

MyFriends 04: Holy Spirit with Lifestyle Practice

START COURSE

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Welcome to **MyFriends**.

This course material is designed to be used with your facilitated course.

This fourth module is about the Holy Spirit and how we live out the Spirit filled life.

The key objectives are:

- To describe who is the Holy Spirit and what are His purposes and passions.
- To be able to explain the role that the Holy Spirit plays in the trinity and in our lives.
- To recognise how Jesus modelled the Spirit filled life and desires us to be surrendered to the Holy Spirit.
- To be able to express why it is important for our friends to have a proper perspective on the Holy Spirit and be empowered and led by the Spirit.

Who is the Holy Spirit?

Read the passage below twice

¹⁵ "If you love me, keep my commands. ¹⁶ And I will ask the Father, and he will give you another advocate to help you and be with you forever— ¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him.

But you know him, for he lives with you and will be in you. ¹⁸ I will not leave you as orphans; I will come to you. ¹⁹ Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. ²⁰ On that day you will realize that I am in my Father, and you are in me, and I am in you. ²¹ Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them."

²² Then Judas (not Judas Iscariot) said, "But, Lord, why do you intend to show yourself to us and not to the world?"

²³ Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. ²⁴ Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

²⁵ "All this I have spoken while still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

JOHN 14:15-27

- What stands out to you in this passage?**
- What do you learn about the Spirit of God and people?**
- What principle of mission did you discover that you can apply today?**

The Role of the Holy Spirit

The Bible refers to God's Spirit as the wind or breath of God. From the beginning of God's story to the end, the Holy Spirit is breathing life into humanity.

Jesus was...

🔥 **Conceived by the Spirit**

- Luke 1:35
 - ³⁵ The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. "

🔥 **Anointed by the Spirit**

- Luke 4:18
 - "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor.

He has sent me to proclaim freedom for the prisoners
and recovery of sight for the blind,
to set the oppressed free"

- Acts 10:38
 - "how God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him."
- Isaiah 11:1–2
 - "A shoot will come up from the stump of Jesse;
from his roots a Branch will bear fruit.
²The Spirit of the Lord will rest on him—
the Spirit of wisdom and of understanding,
the Spirit of counsel and of might,
the Spirit of the knowledge and fear of the Lord"

🔥 **Filled with the Spirit**

- Luke 4:1, 14
 - ⁴Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness"
 - ¹⁴ Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside."
- John 3:34
 - ³ "For the one whom God has sent speaks the words of God, for God gives the Spirit without limit."

🔥 **Led by the Spirit**

- Luke 4:1
 - ⁴Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness".

🔥 **Rejoiced in the Spirit**

- Luke 10:21
 - At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do. "

🔥 **Sealed by the Spirit**

- John 6:27
 - "Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval."

🔥 **Gave commands by the Spirit**

- Acts 1:2

- "until the day he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles he had chosen."

🔥 **Performed miracles by the power of the Spirit**

- Matthew 12:28
 - "But if it is by the Spirit of God that I drive out demons, then the kingdom of God has come upon you."
- Luke 4:14-15,18
 - ¹⁴ Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. ¹⁵ He was teaching in their synagogues, and everyone praised him.
 - ¹⁸ "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free,"

🔥 **Raised by the Spirit**

- Hebrews 9:14
 - "How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!"
- Romans 8:11
 - And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

The Holy Spirit is mentioned over 50 times in the Book of Acts.

- How have you experienced the Holy Spirit working in your life?
- What are the dangers of trying to love, pray and care for people in our own strength without relying on the Holy Spirit?

Living the Spirit-Filled Life

Spiritual Breathing

Spiritual breathing (exhaling the impure and inhaling the pure) is an exercise in faith that enables you to continue to experience God's love and forgiveness.



1. **Exhale** — Confess your sin — agree with God concerning your sin and thank Him for His forgiveness of it, according to 1 John 1:9 and Hebrews 10:1-25. Confession involves repentance — a change in attitude and action.

2. **Inhale** — Surrender the control of your life to Christ and appropriate (receive) the fullness of the Holy Spirit by faith. Trust that He now directs and empowers you according to the command of Ephesians 5:18 and the promise of 1 John 5:14-15.

HOLY SPIRIT SURRENDER PRAYER

Lord Jesus, I choose you as the centre of my life.

Holy Spirit, I'm sorry for when I have mistreated you. Please fill me with your power this day, for I offer this body up to you. Teach me how to love like and live like Jesus.

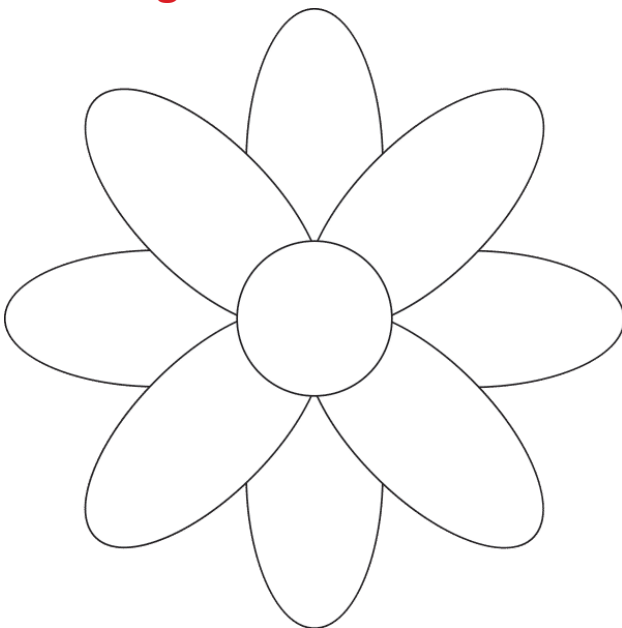
Through your constant presence, I will listen to you, obey what you say and join with you to see your Kingdom come, your will be done, here on earth as it is in heaven.

Anytime, anywhere, at any cost, whatever it is, I am yours for the glory of my Father in Heaven.

Forming Spirit-Led Communities

The Holy Spirit is working in the lives of people you know to draw them to Jesus. The Holy Spirit wants to express the love of the Father through you so they can experience Jesus and connect with Him personally. The daily act of love, pray, and care is the first step in this process.

Challenge



Go back to your daisy chain and ask the Holy Spirit who to love, pray and care for daily over the next few weeks.

Like Jesus, we can live by, be led by, and keep in step with the Holy Spirit as we seek to obey the Father (Galatians 5:16-26).

LifeStyle Practice

Look Back



"The promise is for you and your children and for all who are far off - for all whom the Lord our God will call." - Acts 2:39

Consider Jesus' principles of love and mission (as summarised on the **MyFriends disc**) and your **daisy chain** as you reflect on these questions.



Reflection Questions

1. How have you experienced God at work in and through your life this week?
2. What did you learn about God, yourself, or others this week?
3. What points from the last MyFriends Training session challenged you or prompted questions?
4. How does the Holy Spirit impact your life?

Look Up

Satisfied?

Satisfied? helps Christians understand and enjoy the presence of God's Holy Spirit. Read through this resource now via the [God Tools app \(opens in a new tab\)](#).



Satisfied.pdf

Look Forward

1. Take some time to spiritually breathe.
 - Exhale** - confess sin
 - Inhale** - ask God to fill you with the Holy Spirit
2. Why is it important to walk in step with the Holy Spirit as you love, pray and care for our friends?

3. Who on your daisy chain is the Holy Spirit prompting you to take the next step with through love, prayer and care in the coming week?
4. What practical next steps do you need to take? Ask someone on your messaging group to pray for you as you take this step in the power of the Holy Spirit.

Action Steps

1. Download the [God Tools app\(opens in a new tab\)](#) and read through '*Satisfied?*'. Do you need to take some time to get right with God, breathe spiritually, and invite the Holy Spirit to control your life?
2. Take some time to observe those around you. How is the Holy Spirit at work in their lives? Is there a step of faith the Holy Spirit is wanting you to take?
3. Go back to your daisy chain and ask the Holy Spirit who to love, pray and care for daily over the next week.