

SPIRITUAL TRAINING SERIES

Growing Strong, Walking in Victory, and Living by Faith

Parts 1–20 — Surefooted Ministries

The series moves from **overcoming spiritual stagnation**, through **renewing the mind, spiritual authority, faith, boldness, meeting needs, controlling our words and thoughts**, and finally to **purity through the Holy Spirit and speaking in tongues**.

PART 1 — Overcoming Spiritual Stagnation

Theme: *Overcoming Stagnation and Embracing Effective Training*

Key Scriptures: Mark 4:14–15; Proverbs 12:11; Psalm 55:22

Teaching emphasis:

- Recognizing spiritual stagnation.
- Understanding how distractions can keep God's Word from taking root.
- Maintaining a soft, receptive heart.
- Refusing spiritual complacency.
- Moving from spiritual inactivity into intentional training.
- Becoming humble, teachable, and responsive to God's Word.

The foundation is established: **spiritual growth requires intentional training and a heart prepared to receive the Word.**

PART 2 — Renewing the Mind

Theme: *Renewing the Mind and Walking in Godliness*

Key Scriptures: Romans 6:1–11; Romans 12:2; Galatians 5:16–17; Colossians 2:12

Teaching emphasis:

- The conflict between the renewed and un-renewed mind.
- Crucifixion, death, burial, and resurrection with Christ.
- Understanding what baptism represents.
- Keeping the old way of thinking buried.
- Continually renewing the mind through God's Word.
- Walking in newness of life.

Training principle: What God has provided must be followed by our intentional response to His Word.

PART 3 — Walking in Victory and Overcoming Strife

Theme: *Standing Strong Without Fighting People*

Key Scriptures: Ephesians 6:10–13; James 3:16; Colossians 3:14; 2 Corinthians 5:20

Teaching emphasis:

- Drawing strength from God's might.
- Putting on the whole armor of God.
- Understanding the real nature of spiritual warfare.
- Fighting spiritually before reacting physically or relationally.
- Recognizing that people are not the ultimate enemy.
- Replacing strife with love, harmony, and peace.
- Living as ambassadors for Christ.

The teaching specifically connects spiritual warfare with avoiding unnecessary conflict and strife.

PART 4 — The Dimmer Switch: Spiritual Authority

Theme: *Recognizing Authority, Identity, and Victory in Christ*

Key Scriptures: Ephesians 6:12; Luke 10:19; 1 Peter 2:9; Matthew 5:16; Philippians 2:9–11

Teaching emphasis:

- The unseen spiritual realm.
- The authority given to believers.
- Knowing who we are in Christ.
- The believer as part of a royal priesthood.
- The power and authority of Jesus' name.
- God's revelation through the Holy Spirit.
- Recognizing Satan's schemes.
- Maintaining peace rather than strife.

This part establishes the believer's identity and God-given authority while emphasizing that salvation is through Jesus, not human good works.

PART 5 — Busy vs. Hungry

Theme: *Developing Spiritual Hunger*

Key Scriptures: Jeremiah 29:11; Mark 4; examples of Moses and Elisha

Teaching emphasis:

- There are battles to fight, armor to put on, and a kingdom to advance.
- The difference between being merely busy and spiritually hungry.
- Understanding the physical and spiritual realms.
- Recognizing the spiritual significance behind physical circumstances.
- Keeping the souls of people before us.
- Learning from Elisha's ability to see beyond the physical.
- Refusing fear and pursuing God through His Word.

The teaching frames spiritual training around living a godly life, honoring God, helping those in need, and understanding the two realms.

PART 6 — Overcoming Self-Pity and Fear of People

Theme: *Moving from Self-Focus to Faith*

Key Scriptures: Proverbs 29:25; 1 Kings 19; Mark 4

Teaching emphasis:

- Recognizing self-pity.
- Recognizing fear of people.
- Understanding how fear can alter our direction.
- Learning from Elijah's experience.
- Seeing beyond circumstances.
- Using God's Word to remain grounded.
- Refusing to allow fear to determine our actions.

The teaching connects self-pity and fear with the larger spiritual-training mission of walking by faith and helping others come to Jesus.

PART 7 — Boldness vs. Fearfulness

Theme: *The Righteous Are Bold*

Key Scriptures: Proverbs 28:1; Proverbs 29:25; Acts 4:13, 29–31; Acts 18:9–10; Hebrews 13:5–6

Teaching emphasis:

- Boldness is rooted in faith.
- Fear of people can silence the believer.
- Elijah demonstrates how fear can redirect a person's course.
- Peter and John demonstrate boldness through their relationship with Jesus.
- Pray specifically for boldness.
- Trust God's promises.
- Be led by the Holy Spirit.
- Stay focused on God's purpose.

The teaching describes boldness as a character quality developed through time with Jesus, prayer, trust, purpose, and dependence on the Holy Spirit.

PART 8 — Two Doors

Theme: *The Door of Faith and the Door of Doubt*

Key Scriptures: Hebrews 10:35–39; Genesis 3:1–11; Romans 4:20–21; James 1:5–8

The Two Doors:

Door of Doubt

- Doubt
- Fear
- Worry

Door of Faith

- Faith
- Boldness
- Peace

Teaching emphasis:

- Every situation presents a spiritual choice.
- Fear can change direction and location.
- Faith requires action.
- Words and actions reveal what door we are entering.
- Faith works through love.
- Refuse to throw away confidence in God.

The two-door illustration becomes a central visual throughout the series.

PART 9 — Aiming at Faith

Theme: *Learning to Aim Your Life Toward Faith*

Key Scriptures: Hebrews 10:35–39; John 10:7–9; Ephesians 1:3; Isaiah 7:9; 2 Timothy 2:22; Galatians 5:6

Teaching emphasis:

- Faith must become the target.
- What we focus upon affects our direction.
- Faith is more than an emotion.
- Jesus is the Door.
- Confidence must be maintained.
- Actions and words must agree with faith.
- Faith works through love.
- Surround yourself with people pursuing God.

Training principle: Don't merely avoid doubt—**actively aim at faith.**

PART 10 — Make the Choice to Believe

Theme: *Faith Over Feelings*

Key Scriptures: 2 Corinthians 5:7; John 11:35–44; Genesis 3:10

Teaching emphasis:

- Choosing faith rather than doubt.
- Faith is not dependent upon emotion.
- Jesus wept yet continued to operate in faith.
- The visual teaching of the two doors.
- The "capsule of doubt."
- The "capsule of faith."
- Daily choosing faith through prayer, Scripture, and trust.

The teaching material specifically presents faith as an active daily choice rather than merely an emotional response.

PART 11 — The Capsule of Faith

Theme: *Living Inside the Capsule of Faith*

Key Scriptures: Psalms 112:7–8; Matthew 11:28–30; Mark 5:21–43

Teaching emphasis:

- Faith as a spiritual visualization.
- Remaining steady when circumstances change.
- Jairus: *"Do not be afraid; only believe."*
- The woman with the issue of blood.
- Faith expressed through both words and actions.
- Faith as a sustaining force for the inner person.
- Trusting God when circumstances appear impossible.

The "capsule of faith" is presented as a visual way of describing intentional trust, peace, boldness, and confidence in God.

PART 12 — The Emphasis Is Study

Theme: *Diligently Seek God Through His Word*

Key Scriptures: Matthew 11:28–30; Hebrews 11:6; John 17:17; 2 Timothy 2:15; Romans 4:20–22

Teaching emphasis:

- Come to Jesus and learn from Him.
- Faith and diligence belong together.
- Study is more than casual reading.
- God's Word is truth.
- Jesus is the foundation.
- God's truth becomes our standard of alignment.
- Study protects against deception and counterfeit teaching.
- Knowing God's Word strengthens confident prayer.

The material emphasizes diligent investigation, scrutiny, and effort in studying God's Word.

PART 13 — The Heart vs. the Computer

Theme: *Writing God's Word on the Heart*

Key Scriptures: Psalm 33:18; Psalm 45:1; Jeremiah 8:8; Proverbs 4:21

Teaching emphasis:

- The heart versus technological distraction.
- The tongue as the "pen" writing upon the heart.
- Being careful about what we speak.
- Being careful about who and what writes upon our hearts.
- Social media and other influences.
- Hiding God's Word in the heart.
- Memorizing, meditating, and applying Scripture.

Five Confessions of Faith:

1. My tongue is the pen to write on my heart.
2. I will be careful what I write on people's hearts.
3. I will be alert to who is writing on my heart.
4. I will ask the Father to help my tongue write His Word.
5. My tongue is the pen of a ready, diligent, and skillful writer.

The teaching makes the central comparison between the heart and modern technology while emphasizing the tongue's influence.

PART 14 — Meeting People's Needs with a Jesus Attitude

Theme: *Faith That Serves People*

Key Scriptures: Mark 5:21–43; Romans 12:6–8; Hebrews 10:38–39

Teaching emphasis:

- The needs of Jairus.
- The need of the woman with the flow of blood.
- Faith in the middle of people's needs.
- The "capsule of faith."
- Words of faith versus words of doubt.
- Compassion.
- Meeting people where they are.
- Serving with a Jesus attitude.

This part begins the ministry/application phase of the series.

PART 15 — Meeting People's Needs: The Seven Needs

Theme: *Using What God Has Given You to Serve Others*

Key Scriptures: Romans 12:3–21; Mark 5:35–43; 1 Peter 2:21

Seven Types of Needs:

Gift	Need Addressed
Insight	Spiritual
Server	Practical
Teacher	Mental
Exhorter	Personal
Contributor	Supportive
Facilitator	Effectiveness
Mercy	Emotional

Teaching emphasis:

- Knowing different kinds of needs.
- Using spiritual gifts to serve.
- Serving with humility.
- Maintaining faith when circumstances become difficult.
- Controlling the environment around faith.
- Following Jesus' example.
- Doing the Word rather than merely hearing it.

The teaching explicitly identifies these seven needs and connects them with the charisma gifts in Romans 12:6–8.

PART 16 — Wind and Words

Theme: *Words Can Move People*

Key Scriptures: Mark 4:39; Ephesians 4:14; Hebrews 13:9; Proverbs 15:23, 28

Teaching emphasis:

- Jesus speaks peace to the storm.
- Wind as a picture of words/teachings.
- Sea as a picture of people.
- Unstable words can produce instability.
- False or deceptive teachings can move people away from truth.
- Discernment is necessary.
- Guard what you hear.
- Think before you speak.
- Ask: **Where are these words taking me?**

The teaching directly develops the wind/sea metaphor: words and teachings can move people just as wind moves the sea.

PART 17 — Words and the Sea

Theme: *Don't Create Storms with Your Words*

Key Scriptures: Mark 4:35–40; Isaiah 40:8; James 1:22; Proverbs 21:23; Psalm 141:3

Teaching emphasis:

- Jesus' command: "**Peace, be still!**"
- Words can influence thoughts and actions.
- Unstable teaching can create spiritual turbulence.
- God's Word provides stability.
- Hearing must become doing.
- Our words can create either peace or turmoil.
- Guard the mouth and tongue.
- Become a source of calm rather than another source of the storm.

The teaching material explicitly connects words, wind, and the sea and warns against creating relational storms through speech.

PART 18 — A Calm Mind

Theme: *Finding Peace in the Storm*

Key Scriptures: Mark 4:39; Isaiah 26:3; Ephesians 4:14; Hebrews 12:15

Teaching emphasis:

- Jesus' authority over the storm.
- Words as "wind" that can move the "sea."
- Guarding the mind.
- Rejecting unstable teachings.
- Keeping the mind stayed on God.
- Understanding how memories can trigger thoughts.
- Recognizing bitterness before it takes root.
- Speaking peace in stormy situations.
- Extending the benefits of faith to those around us.

Isaiah 26:3 becomes a major anchor: the mind stayed on God is associated in the teaching with perfect peace.

PART 19 — Your Thought Life

Theme: *Cultivating a Peaceful Thought Life*

Key Scriptures: Matthew 6:31–33; Isaiah 26:3; Proverbs 8:33; Mark 4:39

Teaching emphasis:

- Thoughts as seeds.
- Not every thought should be "opened."
- The "spiritual email" illustration.
- Thoughts can become storms when entertained.
- Worry can be reinforced through speaking.
- Seek God's kingdom first.
- Exercise discretion over thoughts.
- Maintain proper priorities.
- Keep your mind stayed on God.
- Use spiritual authority over negative thoughts.
- Practice clear communication to prevent unnecessary mental storms.

The teaching organizes thought-life discipline around **discretion, orderliness, peace, and authority**.

PART 20 — Speaking in Tongues to Help Us with Purity

Theme: *Purity of Heart, Mind, and Words*

Key Scriptures: Matthew 12:34–37; Mark 7:18–23; Philippians 2:13; 1 Corinthians 14:4

Teaching emphasis:

- What comes out of the mouth reflects what is in the heart.
- Guarding what enters the mind.
- Guarding what we dwell upon.
- Guarding what comes out of our mouths.
- Hearing, reading, studying, memorizing, meditating upon, and applying God's Word.
- The meaning of purity.
- The Holy Spirit's role in helping believers.
- Speaking in tongues as presented in the teaching as a tool for edification.
- Using spiritual practices to help maintain purity.

The final part brings the series back to the heart, thoughts, words, the Word of God, and spiritual edification.

THE COMPLETE 20-PART PROGRESSION

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3. Walking in Victory & Overcoming Strife

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4. The Dimmer Switch: Spiritual Authority

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5. Busy vs. Hungry

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6. Overcoming Self-Pity & Fear of People

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7. Boldness vs. Fearfulness

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14. Meeting People's Needs with a Jesus Attitude

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15. The Seven Needs & Spiritual Gifts

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16. Wind and Words

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17. Words and the Sea

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18. A Calm Mind

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19. Your Thought Life

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20. Speaking in Tongues to Help Us with Purity

Series Purpose

The 20 parts form a progression from **spiritual preparation** → **spiritual warfare** → **renewed thinking** → **faith** → **boldness** → **ministry** → **controlled words** → **a peaceful mind** → **spiritual purity**.

Here is a strong unifying statement for the complete series:

“Spiritual training prepares the believer to think rightly, believe boldly, speak carefully, serve effectively, stand victoriously, and remain spiritually fruitful.”

[Click here.](#) **Satan's tactics! Real change! Enemy's roar! Stagnation! Part 1**