

a one week study on the
**SPIRIT-FILLED
LIFE**



**DISCIPLESHIP
CULTURE**





DISCIPLESHIP CULTURE

This material is designed to be used within a group setting
for a one week study on a specific topic.
Enjoy!



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THE SPIRIT-FILLED LIFE

Group Day 1 – Read & Discuss the Following

This Week's Goal

Recognize the dynamic power of the Holy Spirit in the life of a believer and grow your disciple's relationship to Him.

WHO IS THE HOLY SPIRIT?

When a person begins a relationship with Christ, it's important to grow in the experience of the Spirit in order to understand spiritual truth and have the power to live the Christian life. God's design is for us to be filled (that is, directed and empowered) by the Holy Spirit as an ongoing experience.

Conversational Question

How would you describe the Holy Spirit?

Responses can often range from "It's the part of God that is given to every believer" to "It's a cloudy, ghost-type thing." This makes the Spirit seem like a vague force, the electrical current of God's power. Because it's hard to visualize the person of the Spirit, we often don't think of Him that way.

The most concentrated teaching on the Holy Spirit comes from Jesus in John 14-16. Jesus is about to leave the earth, which means the disciples will be on their own. But Jesus lets them know that they won't be alone at all. He says, "It is to your advantage that I go away, for if I do not go away, the Helper will not come to you" (John 16:7). Getting a Helper sounds great, but what is meant by that term? Jesus is clearly referring to the Spirit which is given to the church at Pentecost (Acts 2). And this Spirit is for our benefit. He comes into our lives to lead us from within. The Spirit is not just a power for a Christian to tap into. He is the third person of the Trinity sent to help us live out our Christian life.

If you have time, you might want to explore a few of the following verses, to fill out your understanding of the Spirit. The Holy Spirit is fully God, but He is not the Father or the Son. He also has a full personality. He can teach us (John 16:12-15), lead and direct us (Acts 16:6-10), make decisions (Acts 15:28), be lied to (Acts 5:3), be grieved (Eph 4:30), distribute spiritual gifts (1 Cor 12:11), and intercede for us (Rom 8:26). A being who does all these things clearly has intellect, emotion, and a purposeful will.

In the same way we can get to know the Father and the Son, we can also be relationally connected to the Holy Spirit.

Conversational Question

How does seeing the Spirit as a person, rather than a force, change the way you think about living a Spirit-filled life?

Read Romans 8:9-17

Conversational Question

How does Paul describe what it means for the Spirit to be in our lives? (verses 9-11)

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Paul says that believers have the Holy Spirit dwelling in them. He resides in you like you reside in your apartment or dorm room. Incredible as it may seem, God lives in you, if you belong to Him. You have come into a relationship with God that is more intimate than any other relationship in your life. Believers themselves become the Temple of God, because God has “moved in” (1 Cor 3:16-17). This is important to drive home, because everything in the Christian life flows out of an intimate relationship with God.

The move from a life of the “flesh” to a life of the “Spirit” is a move from trusting yourself to trusting God’s work in your life. A Christian can try to kill off their own sin, but they won’t succeed. The Spirit is the Helper who is able to do that impossible task in your life. If He was able to raise Christ from the dead, we can trust Him to be able to resurrect our whole way of life.

Conversational Question

What things do you doubt the Spirit can do in your own life? Are those things more or less difficult than raising someone from the dead?

Paul doesn’t just remind the Romans of the incredible power available in the Spirit (although they definitely needed it), but he emphasizes that the way a Christian lives his or her life should look radically different than those who do not know Christ’s saving grace. Each and every day the believer is called to a life of trusting the Spirit. Being led by the Spirit produces flourishing, fruitfulness, and contentment. This resurrection power comes from a dynamic connection to the Spirit. More than a power source, He is our close companion who directs us into a thriving, spiritual life.

Be encouraged by what the Spirit does to solidify our relationship with God, from verses 14-17. We are God’s precious children. He adopted us into His family. This is almost too good to be true. We struggle to believe that the Father looks on us with the rights and entitlements of being His children. The Spirit again helps us. He tenderly whispers to us the truth of our sonship and calls us to shout it with confidence. The Most High God is your “Abba! Father!”

Conversational Question

How could you daily remind yourself that you are a child of God? What practical things would change in your life if you never forgot that truth?

Read Galatians 2:20-3:3

Conversational Question

Why is Paul so angry with the Galatians here?

There’s no doubt that Paul’s most heated letter is the one to the Galatians. And for good reason. The Galatians accepted Christ, received forgiveness for all their sins, and then promptly turned back to their old way of living. You could almost sense Paul’s bewilderment in his flabbergasted questions. “You guys started off on the right foot! What the heck happened to you?!” Unfortunately, we might deserve the same line of questioning ourselves.

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Conversational Questions - Use a few of the following questions to see whether your group tends to rely on their own works or have faith in the Spirit's.

- **When your sin is exposed, do you bury yourself under a mountain of shame that makes you hesitant to come before your Father?**
- **Do you promise to redouble your efforts to overcome a particular sin rather than accepting Christ's freely offered forgiveness?**
- **Do you keep certain areas of your life in the dark, hoping that once you've successfully dealt with them, you can then be open about them?**
- **When you're confronted with a problem, is your first instinct to turn to the Spirit or to rely on your own ability to handle it?**
- **How do you feel when your weakness is made known to others? Do you boast in God's strength or are you disheartened?**
- **Are your daily activities infused with trusting prayer or is it more of an afterthought?**
- **Do you pursue growth from a posture of rest or with an anxious need to arrive at a certain level of knowledge, holiness, or accomplishment?**

Paul was furiously adamant: *The life that starts in the Spirit must also continue in the Spirit. It is foolish to try to do anything else.* This is why he makes it so clear: "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."

What does it mean to have this kind of faith? - It means that we develop a relationship of trust with the Holy Spirit. We believe that He will lead us to fruitfulness and wholeness. We trust that He will deal with our sin in His own way. We believe what He says about our standing with the Father. We hope in His resurrection power both for our life now and for its perfect completion in the future.

Next Steps:

Challenge your people to join you in a whole week of starting each day by asking the Holy Spirit to lead you. The following is a suggested prayer:

Dear Father, I need You. I acknowledge that I have sinned against You by directing my own life. I thank You that You have forgiven my sins through Christ's death on the cross for me. I now surrender to you and invite Christ to again take His place on the throne of my life. I ask in faith that you'd fill me with the Holy Spirit and direct my life.

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Individual Day 2

S • 1 Corinthians 2:9-16

⁹However, as it is written: “No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him” - ¹⁰but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God. ¹¹For who among men knows the thoughts of a man except the man’s spirit within him? In the same way no one knows the thoughts of God except the Spirit of God. ¹²We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. ¹³This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. ¹⁴The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. ¹⁵The spiritual man makes judgments about all things, but he himself is not subject to any man’s judgment: ¹⁶“For who has known the mind of the Lord that he may instruct him?” But we have the mind of Christ.

O • _____

A • _____

PRAY

Individual Day 3

S • Galatians 5:16-26

¹⁶So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. ¹⁷For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. ¹⁸But if you are led by the Spirit, you are not under law. ¹⁹The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit. ²⁶Let us not become conceited, provoking and envying each other.

O • _____

A • _____

PRAY

DAILY RUNDOWN:

S (scripture) • Read the assigned Scripture.

O (observation) • Write down observations about the scripture you read. Consider circling the word **Spirit** each time it is used.

A (application) • Write down how you can apply the scripture to your everyday life.

P (prayer) • Pray to God about the verse or passage you focused on and anything else you want to lift up to Him.

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Individual Day 4

S • Ephesians 3:14-21

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family[a] in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰ Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

O • _____

A • _____

PRAY

Group Day 5 – Gather & Discuss the Past Week

Take the time to talk about how you can continue to cultivate a relationship with the Holy Spirit. Reality is that this is not an optional component to the Christian walk, but it's very lifeblood.

Conversational Question

Did you pray the suggested prayer this week, if so what was your experience?

Where have you seen success in trusting in the Spirit?

What hopes or goals do you need to lay down before the Spirit?

What area of your life do you want to spend focused time asking the Spirit to move in?

Share with each other your own journeys of living the Spirit-filled life, highlighting what you found to be helpful. End your time together by asking the Spirit to work dependence and faith into the fabric of your lives.