, **prophecies**, dreams, and visions.

People will prophesy. Ordinary people, even slaves. What does it mean to prophesy? Speaking God's words. Sometimes it consists of telling something that's going to happen in the future. Sometimes it means saying something that you have no earthly way of knowing. It could be a word of encouragement, or correction. People tend to have all kinds of ideas of what that means. But here's an even more important question.

What do you have to do first in order to be able to speak God's words? When I've asked that question, I've gotten all kinds of good answers, but not THE most important one. People say you've got to pray. Sometimes they say you need to fast. I've heard other answers. But I've never heard anyone give the answer I think is the bottom line.

If you want to be able to speak God's words, you have to HEAR HIM! It's does nobody any good if I tell you really good stuff that I've made up. If I'm not actually hearing from God and speaking what I hear, it's definitely not prophecy and it will be of limited value if any at all..

If I want to prophesy (and the scripture says we're supposed to earnestly desire the greater gifts, especially that you might prophesy) then I need to make sure I'm hearing God. I need to work on how I can practice and hone my skill of hearing God. Then it won't be a situation where I'm trying to work myself into coming up with something to say. It won't be about my fear or lack of fear.

It will be, "God is saying this, and I've got to share it with this person." It could be a word of encouragement, or rebuke, or correction. But, first we need to hear from God, so we need to stay in His presence.

Having said all this, I want to wrap up this section with one more thing. These are the most important results of Spirit power, but since this section is titled plugging in, I want to go back to how to do that. The beginning of all power, plugging into the source, is to be baptized in the Spirit, so...

Don't leave here without it (Him)! That is, don't leave without being baptized in the Spirit if you haven't yet been.

DON'T LEAVE HERE WITHOUT THE BAPTISM IN THE SPIRIT! Coach, I'm talking to you as well. I'm not assuming that all of those leading or participating in this Training Camp have been baptized in the Spirit. Since most of these Camps happen in settings with a limited time allotment, I don't want to take class time to handle this. However, if you or others in the group haven't been baptized in the Spirit, or if this whole idea seems foreign, the issue needs to be taken care of.

Coach, if what I've shared so far is enough to convince you, then you can stop your lesson preparation and ask Jesus to baptize you in the Spirit right now. The first disciples didn't have anyone to explain this to them or demonstrate it. They just waited on God as instructed. If you have been baptized in the Spirit, then be prepared to stay after this class session to answer questions and pray for anyone else who wants the Baptism. Invite others who are willing to also stay and pray.

If you don't take that first step of obedience, then the rest of what I'm going to talk about will be useless to you. It would be like you getting a lot of good knowledge about how electricity works, but still not connecting your home to Duke Power.

So, don't leave here without "it".

But, moving on for now...

How does this power come out through us? There are two ways that we're going to focus on in this training camp, in the rest of the lessons. Remember, as we've said, all power comes from

hearing and obeying. In Ephesians, we also saw being in God's presence connected to exercising God's power. Entering God's presence is how we hear, so how do we enter in?

IV. ENTERING IN

Here is one BIG way...

- A. Psalm 95:2; 100:4, Enter with praise. Praise opens the door. It heightens **our ability to hear** because it opens a "**phone line**" to God.

²Let us come before His presence with thanksgiving, Let us shout joyfully to Him with psalms.

⁴Enter His gates with thanksgiving And His courts with praise. Give thanks to Him, bless His name.

Praise heightens our ability to hear because it opens what I call a "phone line" to God. Did any of you notice in those verses, did it say this was only when you come to church? NO!

It's talking to us as individuals. Enter into His courts with thanksgiving. So, if I'm thankful throughout the day, I'm entering into His courts. If I'm complaining and worrying and expressing my fear, I'm backing out of His presence. God doesn't lock the door on us, but we still have to choose to come in, and He said praise is one way we come in. It's a BIG way!

I'll explain more in future lessons and give more scriptural backing.

But for now, think of it like this...

III. POWER CONNECTIONS: PLUGGING IN

(Acts 1:1-14; 2:1-21)

- A. Acts 1:8, Wait for the **Spirit**, receive **power**, be My **w i t n e s s e s**.
- B. Acts 1:11, 2:11b, 32, Being a witness means **telling** your **experiences** of God's **works**.
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- B. Romans 8:26-27, Spirit prayer also opens the door. When we pray in the Spirit, we KNOW we're praying **according** to God's **will**.



Think about heavenly communications, compared to electronic communication. How many of you can hear TV sound waves? Can you hear radio waves? You need some special equipment. You need an electronic device to hear those electronic sounds. That's like my sci-fi analogy of the introduction to this training camp. Let's go a little further with this to really see how it helps us understand hearing God.

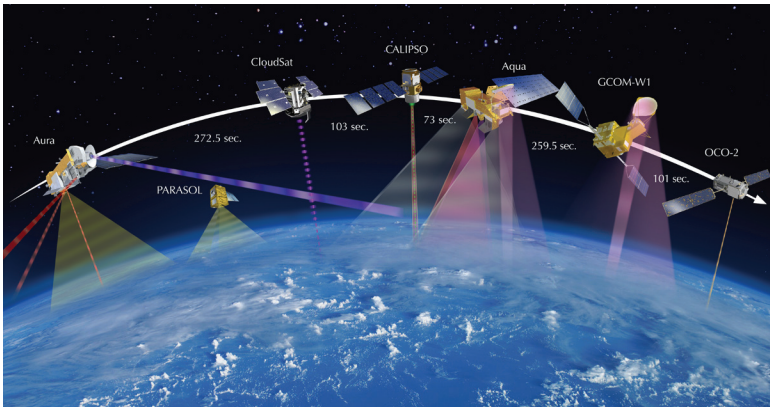
More and more, our communications come via satellites. So, our TVs and radios don't just need an antennae, or a cable, they need...



A satellite dish, a special receiver. As I've taught this camp, I usually ask how many in the audience have a dish? Many do. I also ask if anyone has watched or are they aware of having a dish installed for their TV. Many are.

When installing a dish, there are 3 critical factors. First is, placement. Where on your house or in your yard, is the dish going to be? Next is direction. If you put it in the right location, but have it aimed in the wrong direction, you won't receive any signal.

The last thing is there must be NO OBSTRUCTIONS (no buildings, trees, or anything else in the way). There MUST BE a clear line "of sight" from the dish to the satellite in the sky that the signal needs to come from. That suggests another issue. Nowadays, there are tons of satellites up above the earth.



Each is for a particular purpose, and works for a particular area of earth. They are geostationary. That means the satellite orbits at the same speed that the Earth is turning. Therefore, the satellite stays in place, relative to the earth.

Because geostationary satellites are always over a single location, they are very useful for communication (phones, television, radio). God is the same yesterday, today, and forever. He doesn't move. It's we who tend to move. The satellite stays in its assigned location. We can put our spiritual receiving dishes in the wrong location. Over time, the direction they're aiming in can get shifted. Obstructions can get in the way. A tree grows taller. A new building gets erected. The direction of our spiritual satellite dishes need constant re-calibration. We need to be ever diligent in keeping obstructions from blocking the signal. Praise keeps the satellite dish of our heart tuned in to God. It keeps the obstructions out of the way. That's why it opens a "phone line" to Him and enables us to hear Him.

Remember, hearing Him is the first part of the key to all kingdom power

There's a second spiritual skill that we tend to overlook as a way to come into God's presence and hear Him.

B. Romans 8:26-27, Spirit prayer also opens the door. When we pray in the Spirit, we KNOW we're praying according to God's will.

²⁶In the same way the Spirit also joins to help in our weakness, because we do not know what to pray for as we should, but the Spirit Himself intercedes for us with unspoken groanings. ²⁷And He who searches the hearts knows the Spirit's mind-set, because He intercedes for the saints according to the will of God.

It's something that even I tend to overlook. I go through this training camp. I teach it, and it makes me think, "I've got to work on that again." I've got to work on reminding myself that I can be praying in the Spirit throughout the day. And when I'm doing that, then I'm in tune with Him.

I'm going to go sci-fi again. I apologize, but this is the way my mind works. And I think it's a very apt illustration. It's like a Vulcan mind meld. You know Spock puts his hand on Captain Kirk's face, and he sees and feels and thinks everything Kirk does. This Romans scripture said that when we pray in the Spirit, God is searching us AND we know the Spirit's mind.

Really, we tend to want to get our mind too involved. Obviously we don't shut down our minds, but we need to not be so focused on understanding everything that then it pretty much becomes all us. Instead, if I'm remembering to pray in the Spirit, then I am acting in dependence on God, and I'm keeping that connection open with Him. That's another reason that it's important to be baptized in the Spirit, so we can pray in the Spirit, thereby staying connected to God.

Let's get into specifics now.

V. WORD POWER

Words are powerful. This camp is all about power. Very simply, the Holy Spirit is the source of power. I've been talking about two different ways that our words are powerful because they keep us connected, they keep us in God's presence, praise and praying in the Spirit.

Think of it this way, the Holy Spirit is the source of power, but we're the conduit. We're the pipeline that He's chosen to use.

So, let's examine a few more things from Acts 2, to see what did and should happen when we connect to the power source, the Holy Spirit.

⁴*Then they were all filled with the Holy Spirit and began to speak in different languages, as the Spirit gave them ability for speech.*

⁶*...each one heard them speaking in his own language.*

⁷*And they were astounded and amazed, saying, "Look, aren't all these who are speaking Galileans?"*

¹¹*...we hear them speaking the magnificent acts of God in our own languages.*

The focus is on the disciples speaking. What did they speak? We've already looked at that, but let's focus on something else about what they spoke for a moment.

A. Acts 2.4, 6, 7, 11, The Spirit controlled their words.

That's how the power went through the disciples out to those who needed it. Peter then stood up and preached. I like to call Peter "Rocky" because that's what the new name means. Rocky explained what happened, and thousands received Jesus that day.

But take note! It was the power of the Holy Spirit through the words of 120 ordinary disciples, most of whom are nameless that drew and wowed the crowd so that they were ready for what the Holy Spirit had to say through Rocky. These ordinary disciples had yielded their tongues to God and they spoke about the magnificent acts of God.

The disciples didn't say to the crowd, "ooh, you gotta come to church and hear Preacher Rocky. He's powerful."

They didn't say, "come to church with me because we've got the best worship music" or "our church is so friendly."

They yielded their own tongues to God and told His amazing works. That's the power of the tongue, our tongues. The power in our tongues is exhibited when we use them to praise God.

Let's look at a couple more scriptures that tell us of the power in the words of everyday Christians.

This next one blows me away every time I read it. It's very sobering, but there's some GREAT news there also. It's a long passage, but it's so important.

B. James 3:1-10, ...

²*for we all stumble in many ways. If anyone does not stumble in what he says, he is a mature man who is also able to control his whole body.*

³*Now when we put bits into the mouths of horses to make them obey us, we also guide the whole animal.*

⁴*And consider ships: Though very large and driven by fierce winds, they are guided by a very small rudder wherever the will of the pilot directs. ⁵So too, though the tongue is a small part of the body, it boasts great things. Consider how large a forest a small fire ignites.*

⁶*And the tongue is a fire. The tongue, a world of unrighteousness, is placed among the parts of our bodies. It pollutes the whole body, sets the course of life on fire, and is set on fire by hell.*

⁷*Every sea creature, reptile, bird, or animal is tamed and has been tamed by man, ⁸but no man can tame the tongue. It is a restless evil, full of deadly poison. ⁹We praise our Lord and Father with it, and we curse men*

who are made in God's likeness with it. ¹⁰Praising and cursing come out of the same mouth. My brothers, these things should not be this way.

This is talking about any person in their normal everyday conversation. Here's what James is telling us in a nutshell.

- B. James 3:1-10, Control the tongue. determine the outcome.

As I said, this is sobering. So many times, I do not control my tongue. But let me point out the good news. There are two parts to it.

Verse 8 begins with, *no man can tame the tongue*. Well, that's a bummer! If no one can do it, it's hopeless. However, think back to Romans 8. There we saw a way that we can yield our tongues to the Holy Spirit. And that's the good news. NO MAN can tame the tongue, but the Holy Spirit can. And in this training camp, we will practice yielding to that Holy Spirit control. That's the other part of the good news here.

For a long time, I saw the idea expressed here as all or nothing. My phrase, "control the tongue, determine the outcome," may also seem to be all or nothing. If I control my

tongue, I control the outcome, so I REALLY need to control my tongue. That's true, but it's not all or nothing. The MORE I can control my tongue, the MORE I can determine the outcome. Those outcomes can be what God wants them to be. It's just something I need to be working on.

So, I mess up today. Maybe I mess up a hundred times today. But that's the point of the training camps, for us to get together and practice, to encourage each other, hold each other accountable through the week. It helps us remember to ask ourselves, "did I really want to say that?" No, I want to declare the great works of God, and the many many blessings he's put in my life. AND, in a future lesson, I'll show you how you can even redeem the times you mess up. All is not lost when you do. Which is very good news, because I mess up a lot.

We'll move on to some other verses that emphasize the power of the tongue, and how we can begin to tame it.

V. WORD POWER

- A. Acts 2.4, 6, 7, 11, The Spirit controlled their words.
- B. James 3:1-12, Control the tongue. determine the outcome.
- C. Proverbs 18:21, life and death are in the power of the tongue.
- D. Jude 1:20, Build your faith by praying in the Spirit.

TODAY: EXERCISE TOGETHER

Pray, asking God to speak to you. Then do the things that open the phone line. You don't have to spend a lot of time on this to begin with. If you only have time for one thing, then only do one. But then, look to GROW in the quality and amount of time you spend practicing becoming more aware of God's presence.

- 1: PRAISE. Engage in praise with a listening ear. I have some suggested songs for each day. Any praise songs will be fine. But note; not just Christian songs, but songs of praise to and about God.
- 2: PRAY in the Spirit, then ask God for the interpretation.
- 3: SOAK. Read the scriptures, looking for and listening for God to speak through them. In this training camp, we're especially looking for God to show us Himself; who He is, what He's promised, and what He's done.
- 4: SHARE.

Throughout this whole process, have a journal or notebook ready, and jot down any thoughts you may have. I emphasize, you're just writing thoughts. We'll talk more about the reasoning for this during practice sessions. For now, just realize that this is an action of faith, expecting that God will speak.

Consider that God cares about everything, "big" or "small", and we all have preconceived ideas of what kinds of things God may speak to us about or what it might "sound" like. Many of those ideas are probably wrong, or at the very least, they're limiting. We may miss much of what God is saying to us because it doesn't come like we expect it to.

Day 1: PRAISE with *Here I Am to Worship*, **PRAY** in the Spirit, **SOAK** in *Romans 3:21-26*.

C. Proverbs 18:21, life and death are in the **power** of the tongue.

This is a well known, commonly quoted verse. However, it is no less important because it's common.

Life and death... Is that an exaggeration? Life and death of what? It could be physical death. It is probably much more often the life and death of a relationship or a dream. We can speak life and death into someone's future, into their self esteem.

Do you believe that? It's not talking about using our tongue to taste and swallow food is it? Of course not. Life and death are in the power of our words.

Which words is it talking about? All of them, yes! We have a tendency to be focused on what's said when we go forward for prayer or when we pray for someone else. We're speaking the Word over them and we're praying in Jesus' name. But then, we walk away and we start the "woe is me's." "My life is such a mess." "I'm never going to get out of this."

We need to take that attitude that we know we should have while praying into our moment by moment conversations. I'll bet you know that, but it's hard isn't it? That's why we don't just need another Bible study to tell us what we should do. We need a training camp where we are shown how to do it in simple, clear cut ways. And we practice those things together.

We start with practicing it here; using our tongues for life not death. We practice using our tongues to praise God so that we are coming into His presence and we can hear Him speak. We practice stretching ourselves to be giving witness to God's great works a little more, and a little more throughout the day. With those thousand of words we speak the rest of the day, let's work on making another 10 or 20 of them about God's greatness.

There's power of life and death in ALL our words, and as we continue into future lessons, we'll talk a lot more about the power of our everyday words. In a future lesson, I'll show you how to handle AND overcome even when you mess up.

One more verse about the power of the tongue. This is the 3rd way I've mentioned, that we're going to practice coming into God's presence, listening, & obeying so that we can be the power conduit we should be.

D. Jude 1:20, ...

²⁰But you, dear friends, as you build yourselves up in your most holy faith and pray in the Holy Spirit.

D. ...Build your faith by **praying** in the **Spirit**.

I think we have a tendency to fixate on one scripture about faith, and how to build faith. Romans 10:17 says, *Faith comes by hearing and hearing by the Word*. So we're constantly listening to the radio and TV preachers, and podcasts and audio Bible. That's great. We want to fill ourselves up with those kinds of things. But we need to think more about what's coming out. And we need to realize that praying in the Spirit is a simple, easy way of yielding our tongues to God. And it builds our faith.

It's easy because you don't even have to think about it. You don't have to know a lot of scripture or theology. You just do it. Pray in the Spirit, and it builds us up.

Though the scripture says that hearing the Word is a source of faith, IF you're hearing God's word over and over, but not obeying His instructions, you're still not going to have the power you need.

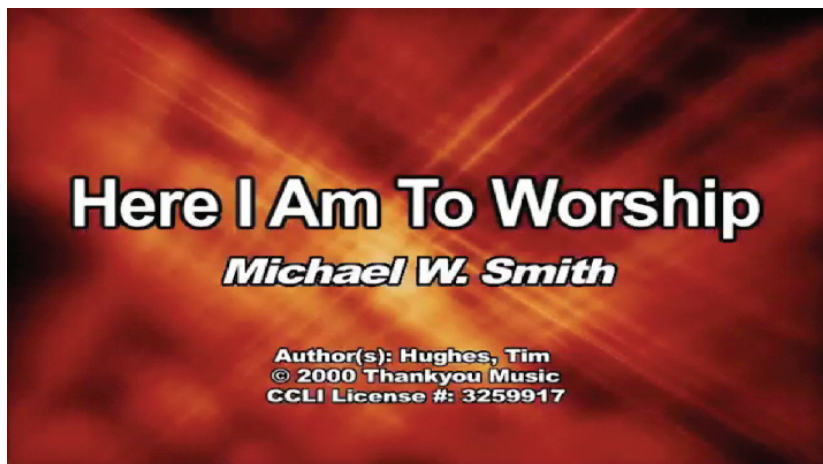
So, let's practice together obeying a few of God's commands that particularly help us to come into His presence so we can hear Him. We'll do this briefly today and every odd week when there's a lesson. On the even weeks, the total focus will be on practicing these skills that keep our satellite dish aimed at God and opens a phone line to Him.

Coach: Go through the instructions below with the group. However, encourage the trainees not to stress over whether they're doing this exactly "right." This is not a formula. It's a helpful process. Lead them through the exercise today by simply prompting them with each step in turn. Today, give just a few minutes with each one. Encourage folks to do it as best they can. Future practice sessions will make it all more clear. We often think we need to totally understand something before we can do it. I've found that often God wants us to obey His commands so we can understand them.

LEAD BY DOING IT. Even if you're not totally comfortable with this, be brave. You can try it at home before class, but even if you're in class doing it the first time, no worries!

We recognize these things as parts of our worship service that bring us into God's presence, but we don't have to wait for Sunday morning church. We're going to do this today rather quickly. If you've been coming to an Eagles group, it will be second nature to you. If not, you might not even understand what we're supposed to be doing. Just listen, and participate as much as you can. Next week, we will spend most of our time explaining these steps and answering questions, and practicing this, taking it step by step.

Now we're going to sing His praises. Please sing along. Don't let the rocks have to cry out in your place. If you don't feel comfortable singing, **SPEAK** the words to the song. It's important that **YOU** praise God. **COACH**, this and the other praise songs from the exercises are available at lifetrainingcenter.org/resources. Look for Power Training Camp Exercises.



Now, pray for just a minute. If you have a prayer language, pray in the Spirit. If not, pray in English, but focus on God. Don't bring him your requests right now. Bring Him your thanks and praise.

Now we're going to read some scripture that reminds us of our wonderful God. Normally, we would read quietly and write, but we're going to read out loud and then give verbal witness to God's greatness.

Open your Bibles.

Someone read out loud. All follow along.

After reading...

"what a God we have!"

Have you experienced anything like this?

give a witness to this experience of God in your own life!

Anyone...

DAY 1 EXERCISES TOGETHER

Day 1: PRAISE with *Here I Am to Worship*,
PRAY in the Spirit, **SOAK** in
Romans 3:21-26.

After doing today's exercise together, point out the daily exercise that follows, and encourage them to give it a try. No condemnation, just make an effort.

Also remember to ask if anyone wants prayer to be baptized in the Spirit.

V. WORD POWER

- A. Acts 2:4, 6, 7, 11, The Spirit controlled their words.
- B. James 3:1-12, Control the tongue, determine the outcome.
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Day 1: PRAISE with *Here I Am to Worship*, **PRAY** in the Spirit, **SOAK** in *Romans 3:21-26*.

WEEK 1 EXERCISES: EACH DAY...

Encourage everyone to make an effort to do the exercise each day on their own. HOWEVER, let people know that if they don't have a perfect record at the end of the week, they're not a failure. There are 5 keys to being an effective Christian. I go over them in detail in the Bible Training Camp. I don't have time to expound on them again in this Training Camp. Here's number 1.

Aim for growth, not perfection. 2 Peter 1:3-9 shows this. After a long list of character traits we're told that we need to have as Christians, Peter says, "if these qualities are yours AND ARE INCREASING, they will KEEP YOU FROM BEING INNEFFECTIVE.

That's a reverse promise. Every Christian has all the qualities because they are qualities of the Holy Spirit. Our job is to grow. IF WE'RE GROWING WE WILL ABSOLUTELY BE EFFECTIVE.

Make sure to create a "no guilt zone" in the camp sessions. Guilt has a very limited ability to promote growth. If people do some, applaud. If people don't even try, encourage. Remind all of the benefits of developing the skill of hear and do. Remind them that Praise, Praying in the Spirit, and Soaking in the scripture are ways that we develop that skill. Encourage them that it's worth the effort, and that even if they don't succeed at first, it's okay to start again.

THIS WEEK: EXERCISE ON YOUR OWN

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture.

Day 2: PRAISE with *You Are Holy*, **PRAY** in the Spirit, **SOAK** in *Psalm 147:1-11*.

Day 3: PRAISE with *You Are My All in All*, **PRAY** in the Spirit, **SOAK** in *Psalm 147:12-20*.

Day 4: PRAISE with *Be Near*, **PRAY** in the Spirit, **SOAK** in *Colossians 1:13-23*.

Day 5: PRAISE with *Draw Me Close*, **PRAY** in the Spirit, **SOAK** in *2 Corinthians 1:3-7*.

Day 6: PRAISE with *Run to You (I Need You)*, **PRAY** in the Spirit, **SOAK** in *Psalm 34:1-10*.

Day 7: PRAISE with *Beautiful One*, **PRAY** in the Spirit, **SOAK** in *Psalm 34:11-22*.

TWEEN WEEK

The sessions in between lessons are an opportunity to practice together. PRACTICING is what it's all about. So, resist the urge to let this time be taken up with talking to each other. Make sure that most of the time is spent praising God, praying in the Spirit, and soaking in the scripture.

Remember that the one skill all of the training camps aim to develop is "hear and do." For the Power Training Camp, we particularly want the trainees to be practicing coming into God's presence and hearing what God is saying to them. We do this with the three main biblical practices, Praise, Praying in the Spirit, and Soaking in the scripture.

The 'Tween Weeks should not include any lessons, but should be dedicated to practicing and sharing. As coach, you'll want to guide the time to best promote at least some discussion of how the trainees are doing at hearing God and acting on what they're hearing. Remember the big idea for Lesson 1.

What's the "big idea"?

Lesson 1: The Holy Spirit is the source of all power. The power comes FROM the Holy Spirit through our own tongue. The key is to "hear n obey." We hear by coming into His presence.

The best way for that to happen is that YOU are growing in hearing and obeying God, and then for you to be open and honest in sharing how that's going. However, it may also take posing some targeted discussion questions. You also might need to share the above "big idea" from lesson 1 in order to keep the discussion on point.

If you use any or all of the discussion questions, remember that it's still most important that you lead by example of honestly sharing your own answers to the questions. YOU DON'T HAVE TO BE PERFECT, JUST GROWING.

Here is a suggested plan for this 'tween week, including some possible discussion questions.



PRACTICE
1

Connect to the Source (Practice/Share)

Practice

Every other week our time together will be focused on practicing the spiritual skills and sharing our experiences. "Do it together" is one of the keys to being an effective Christian.

Whatever I'm asking you to practice, we'll talk about from the perspective of "what does this look like? ...sound like? ...feel like?"

The leader will be sharing their experiences. I invite others to do the same. Probably different. For instance, you may have heard someone say, "I feel the anointing." What does that mean? Dispel the mystique.

Then we will spend most of the time doing "it" together.

Do It Together

- 1: What did it look like for you to "connect to the source." (Holy Spirit Baptism).
- 2: What does it feel like when you hear God speak?
- 3: Leader's experience with hearing God speak through praise.
- 4: What has your experience been?

5

CONNECT TO THE SOURCE (Practice)

Practicing and sharing is an important part of growing. It is the process of making disciples. It's not a linear process. As I lead these camps, and I invite people to share their experiences and what God is saying to them, I frequently learn, and I am stretched.

**DON'T LEAVE HERE
WITHOUT THE BAPTISM IN
THE SPIRIT!**

The Holy Spirit is the source of Power, and the baptism is how we connect to the source. This session is another opportunity to pray for anyone who has not yet received it.

We start with specified times of praise and Spirit prayer, but in future lessons, we'll move into controlling our tongues throughout the day, in our every day conversations.

Practice

Do It Together

COACH, today, share your experience. Let people know that they'll have opportunity in the future.

TODAY: EXERCISE TOGETHER

COACH, you could let everyone do the steps on their own, just prompting to move to the next step after a few minutes, OR, you could go through the steps as a group again, since this may still be very new to people.

THIS WEEK: EXERCISE ON YOUR OWN

COACH, there are no assigned readings or praise music for the 'tween weeks. However, please encourage people to aim to spend some time praising God, praying in the Spirit, and soaking in the scripture daily. That's the goal, but if that's too big a leap for people, it's okay to work towards it.

TODAY: EXERCISE TOGETHER

Have a journal or notebook ready, and jot down any thoughts you may have. During sharing time, we can begin the process of assessing whether the thoughts from God or not.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture.
- 4: SHARE.

THIS WEEK: EXERCISE ON YOUR OWN

Continue to practice what we did together. Aim to do something daily.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK in the scripture of your choosing.

Do all this with a listening ear, expecting God to speak. If you need a refresher on how this should work, refer to the instructions for Lesson 1 Exercises on page 3.



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