

# **THE WORD OF THEIR TESTIMONY**

Revelation 12:11 'They overcame him by the blood of the Lamb AND BY THE WORD OF THEIR TESTIMONY; they did not love their lives so much as to shrink from death.'

Part 2 of a 3 Part MINISTRY OF UNDERSTANDING ON...

## **LIFE THROUGH THE SPIRIT**

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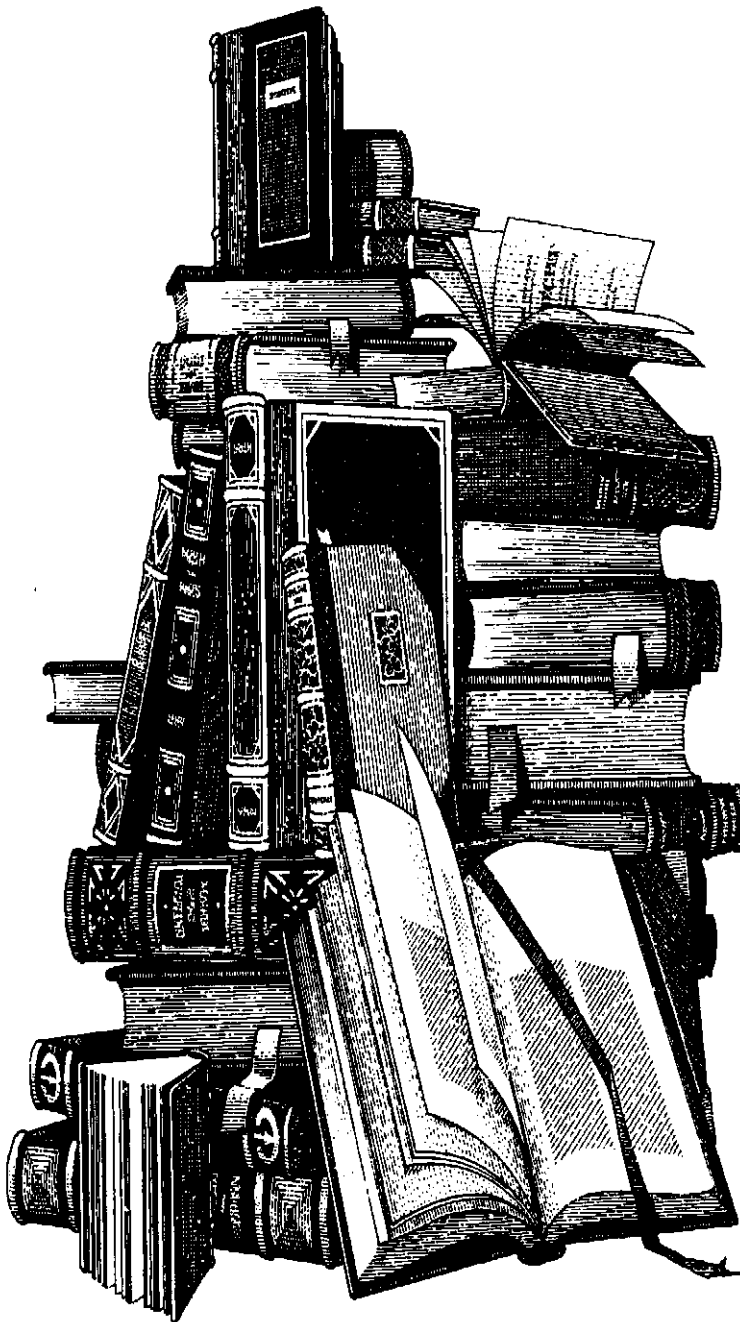
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# WHAT IS MAN ?

According to the Bible, a triune (3 Part) God, created a triune man, with a triune soul in the spiritual (not physical - see WHAT IS GOD ?) likeness of Himself.

MAN CREATED AS (1 Thessalonians 5:23)	Some Scriptural References	HUMAN	SPIRITUAL				
		Description of Man	Before Man's Fall	After Man's Fall	Born Again Christian	Christian at death	Future Promise
<b>1. BODY</b>	1 Corinthians 12:14-20 1 Corinthians 15:38 Galatians 2:20 Philippians 1:22	Flesh, blood, bones, organs, etc..	Perfect, no sickness pain or decay (Genesis 1:27,31)	Subject to sickness, pain and death (Genesis 3:17-19)	Subject to sickness, pain and death, although may be healed on God's will (Genesis 3:17-19 Acts 3:16)	Earth (Dust) to Earth (Dust) (Ecclesiastes 3:20)	Eternal resurrection. Body. No pain ageing sickness or death (1 Corinthians 15:42)
<b>2. SOUL *</b>	Matthew 11:29 Matthew 16:26 Matthew 26:38 Mark 8:36-7	Personality nature or character	Personality at creation (Genesis 2:7)	Personality at conception - a slave to sin. (Romans 7:14-15)	Personality at conception changed by God's spirit (Romans 8:5)	Spirit changed personality awaiting God's judgement (Acts 3:21, 1Thes4:16, 2 Thes 1:7-10)	Spirit changed personality judged and reward given (Revelation 20:11-15)
<b>a.Mind</b>	Matthew 22:37 1 Corinthians 7:37 Philippians 4:7 Colossians 3:2	Thought process or intellect ie. THINKING	Centred on God (Genesis 2:15)	Steeped in natural, sinful thoughts (Genesis 3:7)	<u>HOPE centred</u> (Joel 2:32 1Thessalonians 5:8 Ephesians 6:17)	<b>TO HEAVEN</b>  (2 Corinthians 5:1)	<u>To rule with God as sons of God.</u> (Genesis 2:15 Romans 8:14, 29-30 Ephesians 1:5-6, 21-23 Ephesians 4:10 <u>No distinction between the sexes</u> (Matthew 22:30 Luke 20: 34-36)
<b>b.Emotions</b>	Matthew 12:34 Matthew 15:19 Matthew 22:37 1 Corinthians 4:5 Philippians 4:7	Feelings (heart) ie. FEELING	For God (Genesis 2:15)	Self satisfaction, personal pleasure (Genesis 3:6)	<u>FAITH ** centred</u> (Ephesians 3:17 1 John 5:10)		
<b>c. Will</b>	Matthew 22:37, 26:39 Mark 14:36 John 6:38 1 Corinthians 7:37 Philippians 2:13 1 Peter 1:13 2 Peter 1:21	Choice, determination ie. DOING	Freewill - But followed God's will for him. (Genesis 2:16-17)	Freewill - Self achievement (Genesis 3:6)	<u>LOVE centred</u> (John 15: 9-14)		
<b>3. SPIRIT</b>	1 Corinthians 6:19 Romans 8:10 Romans 8:16 1 Corinthians 2:11 1 Corinthians 5:5 1 Corinthians 7:34 2 Corinthians 7:1 Hebrews 4:12 1 Peter 3:4	Not recognized as a valid part of the Human make-up by Man	Full of God's 'Breathed-in' Spirit. (Genesis 2:25)	Removed by God from Man. (Genesis 3:22-24) Except for his conscience. (Genesis 20:5-6) Description of Man	God returns in the form of His Holy Spirit to dwell in us (1 Corinthians 6:19)	Returns to God (Matthew 23:46)	Become an Integral Part of God. (1 Corinth 6:17 Eph1:3-14 (9-10) Eph 2:18)

\* In Hebrew the word 'HEART' can often be substituted for SOUL, meaning the total inner being of man. \*\* Faith is reflected in hope and love. Without faith there cannot be true hope or love. \*\*\* LOVE. Not the Greek word 'phileo' which expresses friendly affection, but 'agapeo', the commitment of devotion that is directed by the will and can be commanded as a duty.



# WHO IS MAN?

God created a 3 part man with a 3 part soul.

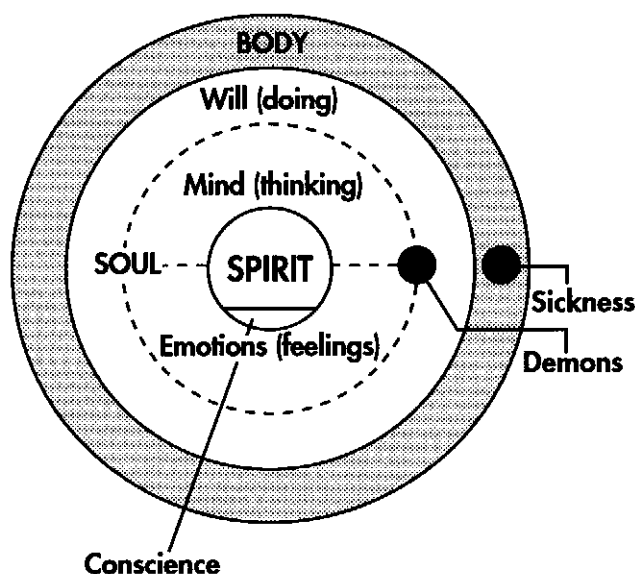
## 1. BODY.

Man's perfect body at creation became subject to sickness, pain and death at the fall of man. The body is merely a container for the two most important parts of our being, our spirit and soul.

## 2. SPIRIT.

At the fall of man, God withdrew his Spirit but left man with a conscience so that man could still exercise his freewill - to choose between God and satan. Without a conscience there would only be one choice, sin. By removing his Spirit, God created a vacuum at the very core of our lives. A vacuum will draw air towards itself. Satan inhabits the atmosphere, [Ephesians 2:2] therefore the natural tendency in man is to draw satan's influence in to himself, to fill the vacuum left by the departure of God's Spirit.

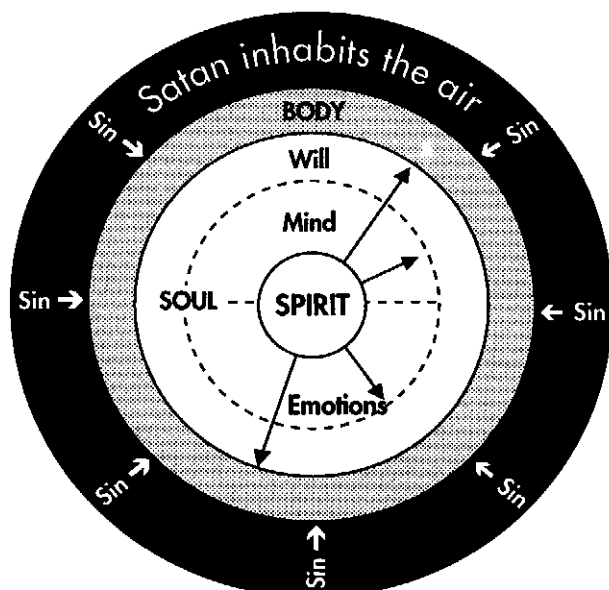
At conversion God gives us back his Holy Spirit to fill the vacuum. Therefore our sin level reduces as there is no longer a vacuum to attract it. Sin does not disappear however [Romans 7: 20 'I do what I do not want to do'] as satan is still bombarding us with sin from outside our body and sin is still entrenched in our soul. The only way we can rid ourselves of sin is to **RELEASE** the Spirit within us to work on our soul.



NB. Bible references for this section are given on the chart What is Man

NOTE: A demon is a spirit being who may invade the body and/or soul. They are spiritual beings

## THE BATTLE OF THE SPIRITS



which seek to possess and oppress man by inhabiting him. Even after a person becomes a christian and has the Holy Spirit residing within, a demon is still able to inhabit a part of that persons soul or body and influence their life. However it is very important to note that most sin in our lives is caused by the conscious decisions of our soul, not by demons. The battle of the spirits is illustrated diagrammatically to the left of the page.

NOTE: To effectively penetrate our will, the Spirit must move through BOTH our mind and emotions. Full submission of our will to Christ requires us to open all areas of our life and being to His control.



### **3. SOUL.**

God wants our soul, not our spirit, as the spirit belongs to him anyway - he gave Him to us! To be effective, the Spirit of the Lord must be released into all three parts of our soul.

**a. MIND.** Through study of God's Word [the Bible] and prayer, - saturating our minds in The Word [God]. This is reflected in the Reformation / Evangelical Church.

**b. EMOTIONS.** Through praise and worship, joyfulness, application of the Gifts of the Spirit. This is reflected in the Pentecostal / Charismatic Church.

**c. WILL.** The will forms the barrier between the total soul and sin. It is only by releasing the Holy Spirit into our will that we can resist sin effectively and move on to maturity [perfection] in Christ. This will be reflected in the final Mature Church yet to evolve. It is starting to be expressed today in concepts such as 'Holiness' and 'The Lordship of Christ'.

**Both man and the church are developing  
from a MIND ORIENTATION (Reformation Church)  
adding an EMOTIONS ORIENTATION (Pentecostal/Charismatic Church)  
towards a SUBMISSION of WILL ORIENTATION (Mature Church)  
at the end of the age.**



## **THE SOUL**

### **THE ESSENCE OF MAN**

The soul is that part of our being that reveals us as an individual. The world often tries to identify us by our physical form but in reality, it is our soul, (our personality, nature or character) that is the essence of our being, the part of us which God wants and wants in its entirety.

Since man lost the vital balancing influence of God's Spirit on his soul at the time of the fall, he has been and still is, subject to a continuing, one-sided barrage of influence from satan (as demonstrated in the previous illustration). He is born sinful (as a result of Adam's fall) and naturally lives a sinful life. The balance in his life can only be re-established by rebuilding his relationship with God. God has stipulated that the only way acceptable to Him of mending this relationship is through man establishing a personal relationship with His Son, Jesus Christ.

Man's 3 part soul is a reflection of his 3 part body, made in the likeness of a 3 part God and consists of:

<b>The Soul.</b>	<b>Under Satan's Influence</b>	<b>Under God's Influence ( through faith in Jesus)</b>	<b>Confirming Scripture</b>
<b>MIND</b> (thinking)	Natural sinful thoughts	Centred on HOPE of the glory to come in eternal life.	1Thessalonians 5:8b 'and the hope of salvation as a helmet '
<b>EMOTIONS</b> (feelings)	Self-centred, personal pleasure.	Centred on FAITH, belief in the grace of God and the saving power of Jesus.	Ephesians 3:17 'so that Christ may dwell in your hearts through faith.'
<b>WILL</b> (doing)	Self achievement	Centred on LOVE, both for God and for mankind.	John 15:9-14[v12]'My command is this : Love each other as I have loved you' (v 14) 'You are my friends if you DO what I command'.

### **WHICH PART OF THE SOUL IS THE MOST IMPORTANT TO GOD?**

1Corinthians 13 : 13 ' And now these three remain: faith, hope and love.  
But the greatest of these is love.'

***The greatest problem of contemporary Christians and the Church as a whole is:***

- a. That they believe the **facts** about Jesus in their **mind** and
- b. They have **faith** in Jesus in their **hearts** as expressed through their **emotions** but
- c. They are **not** prepared to commit their will, their total being, to the **love of God** and **the love of their fellow man**. (Good works)



**Salvation is obtained through God's grace alone.  
However to be proven to be real,  
true salvation must also be reflected in love,  
in commitment, both to God and to our fellow  
man. Ephesians 2: 8-10.**

Jesus has warned man about the consequences of the shallow, low commitment style of faith and salvation so often found in the christian church today.

Don't believe me - look at what it says in the Bible!

**The Wide and Narrow Gate.** ([Matthew 7:13-14) 'Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.'

**The Narrow Door.** (Type of Christians - ate and drank with you , i.e. communion)  
(Luke 13: 22-29) vs 26-27 ' Then you will say, "We ate and drank with you, and you taught in our streets." but he will reply "I don't know you, or where you are from. Away from me all you evildoers." '

**The Sheep and the Goats** (showing love to God's people)  
Matthew 25:31-46. Vs 45-46 ' I tell you the truth, whatever you did not do for the least of one of these, you did not do for me. Then they will go away to eternal punishment, but the righteous to eternal life.'

**Religious Form.** (Matthew 6:1-18) Vs 5 'And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full.'

**One Master.** (Matthew 6:19-24) Vs 24 'No-one can serve two masters. Either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve both God and money.'

#### Matthew 7:21

Have you entered the Door of Salvation by being a  
'doer' or are you just a thinking and feeling Christian?  
(You think you feel you might do it some day!!)  
Only by doing God's will for you, will you enter the  
Kingdom of God.

Matthew 7: 21 'Not everyone who says to Me "Lord, Lord" will enter the Kingdom of Heaven, but only he who does the will of My Father, who is in Heaven'



## **How Is Man To Live?**

### **Old Testament . (Covenant)**

External Laws (written on stone) given by God to Moses and known as the Ten Commandments. (Exodus 20 : 1-17)

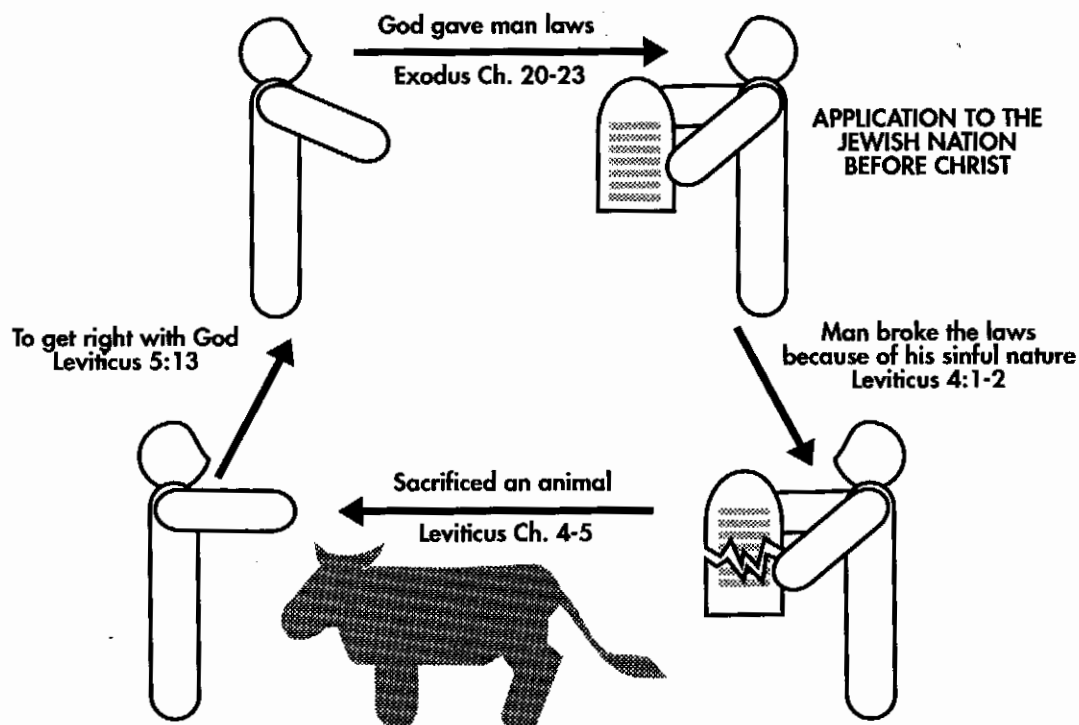
#### **Man's Relationship With God.**

1. No other gods before God.
2. You shall not worship idols.
3. You shall not blaspheme God's name.
4. You shall keep the Sabbath holy.

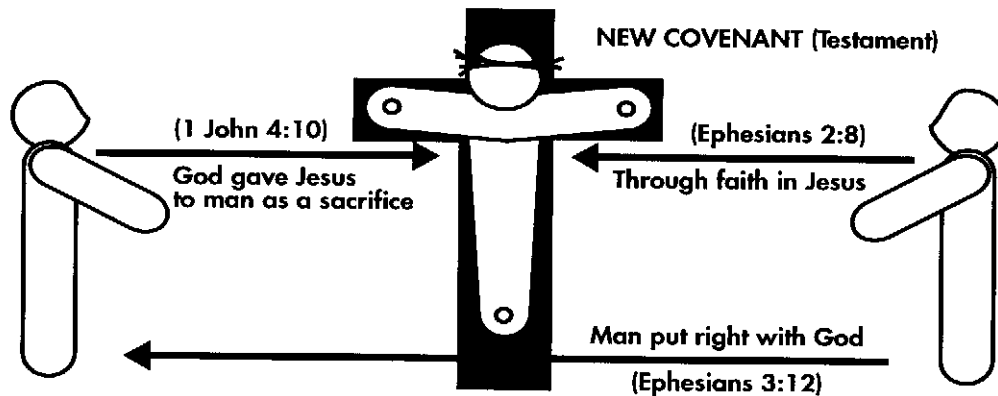
#### **Man's Moral Behaviour.**

5. Honour your father and mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not lie.
10. You shall not desire other's possessions.

#### **These are the Laws of Outward Religion.**



A never ending circle of sin requiring never ending sacrifices to make peace with God.

(NEW COVENANT ,Testament)

*Salvation is a free gift from God, which is to be reflected in the commitment of our life to Him. There is no easy salvation. (Hebrews 10 : 36)*

*This is reflected in:*

## **The Commandments of Jesus.**

### **The Greatest Commandment.**

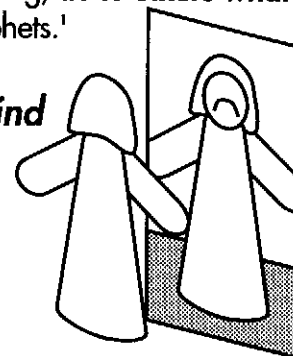
'The most important one,' answered Jesus, 'is this. Hear, Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul (life or will) and with all your mind and with all your strength.' The second is this: Love your neighbour as yourself' There is no greater commandment than these." (Mark 12 : 30-31, Matthew 22 : 37-39, Luke 10: 27)

### **The Golden Rule**

#### **A Guideline For Daily Decisions**

The so-called Golden Rule is found in a negative form in many other religions, e.g. Hinduism, Buddhism, and Confucianism, and in various ethical teachings, e.g. Greek and Roman. Jesus however stated it in a positive form in Matthew 7 : 12 'So in everything, **do to others what you would have them do unto you**, for this sums up the Law and the Prophets.'

**Look at everything in the mirror of our mind  
before we do it.  
If we don't like what we see,  
don't do it!**

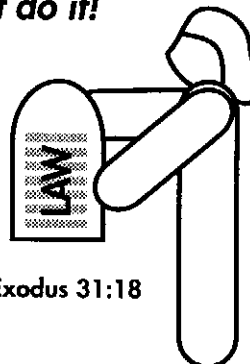


### **Old Covenant (Testament)**

1. Lived according to an **External Law**.
2. Sinful nature meant man kept on sinning.
3. Individual sins forgiven through the sacrifice of blood - a continuing process.

Exodus 31:18

**Obedied the law because they were TOLD to.**

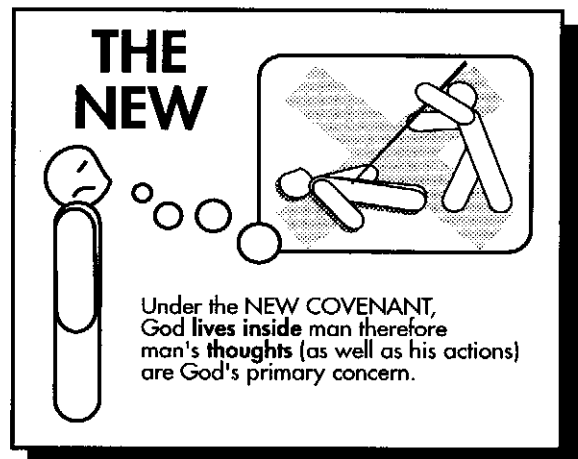
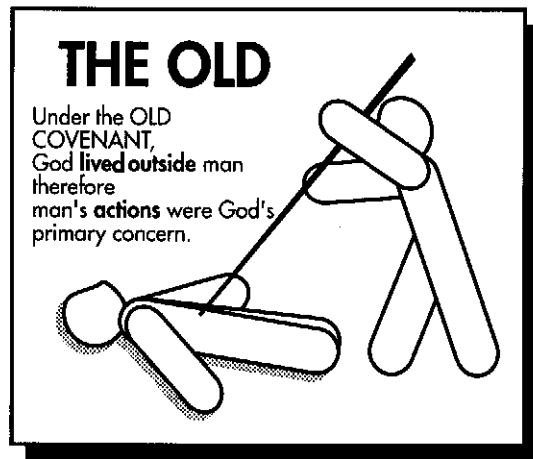
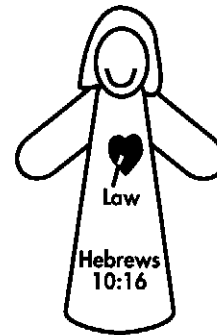




## **New Covenant (Testament)**

1. We can now live (through faith in Jesus) by an Internal Law written on our hearts.
2. Our sinful nature means we still keep sinning (but there is an answer).
3. All our Sin is forgiven through the once only sacrifice of Jesus on the Cross.

**Obey the law because we WANT to.**



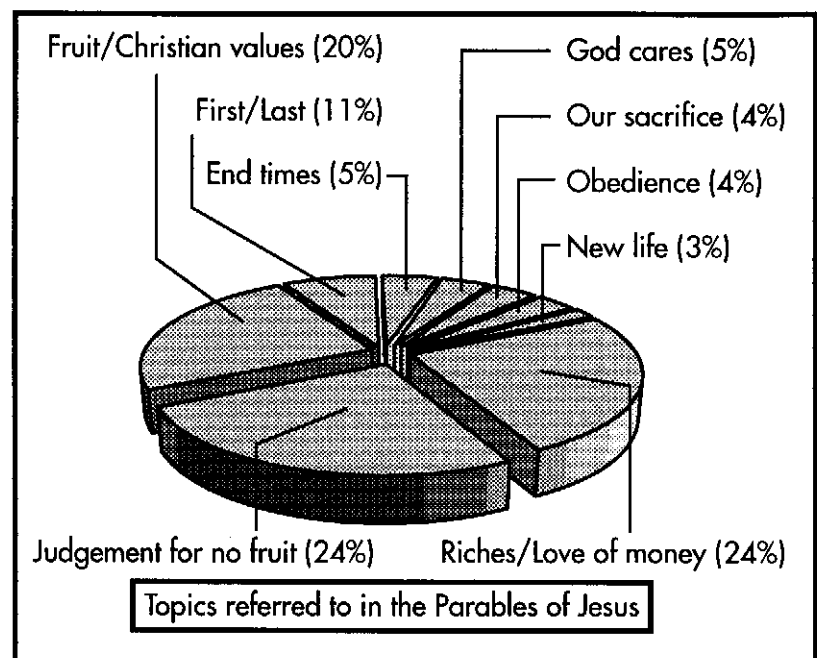
## **The Parables of Jesus**

### **His Secret Messages To Us His Followers**

Jesus often spoke in parables to reveal God's truths to those then and now who were and are 'spiritually aware'. The parables (story with a hidden meaning) mean

little or nothing to the non-believer but for the Christian are magnificent jewels of spiritual truth. Being directed specifically at believers, they reveal God's concerns for His followers.

It is therefore both interesting and important to analyse the general themes of the parables to get an over-all picture of the teachings Jesus was endeavouring to get across to those who follow Him. By this method we may get a better understanding of God's requirements of us as we walk with Him, the results of not walking in His path, and the main problems we are likely to encounter along the way.





## **The 3 Dominant Themes of the Parables**

### **1. Riches / Love of Money.**

The biggest threat to an individual's ability to live for God is the love of wealth and money (whether you already have it and are trying to keep it, or you are striving to get it!) Jesus frequently stated the basic truth that it is far easier for the poor and weak to find the way of salvation than the rich and famous. We cannot serve 2 masters, God and money.

***Where do you stand?***

### **2. Fruit / Christian Values.**

The only sign of a genuinely saved believer is the production of 'good fruit' in their life. Salvation MUST be reflected in action!

***Where do you stand?***

### **3. Judgment for No Fruit.**

The picture is very clear. If the tree does not produce righteous fruit there has been no salvation. Unless you live the life you believe in you are not saved and will not have received God's gift of eternal life.

***Where do you stand?***

***'Easy Believer' Christianity with one foot in the world and the other in the Church results in Eternal Damnation..  
Eternal Life begins at Salvation (1 John 5:11)  
and God requires us to live that life from  
the day we are saved. Half measures and compromises  
are not acceptable to God.***

## **25 Specific Commandments of Jesus**

The four Gospels contain the specific commandments of Jesus to us.

Not clearly and simply listed, as are the outward laws of the Ten Commandments, they are found among the teachings of Jesus for those who have a heart to seek them.

('He who seeks finds' - Luke 11: 10)

The 25 commandments relate to:

- Salvation (8),
- His Moral Code (6)
- Living the Christian Life (13)

and are listed on the next page.

# **25 SPECIFIC COMMANDMENTS OF JESUS**

## **RELATING TO SALVATION**

1. REPENTANCE Of sins  
(Matthew 4 :17 etc...Luke 15 :7-10)
2. JESUS- THE ONLY WAY to God  
(John 10:9,25, 14 :6)
3. Be BORN AGAIN  
(John 1 :13,3:3, 3:7)
4. ASK for, SEEK Salvation  
(Matthew 7 :7, Luke 11:10)
5. Be DILIGENT to find 'The Way'  
(Matthew 7:13-14, Luke 13:24)
6. Be READY for the LORD'S RETURN  
(Mark 13:33, Matthew 25:13)
7. WATCH out for False Prophets  
(Matthew 7: 15-21)

## **LIVING THE CHRISTIAN LIFE**

1. LOVE everyone - friends and enemies  
(Matthew 5 :43-4, Luke 6 :27-28)
2. GIVE ALMS to the poor SECRETLY  
(Matthew 6:2-4)
3. PRAYER a. Pray in SECRET (Matthew 6:5-6, Mark 12:40)  
b. The LORD'S (perfect) PRAYER  
(Matthew 6:7-13, Luke 11: 1-4)
4. FORGIVE a. OTHERS to obtain forgiveness (Matthew 6:14-15)  
b. ALL THE TIME (Matthew 18:21-22)
5. FAST in secret  
(Matthew 6:16-18)
6. SEEK HEAVENLY not earthly WEALTH  
(Matthew 6 :19-24, Luke 12:21, 16:13)
7. Do NOT WORRY  
(Matthew 6: 25-34, Luke 12:22)

## **MORAL CODE**

1. No MURDER or ANGER  
(Matthew 5 :21-22)
2. No ADULTERY or LUST  
(Matthew 5:27)
3. No DIVORCE  
(Except for marital unfaithfulness)  
(Matthew 5:32, 19:9, Mark 10:10-12  
Luke 16:18)
4. No SWEARING  
(Matthew 5 :34-5)
5. Do not seek RETRIBUTION  
(Matthew 5:38-42)
6. OBEY MAN'S LAWS  
(Except where contrary to God's law)  
(Matthew 22:21, Mark 12-17  
Luke 20:25)

8. JUDGE OTHERS and you will be JUDGED (Matthew 7 :1-6)
9. SPREAD THE WORD of God (Matthew 28:19, Mark 16:15-16)
10. Be HUMBLE (Matthew 18:1-5, Mark 9:33-37 Luke 14: 11, 18:14)

11. USE your God given ABILITIES (Matthew 25 :28-29,  
Luke 19:26)
12. SPECIAL LOVE for OTHER CHRISTIANS  
(John 15:12-13, 17; 13:34)



# **THE MOST PERPLEXING QUESTION OF ALL!**

## **HOW DO I KEEP JESUS'S COMMANDMENTS?**

We have made our decision for Jesus. We really want to live by His commandments but we so often fail. We all face this difficulty. It is the ultimate challenge of living the Christian life. The problem is not new. It was even faced by the Apostle Paul (Romans 7:7-25).

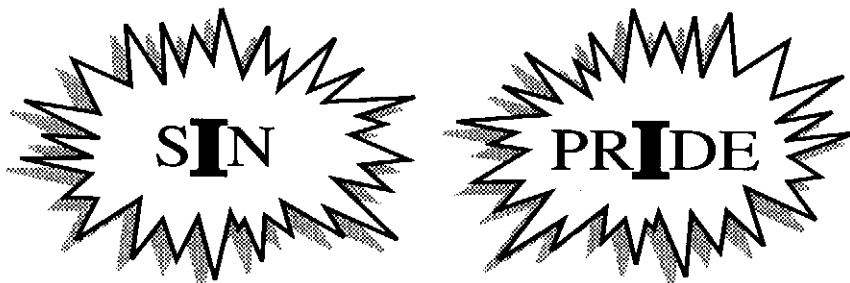
v15 'I do not understand what I do. For what I want to do I do not do, but what I hate I do'

v20 'Now if I do what I do not want to do, it is no longer I who do it, but it is sin that is living in me that does it.'

*At salvation our SINS (sinful acts) are forgiven but our SIN (sinful nature) remains. Overcoming our sinful nature is the ultimate challenge of living the Christian life.*

## **The Sin Question**

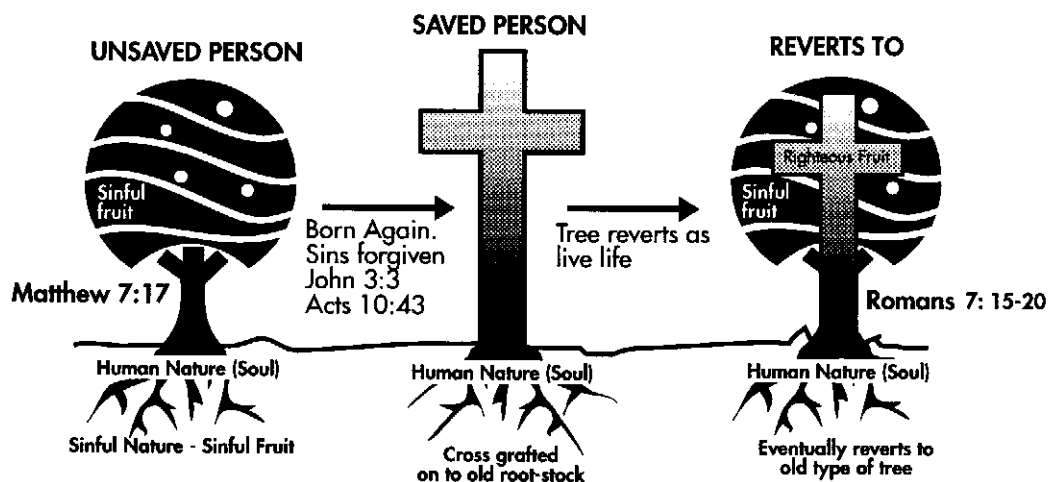
A great coincidence! The middle letters of two of the words that best describe our human condition!



*The answer to the sin question revolves around removing the 'I' from our lives. Easily said, hard to do!*

This is illustrated in the Bible by comparison to fruiting trees.

### **THE EFFECT OF SALVATION**



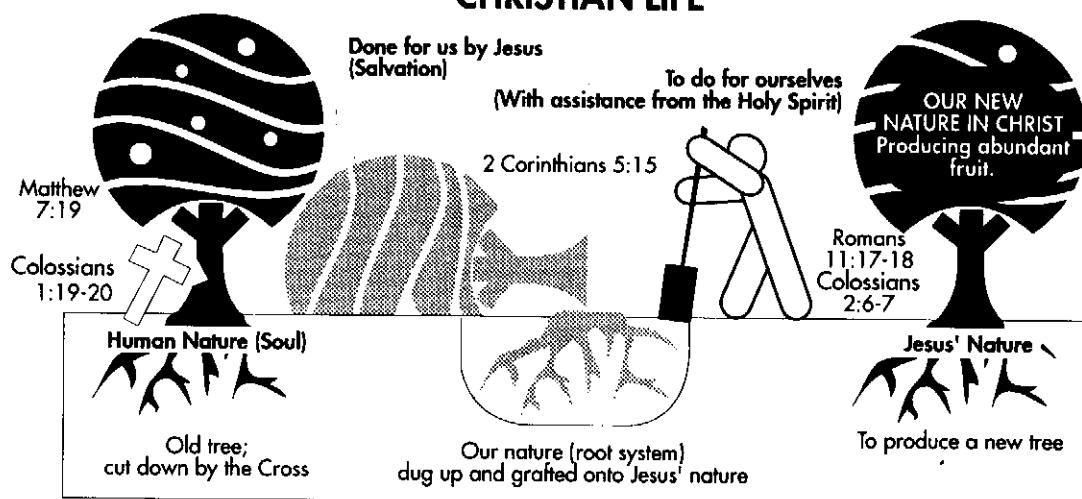


Has this been your experience? As the initial fire and enthusiasm of salvation has died down, have you reverted back to many of your old ways, as a grafted tree eventually reverts back to its original rootstock?

## **The Answer**

Galatians 2:20 'I have been crucified with Christ, and I no longer live but **CHRIST LIVES IN ME.**'

### **THE CHALLENGE OF LIVING THE CHRISTIAN LIFE**



Romans 12:1-2

Therefore I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - This is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.'

***Many 'Christians' are prepared to accept the free gift of salvation for their soul, but are not prepared to sacrifice themselves to Jesus in return for the sacrifice He made for them. This is necessary to determine God's will for us. (Romans 12:1-2) Obeying God's will is in turn necessary for us to get to heaven. (Matthew 7:21)***

There is no such thing as  
'EASY CHRISTIANITY' (salvation without sacrifice.)  
True salvation **MUST** be reflected  
in submission of self to Christ's will.



# **THE ACTS OF THE DISCIPLES**

## **A PUZZLE**

### **Before Jesus Died**

In spite of having what we would see to be the incredible advantage of living with and being taught by Jesus, the disciples were a pretty motley lot, showing a remarkable lack of understanding about the teachings of Jesus (e.g. Luke 18:34).

On occasions they displayed a considerable lack of faith e.g. 'Doubting' Thomas, (John 20:24-31) and endurance (falling asleep in the Garden of Gethsemane, Matthew 26:36-46). Peter even ultimately denied knowledge of the Lord 3 times. (Matthew 26:69-75).

Had they been alive today exhibiting this behaviour, they certainly wouldn't have been considered 'exceptional Christians'!

### **After Jesus Died**

The disciples, now apostles (i.e. church planters), underwent an amazing transformation, when together with the Apostle Paul (not one of the original 12) and some other followers of Jesus, they changed the face of human history for all time, while undergoing and withstanding persecution, prison, and for many, ultimately martyrdom. Peter for example, denied Jesus 3 times before the crucifixion but finally sacrificed his life for his beloved Saviour around 65 A.D., during the reign of the Roman Emperor Nero.

A group of very ordinary men had suddenly become a dedicated army of inspirational and highly effective Christian workers, prepared even to die for their Lord. Had they been alive today they would have been considered to be truly outstanding Christians, willing and able to change the face of the world.

## **What Made The Difference?**

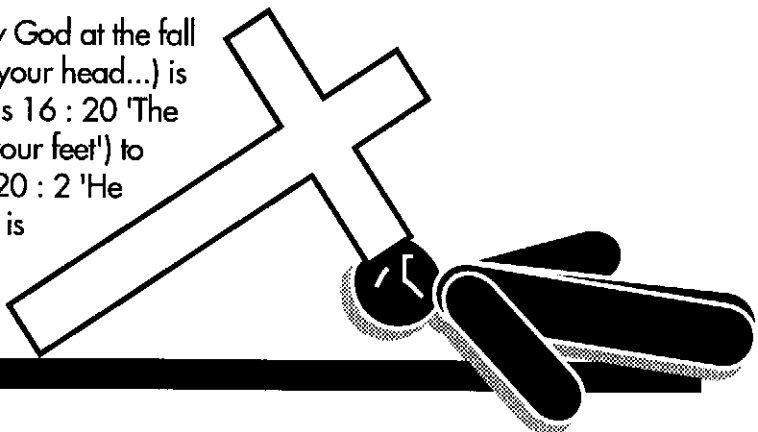
# **GOD'S PROVISION FOR HIS OWN**

## **THE HOLY SPIRIT.**

### **Satan's No. 1 Enemy.**

The Holy Spirit is Satan's No.1 enemy. Satan realises only too well the supreme power of the Holy Spirit in the battle between God and himself, between good and evil, between heaven and earth; between life and death.

Satan, defeated at the cross, as promised by God at the fall of man (Genesis 3:15 'He (Jesus) will crush your head...') is living out his inevitable death throes (Romans 16:20 'The God of peace will soon crush Satan under your feet') to be fulfilled upon Christ's return (Revelation 20:2 'He seized the dragon, that ancient serpent who is the devil, or Satan, and bound him for a thousand years') ...See later study for more details.



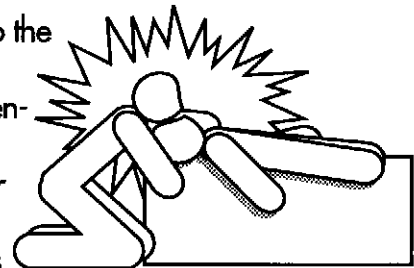


Because of this understanding and hatred, Satan is 'hellbent' on nullifying the influence of the Holy Spirit by having Christians argue amongst themselves concerning the realm of the Holy Spirit in Christians lives, and in the Church, something he could not accomplish in any other way. And we fall for it! How sad it is and how God must be grieved by our sorry behaviour.

Let's set aside our preconceived notions and convictions, be tolerant of others with differing views, while searching God's Word, the Bible, for the marvellous truths God is waiting to reveal to us. Then let us pray and wait upon the Holy Spirit to reveal himself to each one of us.

### Adam and the Holy Spirit.

It was God's intention from the creation, when He 'breathed life' (Genesis 2 : 7) into Adam, that man should walk with Him 'in the garden in the cool of the day' (Genesis 3 : 8) Adam being sinless was filled with the Holy Spirit to the measure we will only be able to experience when we also become sinless. When Adam sinned he was banished from the garden (Genesis 3: 23) and he lost the fellowship with God he had previously enjoyed. Mankind therefore, through their decision to exercise their right of choice and to sin, lost the third part of their makeup, their spirit, the Holy Spirit that had lived inside Adam (remember, man's makeup of body, soul and spirit). Why? Because God is not prepared to live with sin.



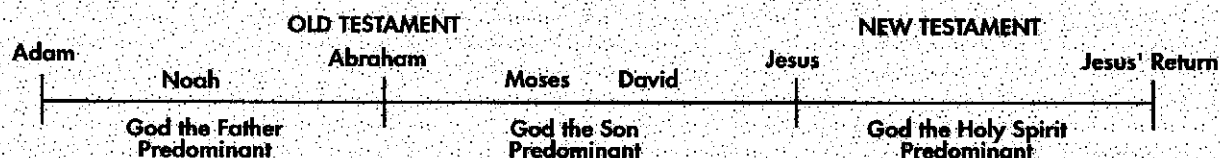
It was not until Jesus came to free man from sin through belief in Him, that God, in the form of the Holy Spirit, was prepared to live inside of man once again.

### The Holy Spirit in a Nutshell.

1. When Adam (mankind) sinned we lost communion with God.
2. God will not live with sin.
3. Only when we have our sins forgiven through belief in Jesus will God once again dwell inside us in the form of His Holy Spirit.

## The Unveiling of the Holy Spirit.

The Bible progressively reveals the 3 part mystery of the Godhead as shown in the timeline below.



This progressive revealing of the 3 aspects of God's nature is one of the wonders of the Bible, yet is misunderstood by many Christians today, who see the Old Testament as revealing God the Father, the New as revealing Jesus with the Holy Spirit just tacked on somewhere at the end. An important part of Jesus' ministry was to re-introduce the Holy Spirit (lost when Adam and Eve sinned) to mankind to be available to dwell within born again believers until Jesus returns in victory!



For our purpose we can look at this re-introduction as being in 3 stages (the number of God). While these 3 events can be interpreted in different ways, they do follow a logical pattern in the preparation of God's people for the culmination of the Holy Spirit's return to mankind at Pentecost.

### **1. Before His Death - The Promise of Jesus.**

John 14 : 16-17a 'And I will ask the Father and He will give you another counsellor to be with you forever - the Spirit of Truth.' v26 'But the Counsellor, the Holy Spirit, whom the Father will send in My Name, will teach you all things and will remind you of everything I have said to you.' Words of comfort given to the disciples in the upper room on the night in which Jesus was betrayed. One imagines the disciples having difficulty understanding what Jesus meant, as indeed people still do today.

### **2. After His Resurrection - The First Taste.**

John 20 : 22 'And with that He breathed on them and said, 'Receive the Holy Spirit' '.

A symbolic limited gift of the Holy Spirit to:-

- a. Signify the Holy Spirit was now to be available to mankind again as it was to Adam, through Jesus' defeat of Satan (sin) on the cross. (God breathed life into Adam, Jesus breathed on the disciples.)
- b. Give the disciples encouragement and support to wait for the full outpouring of the Holy Spirit at Pentecost.

### **3. After His Ascension - The Return of the Holy Spirit to Man**

Acts 2 : 3-4 'They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.'

The day of Pentecost marked the beginning of the Spirit phase of God's work amongst his people on the earth.

Q. What made the disciples changed men?

A. The power of the Holy Spirit transformed the disciples from very ordinary men into apostles who changed the course of Human history.

Q. How can we live the life demanded of us by Jesus?

A. Only by allowing the Holy Spirit to take over our life.

## **SALVATION AND THE HOLY SPIRIT**

### **EASY CHRISTIANITY.**

"Easy Christianity", promoted in many churches today, focuses on "Salvation", the making of a decision for Christ, as being the only necessary requirement for being a Christian and receiving eternal life. Subsequent behaviour is not considered to be very important. Taken to the extreme, provided you are "Born Again" you can just about do what you like and still receive eternal life. Easy Christianity is based on receiving God's free gift of Salvation without requiring any sacrifice from the receiver. It promotes the "fairy godmother" principle of God giving free gifts without making any demands upon the recipient in return.

**EASY CHRISTIANITY IS BASED ON RECEIVING.**





## **Biblical Christianity**

Biblical (or hard) Christianity begins with salvation but culminates in our submission to God's will, freely given as our personal sacrifice to our Almighty Saviour for His great goodness and mercy to us.

**True salvation is reflected in a changed life.**

This cannot come about from our own human resources but only through letting the Holy Spirit permeate and take over our life.

God gives us the means of changing our life - the power of the Holy Spirit living within us.

**But He requires us to utilize this power to transform our own lives into the image of Jesus!**

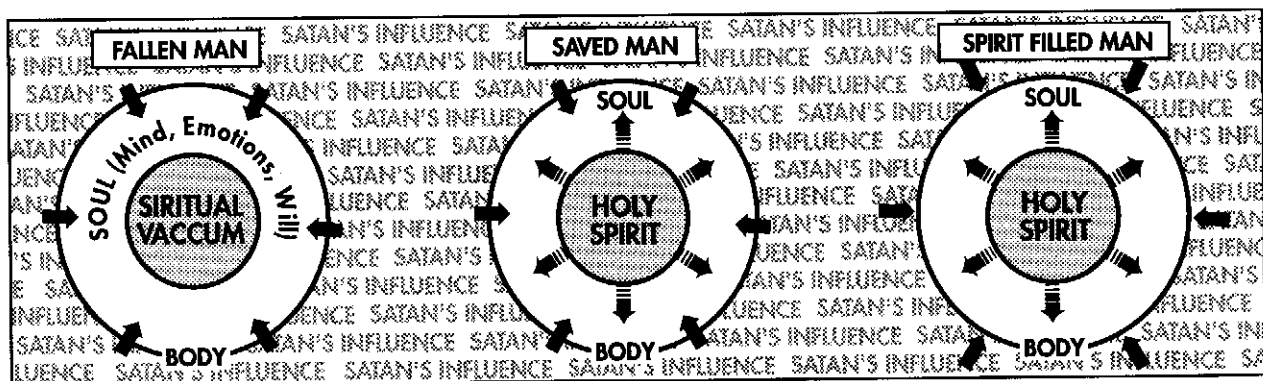
**Biblical Christianity is Based on Giving.**

## **BEING FILLED WITH THE HOLY SPIRIT.**

Avoiding theological issues altogether, practical experience tells me that the best way of describing the empowering of the Holy Spirit is -

## **Our Release of the Power of the Holy Spirit Into Our Soul [Mind, Emotions and Will]**

This can happen at conversion, at a later stage in our Christian walk, or at different times during our life. This experience can perhaps be most clearly explained in diagrammatic form.

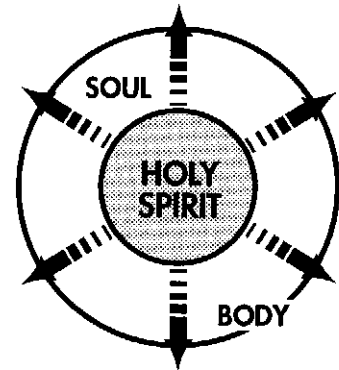


1 Thessalonians 5 : 23-24 'May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it.'

***It is not enough to receive the Holy Spirit into our life.  
The Lord requires that we allow His Spirit  
to permeate our soul and our body  
so that we might achieve perfection in Christ.***

## **The Glow of the Holy Spirit**

Do you know that special person who seems to glow with the presence of the Holy Spirit? They have let the Spirit so permeate their soul [life] that His glory can then be reflected through their body!



## **Why the Holy Spirit?**

The Bible gives us 4 reasons why God in His Almighty wisdom, grace and love chose to dwell in us in the form of His Holy Spirit.

### **1. As the Sign of Salvation.**

Ephesians 1 : 13b 'Having believed, you were worked in Him with a seal, the promised Holy Spirit.'

-the presence of the Holy Spirit in our life distinguishes us as Christians from the non-Christian.

### **2. As the Promise of Future Glory.**

Ephesians 1 : 14 'who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession - to the praise of His glory.'

- the presence of the Holy Spirit in our life, tremendous as it is, is only a small foretaste of what is to come in heavenly glory!

### **3. As the Sign of Having Received Eternal Life Now!**

John 3 : 36a 'Whoever believes in the Son **HAS** eternal life.'

1 John 5 : 13b 'so that you may **KNOW** that you have eternal life'

- the promise that our soul lives with Him **NOW** and **FOREVER**.

### **4. To Help Us Develop the Character of God.**

John 14 : 26a 'But the Counsellor, the Holy Spirit, whom the Father will send in My Name will teach you all things'.

John 15 : 16a 'You did not choose me but I chose you and appointed you, to go and bear fruit - fruit that will last.'

- being a part of God, we are expected to develop His character in our lives.

**The Holy Spirit Is God Living In Us.**



## **HOW DOES THE HOLY SPIRIT COMMUNICATE WITH US ?**

### **1. THE REALITY OF THE HOLY SPIRIT.**

How real is the Holy Spirit to you?

How would you answer these questions?

- ☐ a. Do you believe He lives in you because the church tells you so, but you have not had any real personal communication with Him.
- ☐ b. Do you know He exists because you have been given one or more spiritual gifts, which you can utilize as and when you wish?
- ☐ c. Do you know the Holy Spirit as your personal guide, friend and teacher and rely on Him to lead you through life day by day?

### **Biblical Responses.**

- a. Matthew 15 : 7-9,      Matthew 7 : 13-14.  
 b. Matthew 25 : 1-13,      Matthew 7 : 21-23,      Matthew 24 : 45-51  
 c. John 14 : 26,      John 15 : 26-27.

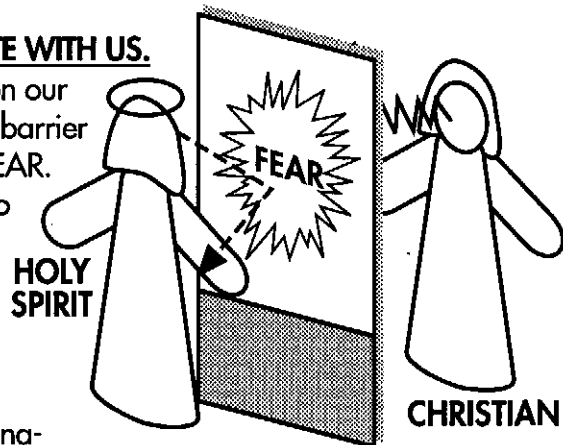
### **2. A REAL SPIRIT WHO REALLY DOES COMMUNICATE WITH US.**

The Holy Spirit's communication with us is dependant on our willingness to be open to Him. Many Christians erect a barrier between themselves and the Holy Spirit - a barrier of FEAR.

Why fear? Because deep down most of us don't want to be challenged, don't want to change the way we live our lives. We are afraid of what we might hear, what might be requested (not commanded) of us

if we opened ourselves up fully to His leading. Most of us don't like stepping into the unknown, to let another guide our lives. This is particularly so for men, who by nature, generally seek a dominant position in their relationships with others. A woman's natural subservience (Genesis 3:16)

gives her a giant head start in forming this relationship, perhaps explaining why women are generally considered to be the more spiritual and why there are more women than men in the church. In general a woman is more open to placing her faith and trust in the Holy Spirit.



### **3. WAYS THE HOLY SPIRIT COMMUNICATES WITH ME.**

Our personal relationship with the Holy Spirit is an individual thing. Just as we all communicate differently within marriage, so we all have differing relationships with the Holy Spirit. In my natural nature, I am not an empathetic person [ask my wife], nor one who is willing to be subservient to authority or respecting of it! To be open to the Holy Spirit has therefore meant big changes in my life, has been, and continues to be, a real step of faith for me. I am sharing some of the ways He communicates with me, not because they will all necessarily apply to you, but as an indication of some of the methods the Holy Spirit uses to lead those who are open to His guidance.

Are you prepared to take down the 'barrier of fear' that protects your life?



### 1. Dreams, Visions

I do not remember dreams! Yet one night I was given 4 dreams, relating to different areas of my life, that I will remember until the day I die. That's how clear they were! Something special. Not day dreams, not wishful thinking but specific encouragement (1, given first) and specific guidance (3) on areas of my life that required dealing with at the time.

***But most of the time He talks to me through the Bible.***

### 2. Word of Knowledge.

A word for someone that you just know is not of your imagination but is of God for them. These words are factual and of encouragement only, NOT critical or condemnatory.

***But most of the time He talks to me through the Bible.***

### 3. Direct Inspiration.

Words and tune of the song 'Lord Be With Me' given to me [not a musical person] at the conclusion of a phone call one morning as I was getting the kids ready to go to school. The words were written down in 10 minutes, the tune placed in my head for later penning by a friend who could convert it into a written musical form.

***But most of the time He talks to me through the Bible.***

### 4. Direct Instruction.

By the audible voice of the Holy Spirit, of the outline of a message I was to present to a church. It was given at a communion service and filled out during the hour following the service. This message was confirmed in several ways before it was given.

***But most of the time He talks to me through the Bible.***

### 5 Through Another Person.

Near the conclusion of my preparation for this message I was given a verse by another person, that had been given to her to give to me. She didn't know what I was saying or why she was to give it to me. It completed the message perfectly!

***But most of the time He talks to me through the Bible.***

### 6 Through Opening Doors.

The pastor involved confirmed the message and allowed his pulpit to be used for its presentation.

***But most of the time He talks to me through the Bible.***

### 7. Placing Matters On My Mind.

This course was gradually put on my mind over a period of time. It is extremely important however to be able to discern what is of the Spirit and what is of ourself. We are experts at deluding ourselves into thinking that what we would like for ourselves is what

God wants for us! We are great at telling God what we would like to do for Him, rather than waiting on Him to tell us what He wants to do with us! Usually the two things are quite different !

***But most of the time He talks to me through the Bible.***



### **8. Waiting on the Lord.**

The Lord told me he wanted me to do this ministry but I didn't have a clue where to start! I got desperate enough for inspiration just to place it in His hands and then sit and wait, in silence, for the Holy Spirit to instruct me. The story of the 2 Marathon Runners resulted. The story came on the first day, the interpretation the next.

***But most of the time He talks to me through the Bible.***

### **9. Prophecy On My Life.**

Difficult for me to subject myself to! Scared of what might be said! Had to put myself right with others before doing it! Was it worth it? Definitely yes! Prophecy however has to be lived out, the promises will not be fulfilled without effort on our behalf and with the continuing guidance of the Holy Spirit. The prophecy was given under the controlled conditions of a presbytery by two prophets unknown to me, each giving a similar message (agreement is necessary for the prophecy to be valid) and later confirmed elsewhere. Genuine prophecies are always encouraging, very often not spectacular, but always helpful and never critical.

***But most of the time He talks to me through the Bible.***

### **10. The Holy Spirit Quickening A Prophecy To Me.**

A prophecy was given by a pastor at a service relating to one person present, that the Spirit told me was for me.

***But most of the time He talks to me through the Bible.***

### **11. My Conscience. (Now Spirit)**

Telling me what I should do in a situation, when that old human nature tries to tell me to do something else!

***But most of the time He talks to me through the Bible.***

The way to develop a relationship with the Holy Spirit is through reading the Bible. He uses the Word to speak to us. If you earnestly seek Him He will find you!

## **4. Living With the Holy Spirit.**

It is very important to understand 5 things if we wish to build a close and meaningful relationship with the Holy Spirit.

### **1. The Holy Spirit is a 'Gentle'-man.**

He speaks in a quiet voice. He is an encourager. We need peace and quiet to hear Him. We need to develop the 'unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight'. (1Peter 3 : 4b)

### **2. We Don't Have To Do What the Spirit Says.**

Like a true gentleman, the Holy Spirit suggests but He doesn't compel us to act. We retain the freewill to do what the Lord asks of us or to refuse to do it, (Genesis 2 : 16-17) but at our future peril!



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1. Salvation is God's free gift which is to be reflected in faith and submission to receive eternal life.

2. Spiritual gifts are God's power in us which must be reflected in obedience to God's will to retain eternal life .  
(Matthew 7 : 21 -23)

## **What Are The Gifts Of The Spirit**

This subject is both vast and controversial. We can only briefly touch on these in this study.

The Gifts outlined in 1 Corinthians 12 : 8 - 11 are detailed here. Reference also needs to be made to Romans 12 and Ephesians 4.

### **\*1. Word (Message) of Wisdom**

'For wisdom is more precious than rubies and nothing you desire can compare with her' (Proverbs 8 : 11) 'Christ Jesus who has become for us wisdom from God' (1 Corinthians 1 : 30). The God given [not human] ability through inspired thought or vision, of how to deal with a particular situation or problem. e.g. John 8 : 7 'Casting the first stone.'

### **\*2. Word (Message) of Knowledge.**

A God given thought, impression, or audible voice of the Holy Spirit. 'and He (the Holy Spirit) will tell you what is yet to come.' (John 16 : 13b)

### **3. Gift of Faith.**

'Consequently, faith comes from learning the message and the message is heard through the Word of Christ' (Romans 10 : 17). The gift of faith is the God given ability to have absolute assurance that God will do what He promises.

### **4. Gift of Healing.**

'they will place their hands on sick people and they will get well' (Mark 16 : 18b)  
Healing is the God given gift through absolute faith by the healer, and repentance by the sick person, for God to bring about a process of healing over a period of time at His will.

### **5. Gift of Miraculous Powers.(Miracles)**

This is generally associated with instant healing (John 14 : 11-12) and is the power to do miracles, through faith, by the power of the Holy Spirit moving through one person to another to give immediate healing.

### **\*6. Gift of Prophecy.**

'But everyone who prophesies speaks to men for their strengthening, encouragement and comfort' (1 Corinthians 14 : 3). This positive, encouraging prophecy is for the edification of the church. Everyone is encouraged to seek this gift (1 Corinthians 14 : 31). It consists of thought, visions or audible words put into the mind by the Holy Spirit for sharing with our brothers and sisters in Christ.

### **7. Distinguishing Between Spirits.**

A person is enabled to distinguish between spirits through a thought, vision, impression or voice from the Holy Spirit, making us aware of the fact that a person, or ourselves, is under the influence of spiritual forces. 'In the Name of Jesus Christ I command you to come out of her! At that moment the spirit left her.' (Acts 16 : 18b).



### **8. Gift of (Public) Tongues.**

'Do not forbid speaking in tongues' (1 Corinthians 14 : 39b) A maximum of 2 - 3 messages per meeting (1 Corinthians 14 : 27 - 28) which must be interpreted or else not given. This is to be distinguished from the private use of tongues.

### **\*9. Interpretation of Tongues.**

'Unless he interprets so that the church may be edified' (1 Corinthians 14 : 5b) An interpretation (not translation) of a tongue message is given through the power of the Holy Spirit by thought, impression, voice or vision.

\*All gifts involving a communication with God need to be:-

- a. made in the context of a meeting.
- b. checked out.
- c. subject to correction.

Unfortunately man's mind can wilfully or mistakenly get in the way of communication with the Holy Spirit and it is therefore very important that the speaker be open to correction by others with a similar gifting.

## **The Tongues Controversy**

The area of speaking in tongues is a potent weapon that Satan uses in his battle to turn christian against christian and church against church, therefore reducing our effectiveness in the fight against him.

Experts argue with great vehemence that speaking in tongues either is, or is not, a necessary sign of a Spirit-filled christian. It is not my intention to enter these arguments from a theological viewpoint. My practical, personal experience and observation of others has taught me:-

1. Speaking in tongues is a sign of the release of the Holy Spirit into your soul and is experienced by the majority of Spirit-filled believers.
2. The private speaking in tongues should be encouraged among believers as it adds an extra dimension to our spiritual life.
3. The true sign of a Spirit-filled believer however, is the production of the fruit of the Spirit in our life. (see next study).
4. To prevent satan from destroying the church, all christians need to exercise tolerance of others' points of view on this subject.

## **The Power of the Tongue**

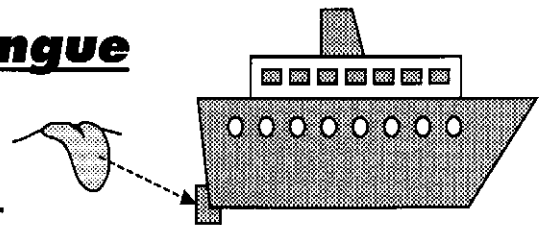
**Revelation 12 : 11 They overcame him (i.e. satan) by :**

1. The blood of the Lamb (i.e. Jesus).
2. By the word of their testimony. (ie Holy Spirit)

***As a rudder steers a ship so the tongue reflects our religion (James 3 : 4-5)***

The tongue is the most dangerous organ in our body, getting us into more trouble than any other. It is impossible for us to control our tongue by our human nature. It is only through the power of the Holy Spirit that our tongue (giving the word of our testimony) can be harnessed to steer our ship (body) so that our words and our actions are in harmony, totally focused on our Lord.

'Dear children, let us not love with words or tongue but with actions and truth' (1 John 3:18)



**The Word Of Our Testimony Is To Be Reflected In What We Do  
Rather Than In What We Say We Do!**





# **THE TWO MARATHONERS**

## **PART 2.**

### **The Training. ( \_\_\_\_\_ b)**

.a. Jeremy Jogger ( \_\_\_\_\_ 17) Jeremy went home that night feeling just great. The next morning, as he was reading the newspaper in bed, he saw an advertisement for a SELF MOTIVATION ( \_\_\_\_\_ 18) seminar. 'What a good idea,' he thought, 'This will help me become a really good MARATHONER'. ( \_\_\_\_\_ 2) Jeremy went along to the course and was full of enthusiasm for the SPEAKER ( \_\_\_\_\_ 19) and for the marathon he was going to run.

In his enthusiasm, the day after the course concluded he went along to the MARATHON CLINIC ( \_\_\_\_\_ 20), a group of 'SERIOUS MARATHONERS'. ( \_\_\_\_\_ 21). He came home deflated. 'These girls and guys were so serious. All they talked about was running their marathon. They really seemed to enjoy it but I didn't find it any fun at all. I won't go back there again.'

One evening a few days later, over an ALE ( \_\_\_\_\_ 1.) at his local pub - a very nice atmosphere it had too - one of the other PATRONS ( \_\_\_\_\_ 22) suggested, 'Why don't you go and join the HASHHOUSE HARRIERS. ( \_\_\_\_\_ 23) They don't take their RUNNING ( \_\_\_\_\_ 24) too seriously. They really enjoy a few beers and I am sure they will make you really welcome. I have heard that they can do with new members.'

Jeremy went along and found it was just what he wanted. After a GENTLE RUN ( \_\_\_\_\_ 25) the members came back, had an ALE ( \_\_\_\_\_ 1) or two together and reminisced about past days of glory. They also spent time ruminating over what they had DONE WITH THEIR DAY ( \_\_\_\_\_ 26) and debating heatedly amongst themselves which were the most successful TRAINING METHODS. ( \_\_\_\_\_ 27) There was a small group of SERIOUS RUNNERS, ( \_\_\_\_\_ 21) but they tended to keep to themselves and were basically ignored by the majority. The TRAINING ( \_\_\_\_\_ 27) wasn't too hard and the social side was great. It really suited Jeremy and he was very happy there.

Waking up the morning after clubnights with a little bit of a HANGOVER, ( \_\_\_\_\_ 28) 'Nothing to worry about you know, nothing a COUPLE OF ASPIRINS ( \_\_\_\_\_ 29) can't fix', Jeremy occasionally did have his doubts. However he always remembered back to what the CHAMPION'S FRIEND ( \_\_\_\_\_ 7) had said. 'Just BELIEVE ( \_\_\_\_\_ 11) that you can do it and you will!' 'Yes, that's right.' Jeremy thought, 'I know it, HE ( \_\_\_\_\_ 7) told me so.' Sometimes in the minutes of throbbing before the ASPIRINS ( \_\_\_\_\_ 29) started working, his BELIEF IN HIMSELF ( \_\_\_\_\_ 30) did waver a little, but, as the ASPIRINS ( \_\_\_\_\_ 29) took affect, his self- confidence returned and he knew - well he almost knew - that because he BELIEVED ( \_\_\_\_\_ 11) he was a MARATHONER, ( \_\_\_\_\_ 2) he was one.



That was what the CHAMPION'S FRIEND ( 7) had said, wasn't it, wasn't it!  
 As R M Day ( 15) approached he tried a few LONGER RUNS.  
 ( 31) They didn't go too well but he thought to himself 'I know I'm in REASON-  
 ABLE SHAPE .( 32) It will be okay on THE DAY, ( 15)  
 won't it? The CHAMPION'S FRIEND ( 7) told me so didn't he? While I may still  
 have some excess FLAB ( 13) round those mystical middle areas and I might be  
 a LITTLE SLOWER ( 33)  
 than I could have been, had I done more TRAINING, ( 24) I am sure I will  
 make the FINISH, ( 34) won't I, won't I !? The CHAMPIONS FRIEND  
 did tell me so ! I heard him!!

**b. Roger Runner** , ( 35)  
 Roger Runner however, got home that night from being with his friend Jeremy Jogger and thought  
 to himself, 'Hey what is this I have committed myself to! I don't look like a MARATHONER',  
 ( 2) he said to himself as he felt those surplus ROLLS OF FAT  
 ( 13) round that mystical middle area! 'While I know it is important that I  
 believe I am a MARATHONER, ( 2)  
 I guess that as a first step I had better go on a DIET, ( 36) so that others will  
 also be able to see that I am one. I have known for a while that I was unhappy being a COUCH  
 POTATO, ( 10) but until hearing the CHAMPIONS FRIEND,  
 ( 7) I just didn't know what to do about it. I don't want to LIVE THAT LIFE-  
 STYLE ( 37) anymore. I now know I don't have to. The OLYMPIC CHAM-  
 PION ( 5) SHOWED ME THAT ( 38) by the way in  
 which HE WON THE RACE ( 39) HIS FRIEND, ( 7)  
 I remember, did say that as well as BELIEVING, ( 11) you still have to do  
 the TRAINING, ( 24) to succeed.  
 I have to admit I don't know too much about it all really, but I have said I WILL DO IT  
 ( 14) so I had better get some help.. But how? THE CHAMPIONS FRIEND  
 ( 7) didn't tell me that.

The picture of the CHAMPION ( 5) WINNING THE RACE  
 ( 39) inspired him though. Roger really wanted to be like HIM.  
 ( 5) With his dedication and determination, the answers to his problems soon  
 sorted themselves out. Roger wrote them down so that they would be there for future reference..  
 1. I will buy the BEST BOOK ON RUNNING. ( 40) It will show me WHAT  
 MAKES ME TICK, ( 41) how to prepare myself so I can FINISH  
 ( 34) the race safely, and show me the right TRAINING PROGRAMME  
 ( 24) to ensure I run the BEST TIME ( 46) possible for me.  
 2. I will ask my friend MONTY MARATHONER, ( 43) who has completed  
 TWELVE ( 44) marathons, if he would mind guiding me, advising me on a one  
 to one basis, about applying the TRAINING PROGRAMME ( 24) to my  
 special needs, and to give me encouragement and support when I need it.  
 3. I will go out and join the local MARATHON CLINIC ( 20) to enable  
 me to train with other MARATHONERS ( 2) so that we can MOTIVATE  
 ( 45) each other.  
 4. I will take notice of what I read and am told and I WILL DO IT. ( 46 )



Roger was true to his word. He ate BETTER ( 47) food, he studied his RUNNING BOOK ( 40) regularly and kept in touch with his friend MONTY MARATHONER. ( 43) Under their guidance ( 46) he steadily built up his TRAINING ( 24) until he was running 100 kilometres a week. He felt just great!

One day, however, he PULLED A HAMSTRING. ( 48) His world came to an end. He couldn't train - what could he do. He looked up his RUNNING BOOK ( 40) and sure enough, it told him WHAT TO DO ( 49) about the INJURY. ( 48) He spoke to his friend MONTY MARATHONER ( 43) who put him in touch with the best physio in town. He also shared his woes with his friends at the MARATHON CLINIC. ( 20) They quickly reassured him that they too had had similar injuries, but had come through them with no ill effect. In fact they would feel refreshed, and keener than before once the INJURY ( 41) had healed. It would just take time and patience. And so it was. After 10 days Roger was back at his training with more enthusiasm than ever, but also a little wiser. He made sure he did his HAMSTRING STRETCHING EXERCISES ( 50) thoroughly before each workout.

Then came the CHRISTMAS SEASON. ( 51) Roger was just so busy at work - everyone wanted everything yesterday! He also had to go to his wife's work Christmas party, to the children's school breakups, to buy presents and do the 1001 other things we all inevitably get involved with at Christmas time. There just weren't enough hours in the day. Something had to give. Yes, you've guessed it. It was Roger's training. It soon showed. The KILOS ( 13) started going back on again as the DIET ( 36) was put to one side - just for a while!! 'We all have to share in Christmas cheer don't we - just to make others happy,' Roger thought to himself. 'The CHRISTMAS SPIRIT ( 1) you know'. Roger got so involved with the spirit of Christmas that he remembered his TRAINING ( 24) less and less, until, when Christmas Day came, he had nearly forgotten about it altogether. After Christmas he took his family away for a holiday and they enjoyed themselves so much that he never gave his training a second thought.

Roger had been back home for a couple of days and things were beginning to settle back to normal again. He was really starting to relax. He went to the fridge, grabbed himself an ALE, ( 1) then went to sit down in his FAVOURITE ARMCHAIR. ( 52) Just as he sat down however, the phone rang. It was his friend and guide MONTY MARATHONER. ( 43) 'Haven't heard from you for a while, Roger. How is the TRAINING ( 24) going? 'Training, what training? Oh, I remember now, my marathon training. Look Monty, I have just been so busy with Christmas and doing things with my family, I haven't had any time to train,' Roger said in a terse, defensive voice. 'That's okay' said Monty softly 'It's your MARATHON ( 15) Roger. Just thought I would give you A CALL. I ( 55) If I can be any help you know how to get hold of me.' MONTY MARATHONER ( 43) hung up.



Roger glared down the earpiece of the phone as if expecting his 'ex-friend' Monty to jump out, grab him and force him back into TRAINING ( 24) again, all against his will. 'How dare he!' Roger muttered to himself.

But nothing happened. After what seemed an eternity of silence, a now more pensive Roger thought to himself, 'Can't really blame Monty for how you are feeling Roger. He did say the CHOICE WAS MINE.' ( 54) Roger hung up the phone in quiet despair. 'What am I doing?' he thought to himself as he picked up his ALE ( 1) and sat back down in his ARMCHAIR ( 52). He just couldn't relax. He looked down at that unmentionable middle area and saw the ROLLS OF FLAB ( 13) had come back again over the past few weeks. I will never be able to run the ROTORUA MARATHON( 15) now he thought sadly. 'But I HAVE TO, ( 55) I'm committed! What have I done? What can I do?' He sat silently and pondered. Gradually he came to accept the inevitable. He thought aloud. I've no alternative but to ring Monty back, apologize for my behaviour and ask him to help me get back into TRAINING ( 24) Otherwise I will never be able to COMPLETE THE COURSE ( 34). Slowly he pushed himself up, out of his ARMCHAIR ( 52) dragged himself over to the phone and rang his friend MONTY. ( 43) 'I am sorry' he said when Monty picked up the phone on the first ring, 'I was COMPLETELY WRONG ( 56) to give up my TRAINING.( 24) I am so sorry for being rude to you. What can I do now? I really NEED YOUR HELP' ( 57) .

Monty accepted his apology gracefully, told him ALL WAS FORGOTTEN, ( 58) but suggested that he would be wise to learn from his experience, because if it happened again he might not have time to PUT THINGS RIGHT ( 56) before R M DAY. ( 15).

Monty then suggested he go back and re-read his RUNNING BOOK ( 40) and he, MONTY ( 43) would help him devise a new TRAINING PROGRAMME ( 24) to get him back into top shape for the big day. He also suggested that Roger go back to the MARATHON CLINIC ( 20) in spite of his obvious reluctance to do so. Roger thanked Monty and agreed to DO ( 46) as he had suggested. He was surprised, when he returned to the MARATHON CLINIC, ( 20) to find that his FRIENDS ( 47) welcomed him back with open arms. A good number of them had also been through the same experience.

Roger settled back into his TRAINING, ( 24) his MILEAGE ( 31) quickly returned to normal, the FLAB ( 13) disappeared more quickly than it had come, and he got fitter and fitter.

Several times over the next few months he did let himself down by MISSING A DAYS TRAINING ( 59) but he now knew that he could confide in his friend and guide MONTY MARATHONER ( 43) who would gently counsel and encourage him back to his TRAINING PROGRAMME.( 24)



## **Underlying Spiritual Meanings** **For The** **Story Of The Two Marathon Runners**

### **Words Used**

- b. The Training
1. Ale, Christmas spirit
2. Runners, marathoners, friends, others.
5. Winner, Olympic Champion, Champion.  
Victor, President, Him.
7. Champions friend, his friend, he
10. Couch potato.
11. Belief [and derivatives], knew.
13. Rolls of fat, flab, Kilos.
14. The decision, will do it.
15. Rotorua Marathon, marathon, RM Day, Day.
17. Jeremy Jogger.
18. Self motivation.
19. Speaker.
20. Marathon clinic.
21. Serious marathoners, serious runners..
22. Patrons.
23. Hashhouse harriers.
24. Running, training, Training programme.
25. Gentle run.
26. Done with their day.
27. Training/methods.
28. Hangover.
29. Aspirins.
30. Belief in himself.
31. Runs, longer runs, mileage
32. Reasonable shape.
33. Little slower.
34. Finish [and derivatives], victory, goal.
35. Roger Runner.
36. Diet.
37. Live that lifestyle.
38. Showed me that.
39. Won the race, winning the race.
40. Best book on running, Running book, book.
41. What makes me tick.
42. Best time.
43. Monty Marathoner, me.
44. Twelve.

### **Spiritual Meaning.**

The Christian Walk  
 Satan's deceit.  
 Christians  
 Jesus.  
 "  
 The evangelist.  
 Worldly.  
 Faith [and derivatives].  
 Worldly pleasures.  
 Decision for Christ.  
 Judgement Day  
 Worldly minded [uncommitted]  
 Christian.  
 Worldly success, New Age  
 philosophy.  
 New Age Philosopher.  
 Spiritual church.  
 Spiritual christians.  
 Demons.  
 Spiritually dead church.  
 Christian walk of obedience.  
 Self motivated good works.  
 Worldly pursuits.  
 Theologies.  
 Sins reward.  
 Worldly justification.  
 Man' s striving.  
 Good works.  
 Living a good life.  
 Lesser salvation.  
 Eternal life.  
 Spiritual [obedient] christian.  
 Leading a new life.  
 Worldly life.  
 Way of salvation.  
 By/on the Cross.  
 The Bible.  
 Fallen man.  
 Best salvation.  
 The Holy Spirit.  
 Hebrew number of Divine  
 Government.

**Words used.**

45. Motivate.
46. Will do it, guidance, do.
47. Better.
48. Pulled a hamstring, injury, mountain.
49. What to do.
50. Hamstring stretching exercises, stretching routine.
51. Christmas season.
52. Favourite armchair, armchair.
53. Give you a call.
54. Choice was mine.
55. I have to.
56. Completely wrong, put things right.
57. Need your help.
58. All was forgotten.
59. Missing a days training.

**Spiritual Meanings.**

Support of christians  
 Obedience.  
 Spiritual.  
 Testing.  
 Perseverance.  
 Spiritual warfare.  
  
 Back sliding experience.  
 Self satisfaction.  
 Pricking of conscience.  
 Mans freewill.  
 Everyone faces judgement.  
 Repentance.  
 Submission.  
 Forgiveness of sin.  
 Sinned.

There are also spiritual meanings for other words and phrases in the story that are not listed here. Can you find them?

## **INTERPRETATION OF THE STORY** **OF 'THE TWO MARATHON** **RUNNERS'**

### **THE TRAINING** **(The Christian Walk from Man's Viewpoint.)**

The story compares the walk of 2 types of 'Christians' and/or 2 types of churches.

The first views the walk from a human religious perspective, motivated essentially by self. It is an easy walk as it requires little commitment. Satan leaves it alone as it is serving his purpose just fine the way it is.

The second lives the walk. Christ becomes the centre of life, the reason for living. This walk requires commitment and obedience to bring about the promised rewards. God tests this commitment and satan attacks it with vigour. Overcoming through submission to God's power and purpose leads to spiritual growth.