

KNOWING AND EXPERIENCING LIFE

Session Two

Maintaining a Strong Spirit by Calling and Praying and Being Enriched With the Word by Pray-Reading, Reading, Studying, and Memorizing

Scripture Reading: Acts 2:21; Rom. 10:12-13; Acts 9:14; 22:16; 2 Tim. 2:22; 1 Cor. 1:2; Psa. 116:2, 4, 13, 17; Isa. 12:2-4, 6; 1 Thes. 5:17; 1 John 1:7-9; Matt. 18:18-19; John 15:16; John 1:1, 14; 6:63; 1 Pet. 1:23; 2:2; Matt. 4:4; Jer. 15:16; Job 23:12b; Eph. 6:17-18a; Col. 3:16; Eccl. 12:1; Psa. 119:11

Outline

I. Maintaining a strong spirit by calling and praying:

- A. The first thing needed to maintain the life that is in us is to have a strong spirit; right after we are saved, we must exercise our spirit every day to keep it strong—1 Tim. 4:7, 15.
- B. Calling on the name of the Lord is the easiest, the fastest, and the best way to exercise our spirit, to touch our spirit, and to maintain a strong spirit—Acts 2:21; Rom. 10:13:
 - 1. Calling on the Lord began in the third generation of the human race with Enosh, the son of Seth—Gen. 4:26.
 - 2. Calling on the name of the Lord was practiced by the New Testament believers beginning on the day of Pentecost—Acts 2:21
 - 3. The purpose of calling is that men need to call on the name of the Lord in order to be saved—Rom. 10:13.
 - 4. The way to call on the Lord is to call on Him out of a pure heart and to call on the Lord corporately—2 Tim. 2:22.
- C. Calling on the name of the Lord is not merely a doctrine; we need to practice it daily and hourly and we should never stop our spiritual breathing—1 Tim. 4:15.
- D. Praying will make our spirit strong because through prayer we contact God, enjoy God, and we have fellowship with God—Phil. 4:6; Eph. 6:18.
- E. Our prayer to contact God, to enjoy God, and to fellowship with God will issue in prayers for God's eternal purpose; by praying this way, our spirit will be strengthened and God's economy will be carried out by us—1 Tim. 2:1.

II. Being enriched with the word by pray-reading, reading, studying, and memorizing:

- A. The spiritual inheritance which God has given to us includes the invisible Holy Spirit and the visible Holy Bible; in order to have spiritual growth, we must know the Bible—Col. 3:16.
- B. The Word is God Himself, not in person but in essence; this simply means that God is altogether embodied in the Word—John 1:1, 14; 6:63.
- C. The function of the Word of God—giving life to the believers:
 - 1. The first practical function of the Bible in us is to cause us to be regenerated—1 Pet. 1:23.
 - 2. The Scriptures are like milk that can nourish us and make us grow in our spiritual life—1 Pet. 2:2.
 - 3. The word of the Scriptures is also our spiritual bread of life; the nourishment of our spiritual life can only be supplied by the word of the Bible—Matt. 4:4.

- D. We need to use our spirit and our mental faculty to receive the Spirit and life from the Word of God; the milk of the word is not milk for the body, but milk for the soul, the inner being—1 Pet. 2:2:
1. Pray-reading is the best way to receive the Spirit and life from the Word of God—Eph. 6:17b-18.
 2. We need to read the Bible daily—cf. Eph. 3:3-4.
 3. We also need to use our mind in studying the Word of God; we must let the word of Christ fill our mind and let it dwell in us richly—Col. 3:16.
 4. We also need to memorize the Word of God—Eccl. 12:1; Psa. 119:11.

FOCUS: *The burden of this lesson is to help the young people from the very beginning of the truth school to begin the life practices of calling, praying, pray-reading, and memorizing. We want to impress them that the experience of life is directly related to the life practices. Every day we will give them some time to exercise these life practices.*

READING MATERIALS:

Calling on the Name of the Lord

Life Lessons, p. 26.

Truth Lessons, Level One, pp. 2, 5-6.

The Scriptural Way to Meet and Serve, pp. 169, 171.

Questions

1. What are the two simplest ways of maintaining our fellowship with God?
2. When was the first occurrence of calling in the Bible?
3. Itemize the benefits we receive from calling; use a verse for each item.
4. What is the real meaning of prayer?
5. Why is it so important for us as Christians to know the Bible?
6. What is the essence of the Word of God?
7. How does the Word become Spirit and life in us? Have you received the Word as Spirit and life today?
8. Explain briefly the four steps to use our spirit and our mental faculty to receive the Spirit and life from the Word.
9. Work out a one year goal with a plan for yourself to take these four steps.

Memory Verses

Rom. 10:12-13 For there is no distinction between Jew and Greek, for the same Lord is Lord of all and rich to all who call upon Him; For “whoever calls upon the name of the Lord shall be saved.”

2 Tim. 2:22 But flee youthful lusts, and pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

