Holy Spirit (30-45)

Around your table/in groups 3 or 4

Introduce ourselves/HS idea

* ASK: How would you describe the Holy Spirit (be honest) (Arianna)
* For a long time, I didn’t really understand the HS. Shocked when I first found out He was a He, rather than it. Just didn’t know a lot, and didn’t really get it until this year.
* Who is the Holy Spirit?
	+ Verses: John 16:7-15
	+ It, mystical force? – No.
	+ He is a person, the third person of the trinity
		- What we learn: Helper, convicts the world of sin, righteousness, and judgment, Spirit of truth who guides in all truth, speaks to you from the Father and declares things to come (speaks of deity), glorifies Jesus
		- His role: guides, speaks, counsels, helper (better to have HS than Jesus)
	+ He can be grieved (Eph 4:30); lied to (Acts 5:3); teach us (Luke 12:12); lead and direct us (Acts 20:28). Thus, He has will, emotion, and intellect. He is a person distinct from the Father and the Son. He came to glorify Christ and He works in Christians to conform them to the image of Christ.
	+ As believers, the HS is God’s permanent presence within us, and He enables us to live the Christian life as we are called to do.
* READ Romans 7:14-20. (Desiree)
* ASK: Describe one area of your life where you most clearly see the struggle Paul describes.
* Why it’s important
	+ Christian life
		- Gal 3:1-3 – continuing in the Spirit
	+ Worldy man/Christian Man/Wordly Christian
		- Chocolate milk example
		- 1 Cor 3:1-3
		- ASK: What kind of person do you most identify with?
	+ God’s Power in us to live Christian life – be His ambassadors
		- Sports illustration
* ASK: What prevents you experiencing God’s Spirit Daily? (Why is the average Christian not filled w/ the HS) (Arianna)
	+ As we walk in the Spirit, we have the ability to live a life pleasing to God and we experience intimacy with God and all he has for us.
	+ Walk through how to be filled
		- Yield, Believe and Receive
		- Am I ready to surrender control? Am I ready to confess? Do I sincerely desire to be directed and empowered by the HS?
	+ Spiritual Breathing
		- Spiritual breathing is a powerful word picture which can help you experience moment-by-moment dependence upon the Spirit.
		- Exhale: Confess your sin the moment you become aware of it - agree with God concerning it and thank Him for His forgiveness, according to 1 John 1:9 and Hebrews 10:1-25. Confession requires repentance - a change in attitude and action.
		- Inhale : Surrender control of your life to Christ, and rely upon the Holy Spirit to fill you with His presence and power by faith, according to His command (Ephesians 5:18 – command to be filled with the Spirit) and promise (1 John 5:14-15 – promise that God will give us whatever we ask for that aligns with His will).
	+ Just as we need to breathe in and out to sustain physical life, we also have to spiritually breathe to sustain our Christian life. We can’t “survive” without being sustained by the Spirit.
	+ I find myself doing this often. Often when doing discipleship or having conversations in bible study or everyday life.
* Personal Reflection Time/ opportunity to ask for HS in your life (Desiree)
	+ ASK: What is your next step that you need to take in your relationship with the Holy Spirit?
	+ Take time to personally come before God/ask to be filled
	+ Close out time in prayer.