

# Church in Regina

## Living and Serving According to God's Economy Concerning the Church—Week 5

### Exercising our Spirit in the Church Meetings

...[D]ropping the forms, the teachings, and the gifts is of primary importance. We should not think that only formal Christianity has forms and we do not. **Many times we also are formal.** We need to **drop all the forms.** Similarly, we must **drop the teachings** and the **gifts that distract** us from Christ and the church. When we come to the meetings, we should **put aside everything but Christ and exercise our spirit to contact Christ.** When we contact Christ in our spirit, we will have a sense in our spirit. We need to take care of this sense and express what is in our spirit. When we release what is in our spirit, we ourselves will be released.

The illustration of a basketball team may help us to understand what it means to exercise our spirit in the meetings of the church. The members of a basketball team do not stand idle, waiting for the ball to come to them. On the contrary, they are always moving to position themselves, and they are alert and ready to receive and pass the ball. When we meet together, we are like a basketball team. Once we come together, we need to participate by "passing the ball" to one another. We should not wait, nor should we merely watch; rather, we should exercise our spirit to participate in the meeting.

Just as participating in a game of basketball requires the exercise of our body, our participation in a meeting requires the exercise of our spirit. As soon as we come to the meeting, we should exercise our spirit. In fact, we should exercise our spirit even before coming to the meeting. If I come with a living and exercised spirit, immediately upon arriving at the meeting, I may have a sense to utter something. If you come with your spirit exercised, you may have something to release by following my speaking. Just like a basketball team, we should watch one another and follow each other in our functioning. First, I may function by offering a short prayer. Next, you may function by continuing my prayer. Then a brother may share a brief testimony, and a sister may call a hymn. If we all function in this way, we will have a living meeting.

### Exercising Our Spirit Regardless of Our Feelings

Some saints feel that they have nothing to offer when they come to the meetings. In other words, they feel that the Spirit does not inspire them. **Instead of waiting for a particular inspiration, we should learn to exercise our spirit.** If we do not have air in a room, all we need to do is open the window. It is the same with the Spirit. If we desire to have the Holy Spirit, we must exercise our spirit. When we are on the way to the meeting and as we come into the meeting, **we should not be passive but active.** We should not wait for the Holy Spirit to inspire us, nor should we think that there is no need for us to do anything. This kind of thinking is wrong. We must exercise our spirit. If we exercise our spirit, the Spirit will move.

Other saints who have much feeling in the meetings may fear that their feeling is in the soul. These saints may become weighed down by trying to discern between their soul and their spirit. However, they should not analyze their situation too much. When children are very young, they sometimes crawl and sometimes walk. Any concern that a young child is crawling is misplaced. The main point is that the child is crawling and is making progress. One day he will walk and cease crawling altogether. Sometimes we Christians "crawl" and sometimes we "walk." In other words, sometimes we are in our soul in the meetings, and sometimes we are in our spirit. Nevertheless, **we do not need to analyze; our need is to continue exercising our spirit.** As we exercise, we will have a sense of whether we are in our soul or in our spirit. If we sense that we are in the soul, we should stop and turn to our spirit.

**Whether or not we are able to exercise our spirit properly depends on our daily walk.** We need to learn to exercise our spirit in our daily walk. **If we do not exercise our spirit in our daily life, we will not be able to exercise our spirit when we come to the meetings.** This is because a Christian's meeting life depends on his daily life. In our daily life we need to learn how to exercise our spirit to contact the Lord in everything. Whatever we do, wherever we go, and whomever we speak to, we must exercise our spirit to contact the Lord (Excerpts from Exercising Our Spirit to Practice the Body Life, CWWL, 1964, vol. 1, ch. 3).

### Local Announcements:

1. Prayer Mtg—Mar. 26 (Group 1—In person; Group 2—Zoom)
2. Brothers' Meeting—Mar. 24
3. Church Pursuit—Mar. 29
4. YP Conference—Mar. 29-31
5. College Training in Seattle, WA—July 17 to 21 (Registration deadline—April 15)

### Conferences and Trainings Information:

1. Chinese-Speaking Blending Conference—Feb.10-11, Taipei, Taiwan
2. International Training for Elders & Responsible Ones—Apr.12-14, Anaheim, CA
3. Memorial Day Blending Conference—May 24-27, Bellevue, WA
4. Summer Training—July 1-6, Anaheim, CA
5. International Training for Elders & Responsible Ones—Oct.4-6, Warsaw, Poland
6. Thanksgiving Blending Conference—Nov.28-Dec.1, Atlanta, GA
7. Winter Training—Dec.23-28, Anaheim, CA

# Prayer Burdens

1. Lord, govern us. Teach us how to properly conduct ourselves in Your house. We respect Your headship and we bear the truth. May we all learn to live not according to our own opinions but according to the healthy teaching.
2. Lord, we are not interested in any other things but Your economy. Continue to come into us and out of us – making us Your proper expression. Manifest Yourself in the flesh through our living and in the church.
3. Lord, we pray that the matter of godliness will not just remain a mystery to us nor will it be an outward matter. May this be manifested in our daily living. We pray that whatever we do, You will be manifested.
4. Teach us, Lord to exercise our spirit to live a godly life. In any kind of situation, we would force ourselves to exercise our spirit to cooperate with You so that You can dispense Yourself into us.
5. Cause us to exercise our spirit, to set our mind on the spirit and not on the flesh, for the mind set on the flesh is death but the mind set on the spirit is life and peace. May we learn to discern our spirit from our soul and walk according to the spirit.
6. Thank You, Lord for giving us a spirit of power and of love, and of sober-mindedness. May we learn to exercise such a God-given spirit little by little and day by day to for the building up of the church.

## North America/Europe/Other Burdens

1. Please pray for the 2024 Summer Olympic Games in Paris. Pray that the Lord will release the number of saints needed for the remainder of the gospel trips in August and September and the brothers required to lead these trips.

## Church in Regina

1. Pray for the application and processing of the Church in Regina as a charitable institution.
2. Pray for the new ones. Encourage them each day to enjoy You, enjoy Your word, and exercise their spirit. Preserve them in the church life and bless them sevenfold with Yourself.
3. Pray for all the college students to be freed from any entanglements this Summer and be able to attend the College Training in Seattle from July 17 to 21.
4. Pray for positive and immediate approval of all the immigration papers of the newcomers and their settling down, that their personal lives will be blessed and that their church life will be enriched:
  - > Sorronda Family (Dana and Yeska)
  - > Alforte Family (Radam and Rosalina)
  - > Orolfo Family (Wilson and Jenny and their three children)
  - > Jerome Family (Pravin and Abinaya and their two children)

## WEEKLY SCHEDULE OF MEETINGS:

- Lord's Table & Prophesying—Lord's Day 10:00-12:00PM
- Prayer Meeting—Tuesdays 7:00-8:00PM
- Chinese-Speaking Bible Reading—MW 8:30-9:00PM
- College Meetings—Fridays 7:30-8:30PM
- YP Meetings—Fridays 7:00-8:00 PM
- Children's Meeting—Saturdays 10:00-11:00AM
- Small Group Meetings—Fridays/Saturdays 7:00-9:00PM

## CONTACT US:

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