

HOLY SPIRIT: LEADER GUIDE

Of the three parts of the Trinity, the Holy Spirit is perhaps the most misunderstood aspect of God. Many new Christians might hear people talk about being “filled with the Spirit” or how they saw “the Spirit move” in a particular person’s life, but those concepts fly right past their understanding. This lesson, while by no means comprehensive, aims to begin an understanding of the unique role of the Holy Spirit in their lives.

PURPOSE

- To help your disciple begin to understand who the Holy Spirit is, and what He does in our lives.
- To help them understand what it means to be “filled with the Spirit.”
- To get them practicing “spiritual breathing” to maintain their walk with God.

PLAN

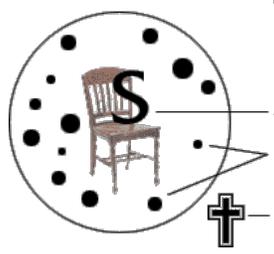
1. Before your meeting, pray for the Holy Spirit to stir an interest for Him in your disciple’s life. No work of God begins without prayer, and what better way to start your disciple’s relationship with the Holy Spirit than by interceding on their behalf?
2. If they’ve been memorizing a verse a week consistently, get them started on their first weekly verse pack! Remind them of the structure, and help them organize their verses. It’s a big milestone for them, so celebrate their consistency.
3. Emphasize the importance of “spiritual breathing”. Confession is something that’s too often overlooked in a Christian’s life, so use this to help make it a regular practice in your disciple’s life.
4. At the Discipleship Challenge, set them up for the next lesson by having them log what they do with their time. Set up a digital spreadsheet or spot in their notebook with them, and put the days of the week on the vertical columns, and times in the day on the horizontal columns. It doesn’t need to be hyper-specific, but it should give a sense of what they did with that time. Below is an example. It’s important they do this, as the next lesson is very interactive and necessitates them doing this.

TIME	MONDAY	TUESDAY	WEDNESDAY
8:00 am	Homework	Ate breakfast	Quiet time Scripture memory
8:30 am	Ate breakfast	Played video games	Ate breakfast
9:00 am	Homework	Played video games	Homework

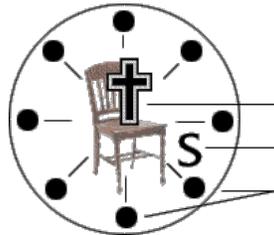
5. Remember, personal makes the most powerful. Interject your own stories of the Spirit working in your life, and you’ll help to ground these truths into your disciple’s life!

IMPORTANT ILLUSTRATIONS

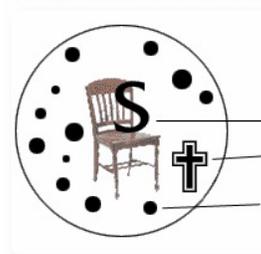
The Chair Illustration (adapted from Satisfied by Bill Bright.)



1. Draw a chair with a circle around it underneath "Natural Person". Put an S in the seat of the chair, a cross outside of the circle, and various shaped black circles around the chair.. Explain that in this self-directed lifestyle, the self is on the throne of that person's life, Christ is outside the person's life, and the person's interests are directed by the self, resulting in discord and frustration.



2. Underneath Spirit-Filled Person, draw a chair and a circle around it. Put the cross on the chair, and an S inside the circle. Draw equally sized smaller black circles along the side of the circle. Explain that in this person, Christ is on the throne, the self is yielding to Christ, and the person's interests are directed by Christ, resulting in harmony with God's plan.



3. Underneath "Worldly Person", draw a chair, a circle around the chair, an S on the chair, and a cross inside the circle. Draw various shaped black circles inside the bigger circle. Explain that in this "self-directed life", self is on the throne, Christ has been dethroned and isn't allowed to direct the life, and the interests are directed by self, often resulting in discord and frustration.
4. Explain the passage that follows on the sheet, emphasizing that we must continually draw close to God for Him to continue working in our lives

HOLY SPIRIT

Memory verse checklist:

- 2 Corinthians 5:17
- Joshua 1:8
- Psalm 119:11
- Philippians 4:6
- Hebrews 10:24-25
- Matthew 28:19-20
- Romans 5:8

VERSE OF THE WEEK: John 14:26 “But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.”

What are some things that you've learned in our discipleship relationship that stand out to you?

According to this verse, what is the purpose of the Holy Spirit?

In the New Testament, many people who are helped by God are described as being “Filled with the Holy Spirit.” What do you think that means?

WHAT DOES IT MEAN TO BE “FILLED WITH THE SPIRIT?": THE CHAIR ILLUSTRATION

Natural Person (One who has not received Christ)

Spirit-filled Person (One who is directed and empowered by the Holy Spirit)

BE A DISCIPLE

Worldly Person (One who has received Christ, but who lives in defeat because he is trying to live the Christian life in his own strength)

We cannot experience intimacy with God and enjoy all he has for us if we fail to depend on His Spirit. We cannot live the Christian life in our own strength. We also cannot enjoy all God desires for us if we live guided by our self-centered desires.

“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For 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” (Galatians 5:16-17).

HOW TO BE FILLED WITH THE SPIRIT: SPIRITUAL BREATHING

“Spiritual Breathing” is a tool meant to help us understand how to stay connected to God. Like our physical breathing, it’s something that should be done daily, helping us maintain a clear connection with God. Before going through this exercise, you should ask yourself these questions:

1. Am I ready to surrender control of my life to our Lord Jesus Christ?
2. Am I ready now to confess my sins?
3. Do I sincerely desire to be directed and empowered by the Holy 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) and promise (1 John 5:14-15).

DISCIPLESHIP CHALLENGE: Go through the process of “spiritual breathing” five days this week. Begin preparing for the “Time Management” lesson by writing down what you do over the next week in 30 minute chunks. Memorize John 14:26, and continue with your other disciplines.