

God's Warriors

Lab Worksheets: Basic Training

LAB # 7: Episodes 70-74

Scripture Reading: [Ep. 70] James 1:8, Philippians 4:8 [Ep. 71-73] Genesis 6:3, Genesis 11:10-32, Genesis 23:1, Genesis 25:7, Genesis 35:28, Genesis 47:28, Deuteronomy 34:7, Psalm 90, Psalm 91, Matthew 26:39, John 10:17-18, John 10:10, John 21:15-22, Acts 12, Romans 8:17, Romans 8:11, Colossians 3:3, Hebrews 3:14, 2 Peter 1:14, 1 John 4:17, Revelation 1:9-10, Philippians 1:21-26 [Ep. 74] Judges 2:1-5, Mark 16:15-18

You may have noticed the gradual changes to prayer time and focus with each lab. This is intentional. In addition to understanding the truth of God's word, you must also develop spiritual discipline in governing yourself (inside and out) and discipline in applying the Word to/in your life consistently. You must also be built up in a way that causes you to be evenly developed (well-rounded). This is what leads you to the outcome of spiritual maturity and becoming an elite warrior for the Lord. No Popeye arms, and chicken legs for God's warriors!

Here are some areas that we are building discipline and establishing principles in your walk with Christ-

- Developing your ability to always hear clearly from the Lord.
- Increasing your awareness of the presence of the Holy Spirit.
- Establishing and increasing your reliance on Holy Spirit.
- Increasing your absolute trust in the Godhead and the Lord's willingness and ability to love, protect, provide for, guide, and sustain you in every area of life.
- Outlining framework for proper internal posture and approach toward God in prayer.
- Building a consistent routine of prayer and communion with the Holy Spirit in your life.
- Establishing and building your diligence in consciously obeying the leading and guidance of Holy Spirit.

Prayer Time: Spend at least 1 hour of dedicated prayer this week. (Set the time aside in your schedule.)

Before you head into your prayer time begin thanking God for His goodness, mercy, patience, and kindness to you and others. Prepare your heart with songs and melodies to the Lord about His never-ending goodness and kindness. (Consciously put aside any concerns you have about your life, pressing questions on your mind, and topics that you "feel" are important to you and your life that you want to talk about. Trust that the Lord already knows what you need before you ask and that He is on top of the concerns of your life.) Prepare yourself to listen to your loving Father and friend. Let your love for the Godhead rise in your heart and mind. * If you are aware of any sin or disobedience that you have not yet repented of, ask the Lord for forgiveness. And, let those sins be washed away under the blood of Jesus.*

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[This process is not about provoking an emotional response from yourself. Its purpose is to move aside common hinderances that interfere with your ability to clearly hear from the Lord. It also quiets your concerns that tend to distract you and over-occupy your mind, facilitates your ability to cast your cares over on Jesus, and release your faith.]

When you are ready, sit in quiet time and ask the Lord, "God, what is on Your heart? Is there anything that You want to talk about right now? Is there anything that you want me to pray for some else concerning?" (Do not be repetitive or beg God. Simply ask and then sit quietly and listen to the Holy Spirit.)

As the Lord speaks, listen carefully and quietly. Do not rush, cut God off, or try to finish His sentences. Listen. When you believe you have heard the Holy Spirit, write it on a piece of paper, and repeat to the Holy Spirit what you heard Him say. Then ask the Holy Spirit, "Holy Spirit, did/have I understood what You said, correctly?" Wait and listen for Holy Spirit's response. He will confirm or correct you on what you heard. (Do not worry, He loves you and wants you to understand.)

If the Holy Spirit confirms "Yes, you've got it!" (It may come like a positive, upturning feeling/tone in your spirit.) Write the time and date next to what you wrote.

If the Holy Spirit corrects "No, that's not it." (It may come like a down turning feeling/tone in your spirit.) Then, slowly pass over each word and ask the Holy Spirit, word for word, if that individual word is correct. Continue and correct the words as you go until you have accurately received Holy Spirit's message. Lastly, time and date your paper next to what the Lord said.

Put the word that you received in a special place. Refer to it often and be sure to believe and obey whatever the Lord says to you!

Notes from your prayer time:

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Prayer Points/Focused Action: (Use the space below to write as Holy Spirit ministers to you.)

A warrior for God must walk in absolute obedience to the Lord in every area of their life. Start working on the small things such as what to wear for the day, what to have for lunch, etc. Start asking Holy Spirit for His perspective and desire about any action before you take it. Then, absolutely obey what the Holy Spirit tells you to do. Ask, hear, and obey. You may find this frustrating at first but stay with it. Feelings of anger, irritation, frustration are just your soul acting out because it wants to be in control. You are retraining your soul to be subordinate to your reborn spirit and to the guidance of the Holy Spirit. (Your spirit is getting bigger, and your soul is getting smaller.) It will get easier and more natural for you to ask Holy Spirit first as you become diligent and consistent.

Prayer: Lord, help me become diligent in my obedience to You. Help me to hear Your voice and to have joy as I walk with You in this process. I love you, Lord, and I am grateful for Your presence in me and my life. I value what You want for my life, and I want to hear Your perspective, and I need to hear what you have to say. I praise You, Lord! Thank you for loving me and always being here with me. Amen! (This is for a separate prayer point/time from the one-hour prayer time above.)

List three things that stood out to you about the covered lessons:

1.)

2.)

3.)

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Reflection: Listen to hear what Holy Spirit is saying to you about these three things. What does He want you to know, hear, or understand?

Question #1: [Multiple Choice]

What kind of image should believers have on the inside of them? (Circle one answer.)

- A) An image of neutrality.
- B) An image of death.
- C) An image of whatever happens, happens.
- D) An image of life.

Question #2: [Multiple Choice]

How long did God say the lifespan of mankind would be (after sin came into the world)? (Circle one answer.)

- A) 70 years.
- B) 120 years.
- C) Unlimited.
- D) 80 years.

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Question #3: Use the words below to complete the statement.

fallen forever die live

Mankind was created to live _____, however, not to live forever in a sinful, _____ state. Mankind was created to _____, not _____.

Question #4: [Multiple Choice] **Read the scriptures below to answer the following question.**

“Keep your heart with all diligence, For out of it *spring* the issues of life.”
Proverbs 4:23 (NKJV)

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.”
Romans 12:2 (NKJV)

Who is responsible for building an image of life on the inside of you? (Circle one answer.)

- A) I am responsible.
- B) My pastor is responsible.
- C) My siblings in Christ are responsible.
- D) The Lord is responsible.
- E) My parents are responsible.

Question #5: [Multiple Choice] The devil can not steal your life from you. He uses people, media, and news outlets to try to convince you to give up what belongs to you. The devil uses these voices to try to _____.

- A) Tell you to be realistic about life.
- B) Keep you up to date with what else is happening in the world.
- C) Help you be prepared for death when it comes.
- D) Talk you into forfeiting (giving up) the blessing of long life that God has promised.

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Question #6: [Multiple Choice] Is it up to God or you to choose how long you will live?

- A) God.
- B) Me.
- C) Both God and me.
- D) I am not sure.
- E) Neither. It depends on the cards you are dealt.

Question #7: [True or False] The lifespan which is described in Psalm 90 does not replace the lifespan which the Lord set in Genesis 6.

- A) True.
- B) False.

Question #8: [Multiple Choice] What specific people group was being discussed in Psalm 90? (Circle one answer.)

- A) All humanity would now be subject to a limited life span.
- B) Joshua and Caleb.
- C) No one, this Psalm is a metaphor.
- D) The children of Israel in the wilderness who were 40 years old and older; whom the Lord said would not enter the Promised land because of their unbelief.

Question #9: [Multiple Choice] How does God call His people home to heaven?

- A) He kills them through terrible accidents and calamities.
- B) He weakens them with sickness so they will die.
- C) He causes them to be murdered.
- D) The Lord translates them or asks them to choose to come home (die) in perfect health, strength, and mental clarity.

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Question #10: [Two-Part Question] Read these scriptures below to help you complete the statements below. Use the words in bold to complete the statement.

“And you shall make no covenant with the inhabitants of this land; you shall tear down their altars. But you have not obeyed My voice. Why have you done this? Therefore I also said, ‘I will not drive them out before you; but they shall be *thorns* in your side, and their gods shall be a snare to you.”

Judges 2:2-3 (NKJV)

“Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”

Matthew 18:18 (NKJV)

not believer tolerate way schemes occupy

The Lord has given you an assigned territory to occupy. The Lord expects you to _____ the territory in the _____ that He instructed. As a _____, you should _____ give place to the devil – his works, actions, plans, or _____ in your life. What you _____, the Lord will not drive out of your life.

Anywhere weaken Lord activity devil

_____ you put up with the presence of the _____ (includes demons and wicked spirits) and his _____ in your life or within the assigned territory the _____ has given you, it will _____ you and become a trap for you.

Question #11: [Multiple Choice] Read these scriptures below to help you answer the question.

“When the sun was setting, all those who had any that were sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them.”

Luke 4:40 (NKJV)

““Therefore submit to God. Resist the devil and he will flee from you.

James 4: 7 (NKJV)

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Sickness and disease are works of the devil and the result of sin being in the world. Because your sins have been forgiven and washed away by the Blood of Jesus; what should you do if sickness tried to present itself in your body? (Circle one answer.)

- A) Nothing. Everyone must die of something.
- B) Pray and hope I get better.
- C) Resist it. Tell sickness to leave my body in the Name of Jesus.
- D) I am not sure.
- E) All the above.

Question #12: [Multiple Choice] Whose responsibility is it to resist the devil in your life? (Circle one answer.)

- A) No one's. It will happen automatically.
- B) Other believers that I ask for prayer.
- C) Holy Spirit's.
- D) Both B and C.
- E) Mine.

Question #13 [Explain.] Read: Judges 1:27-36 and Exodus 23:20-33 to help you answer the question. Why did the Angel of the Lord tell the children of Israel that He would not drive out the inhabitants of the land in Judges 2:1-5?

Question #14: [Multiple Choice] Whose gets to choose how long you will live on the earth? (Circle one answer.)

- A) Nobody. I will live however long I am meant to live.
- B) God does.
- C) I do.
- D) If I am good, I will be reincarnated and get to live multiple lives.
- E) The government gets to choose.

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Question #15: Use the clues to fill in the words below.

ACROSS

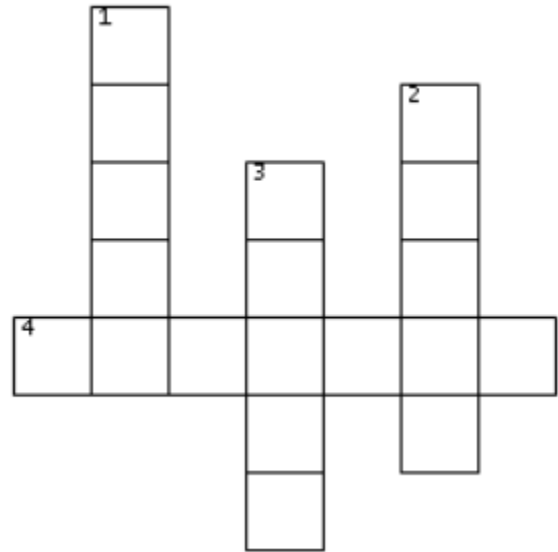
4. He believed God to have children in his old age. He lived to be 175 years old.

DOWN

1. He had twelve sons. He lived to be 147 years old.

2. She had a child when she was old. She lived to be 127 years old.

3. His birth was promised to his parents. He lived to be 180 years old.



Question #16: [Multiple Choice] As believers, what belongs to us through the life of Christ?
(Circle all that apply.)

- A) We are joint heirs with Him.
- B) We are partakers of His life.
- C) The same Spirit Who raised Christ from the dead gives life to our physical bodies.
- D) The ability to have life more abundantly.
- E) None of the above.

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Project: Retrain (renew) your mind about your life span by writing and using a daily confession. Here are the steps:

1. Determine to live until you finish the calling the Lord assigned to you and you are satisfied with long life.
2. Choose to live at least 120 years unless the Messiah returns first.
3. Take a moment to ask the Holy Spirit to help you write your confession. (Ask and you shall receive! Matthew 7:8, Mark 11:24)
4. Your confession should be based on the word of God, so search for scriptures about long life, health, and strength and use them to write your confession.
5. Your confessions should be written and spoken in a positive, present tense.
6. As you compose your confession, look for Holy Spirit's confirmation in your spirit.
7. Keep your confession simple. Avoid making it overly-complicated.
8. Review and speak your confessions daily. Memorize it as you go. (Post it where you can see it.)

We will help start you off...

The Lord, My God, is my refuge.

I set my love upon Him.

My God (always) satisfies me with long life and shows me His salvation.

The Lord is fulfilling my days here on the earth – in health, joy, and strength.

Daily, I experience the goodness of the Lord because He is with me.

The same Holy Spirit Who raised Christ from the dead is living and dwelling in me.

Daily, He energizes me with His ability, health, and strength.

I have the mind of Christ. My mind is clear and fully focused.

No evil shall befall (surprise/happen to me).

No plague shall come near my dwelling.

What questions do you have about these lessons that you would like to ask the instructor(s)? Please write them down and then submit them via email to ministry@adayofprayer.org. I (We) will answer your questions during the next Lab session. Please include "Basic Training" in the subject line of your email.

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