

Knowing and Following Christ – Living in the Power of the Holy Spirit

What Are the Questions?:

Romans 8:1-11 and Galatians 5:16-26

LAUNCH

From last week's study, 1 John 2:6 said "If anyone claims to live in him, then they must walk as Jesus walked." For most of us, this seems like a big ask. It's like asking someone to climb Mt Everest without sufficient instruction or preparation. Have you ever been asked to do something you felt completely inadequate for?

The Bible tells us that the Holy Spirit gives us the power to live the Christian life. In this study we will learn about who He is, and how we can access His power in our lives.

What can we learn about the Holy Spirit from the following verses?

Genesis 1:2, Ezekiel 36:24-27, Matthew 28:19, John 16:7-11, John 7:37-39, Acts 1:8, Galatians 4:6, Eph 1:13-14

EXPLORE

Read Romans 8:1-11

- 1) From verses 1-4
 - I. What does the Spirit set us free from?
 - II. What is the basis for the Spirit coming?
- 2) What are the two things this passage says will be in control of our lives?
- 3) What things do verses 5-8 say the sinful nature brings about in people?
- 4) What do verses 5-11 say is true of those controlled by the Holy Spirit?
- 5) Can we be Christians without the Spirit?

Read Galatians 5: 16-26

- 6) According to v16, what will happen if we live by the Spirit?
- 7) What does v17 reveal about our Christian lives?
- 8) Which things listed as sinful acts can you identify with?
- 9) Which things listed as fruits of the Spirit would you like to have more of?

APPLY

Being Filled with the Spirit (also living by, or walking in the Spirit)

The following verses each contain a key principle for being filled with the Spirit. Write down the key principle from each verse

Eph 5:18, 1 John 1:8-9, 1 John 2:5-6, 1 John 5:14-15

It's important to understand these principles so you can apply them in your own life. For this to happen, answer these questions honestly with the person next to you.

- 1) Do I understand it's God's will for me to be filled with the Holy Spirit?
- 2) Do I desire to live a life of obedience to Christ?
- 3) Have I humbly confessed my known sin to God?

If the answer is yes to all of these, you can pray in faith according to 1 John 5:14-15 for God to fill you with his Holy Spirit. As a group, come together and pray for this.

For the Leader:

- The aim of this study is to outline who the Holy Spirit is, emphasize that the Holy Spirit is the only source for us to successfully live the Christian life, and show people practically how they can be filled with the Spirit.
- The first section introduces who the Holy Spirit is. These verses may help fill in gaps in some action group members' knowledge.
- In covering the questions on Romans 8, make sure the group identifies that it's impossible to please God by ourselves, and that they can only do this by the power of the Holy Spirit.
- The third section is important because it shows practically how someone can be filled with the Holy Spirit. To make sure the action group members have a clear understanding of this, ask them to read out the verses, and then you can give them the "key principle" to write down.
- In the final section, as the group answers the three questions, provide an opportunity to address any clarifications they may want to make, and then pray for each other.

What are the Answers?:Into Answers

- Genesis 1:2 (He was there since the worlds creation),
 - Ezekiel 36:24-27 (Promised in the Old Testament as God's way of transforming our hearts and lives),
 - Matthew 28:19 (Part of the Trinity),
 - John 7:37-39 (he's our ultimate satisfaction),
 - John 16:7-11 (He convicts us of sin),
 - Acts 1:8 (he's the Power to share the gospel),
 - Galatians 4:6 (he's the Spirit of Jesus),
 - Ephesians 1:13-14 (we received him when we believed),
- 1)
 - I. The law of sin and death
 - II. Jesus Christ as an offering for our sin
 - 2) The Spirit or the sinful nature
 - 3) Minds set on sinful desires. Brings death. Makes us hostile to God. Does not submit to God's law, nor can it. We can't please God.
 - 4) Our minds set on the Spirit's desires. Brings life and peace. Our bodies are dead because of sin, our spirit's are alive because of righteousness. God will raise us to life.
 - 5) v 9 says clearly 'if anyone does not have the Spirit of Christ, they do not belong to Christ.'
 - 6) You will not gratify the desires of the sinful nature
 - 7) There is a conflict going on inside of us between the Spirit and the sinful nature. We often find we do sinful things because of our sinful nature, though we have a desire to do what's right because of the Holy Spirit within us. There is an internal battle going on inside us.
 - 8) Group share
 - 9) Group share

Apply Key Principles

- Ephesians 5:18 (Recognize that it is God's will for you to be filled),
- 1 John 1:8-9 (Humbly confess the sin you recognize in your life),
- 1 John 2:5-6 (Have an attitude of obedience towards God),
- 1 John 5:14-15 (Trust God will fill you according to his command and promise)

What's the Big Idea?

In this study, you will get to introduce people to the life changing power of the Holy Spirit. When we trust in Christ, we are immediately forgiven from the penalty of sin and are given freedom from the power of sin. It is the Holy Spirit who enables us to live righteous lives consistent with our faith in Christ. Your job is to help people understand that by yielding to the Spirit, they no longer need to be controlled by their sinful nature.

Your familiarity with the booklet, *Satisfied?* will be a tremendous aid as you lead this study.

What's the Problem?

We cannot live the holy lives God wants us to live in our own power. Like Paul in Romans 7, we desperately need help.

What's Our Response?

Have and hand out to your students the *Satisfied?* booklet. Invite them to appropriate the filling of the Holy Spirit by faith.