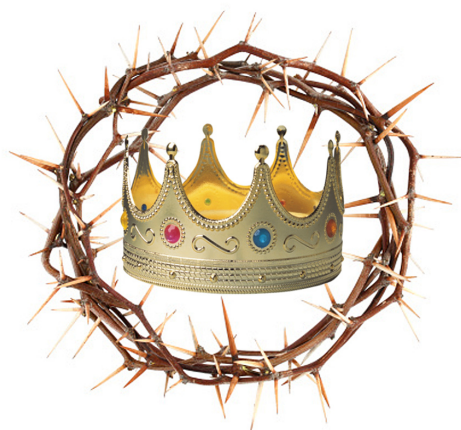


# POWER FOR LIVING

A TRAINING CAMP



Vince Lombardi, the Green Bay Packers legendary football coach, had an interesting way to begin pre-season training camp. Football in hand, Lombardi walked to the front of the room, held out the pigskin in front of him and said, "Gentlemen, this is a football."

# TRAINING CAMP



In only five words, Lombardi communicated his point: We're going to start with the basics and make sure we're executing all the fundamentals.<sup>(2)</sup> Why in the world would a seasoned coach talk to professional athletes like that? Lombardi operated on a simple philosophy. He believed that excellence could be best achieved by perfecting the basics of the sport.<sup>(3)</sup>

The Effective Christian Training Camps bring together "pros" and "rookies" to learn from and sharpen each other. It is a concentrated time of learning new skills and sharpening 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

**"Gentlemen,  
this is a football"**



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 that we have no need to brush up on the basics.

NAME & DATE

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# POWER

## in the PRESENCE

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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](mailto:pkltc@outlook.com). You can also find praise videos to use for the exercises at [LifeTrainingCenter.org](http://LifeTrainingCenter.org). By clicking on the [Worship Videos](#) tab at the top of the site, you will have access to the Worship music recommended as exercises in the lessons, as well as other praise music.



## Connect to the Source

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### I. WHY POWER?

- A. What power? \_\_\_\_\_.
- B. Matthew 28:18-20, Matthew 16:13-19 (vs 18), Why do we need it?  
\_\_\_\_\_.
- C. Why do we want it?  
\_\_\_\_\_.
- D. Where does power come from? \_\_\_\_\_.
- E. How do we tap into this power?

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### II. THE KEY...

- A. to all kingdom power is to \_\_\_\_\_ God and \_\_\_\_\_ (\_\_\_\_\_ and \_\_\_\_\_)  
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 \_\_\_\_\_.

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### III. POWER CONNECTIONS: PLUGGING IN

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

- A. Acts 1:8, Wait for the \_\_\_\_\_, receive \_\_\_\_\_, be My \_\_\_\_\_.
- B. Acts 1:11, 2:11b, 32, Being a witness means **telling** your \_\_\_\_\_ of God's \_\_\_\_\_.
- C. Acts 2:17-18, \_\_\_\_\_, 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.

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

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## V. WORD POWER

- A. Acts 2:4, 6, 7, 11, The Spirit controlled their \_\_\_\_\_.
- B. James 3:1-12, Control the \_\_\_\_\_. determine the \_\_\_\_\_.
- C. Proverbs 18:21, life and death are in the \_\_\_\_\_ of the tongue.
- D. Jude 1:20, Build your faith by \_\_\_\_\_ in the \_\_\_\_\_.

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## 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*.

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## 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*.



## Connect to the Source (Practice/Share)

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### 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.

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### 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?



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## **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.

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## **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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