

# GROW 5 - God Living in Us

*Who is the Holy Spirit?*

1. How did reading your Bible and Praying go last week? What questions do you have? What did God reveal to you about Himself or your life?
2. What Challenges did you face in your walk with God?
3. Who did you share your faith with last week?

*Just before Jesus ascended into Heaven, He told His disciples that the Holy Spirit was coming to indwell them. Acts 1:8*

- **Who did Peter Believe the Holy Spirit was?** (Read Acts 5:3-4)
  
- (Read Matt. 28:19) The Holy Spirit is the THIRD PERSON of the Trinity: Jesus states that we are baptized in the singular name of the \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_. There is one God in three equal persons.
  
- **What did Jesus call the Spirit?** (Read John 14:16-17) \_\_\_\_\_
  
- **What does the Holy Spirit do?** (Read John 16:8-11): He convicts us concerning \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

*DISCUSSION: Give an example for each of these three areas of conviction. How is conviction different for an unbeliever than for a follower of Jesus?*

- **What does it mean to be filled with the Spirit?** (Read Eph. 5:18) Being “filled with the Spirit” is contrasted with being drunk. Thus, “filled” actually means to be \_\_\_\_\_ by the Spirit. This means I must **confess** my wrong feelings, attitudes, and actions to the Spirit on a moment-by-moment basis! This requires a mental choice to **rely** on God instead of myself in every situation.
  
- **Why are some Christians not filled with or controlled by the Spirit?** (Read 1 Cor. 3:1-3)

## Self-assessment – How Spirit-filled am I?

Read Galatians 5:13-26 and check the areas that you find in your life!

### SIN

- Sexual immorality
- Impurity
- Lewdness
- Idolatry
- Witchcraft, magic, occult (horoscopes, palm reading, astrology, drug use, etc)
- Hatred
- Argumentative
- Jealousy
- Rage
- Selfishness
- Strife
- Heresies
- Envy
- Drunkenness
- Orgies

### SPIRIT

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

### SCORING -

If you have 1 or more from the left column, welcome to the human race. You are sinful like the rest of us!

Ask God to help you replace the sinful attributes with Spirit-filled attributes from the right column.

## The Holy Spirit helps us overcome temptation.

**What are the three sources of temptation?** (Remember that Christians are not exempt from temptation!)

1. Read Romans 7:18, James 1:13-14 - \_\_\_\_\_
2. Read 1 John 2:15-16 - \_\_\_\_\_
3. Read James 4:7 - \_\_\_\_\_

**How does this verse say we can overcome temptation?** Read 1 Corinthians 10:13

*Know that when you are tempted, you are not alone. God provides a way of escape as you trust him.*

**What did Jesus use to defeat Satan's temptation?** Read Matthew 4:1-4

**How do we resist the temptation of being conformed to this world? Read Romans 12:2, Colossians 3:2**

*All our efforts to resist temptation will be weak and ineffective unless they are powered by the Holy Spirit through constant reading, studying, meditating on, and trusting in the Word of God.*

*Replacing the temptation with something more beautiful (namely Jesus) is the only way to fully defeat temptation.*

### **A Simple Way for Battling Temptation: “A.P.T.A.T.” - John Piper**

- **Admit** you can do nothing without God (John 15:5).
- **Pray** for help (Psalm 50:15).
- **Trust** a specific promise (2 Chronicles 20:20).
- **Act** (Philippians 2:12–13 - If you trust God, you will act on his promises and do what he asks you to do).
- **Thank** God for his provision and goodness (Psalm 106:1).

### **Personal Application**

1. What temptations are difficult for me to overcome?
2. What attitudes/behaviors must I give up to become more Spirit-filled?  
Complete this list: “Feelings, attitudes, and actions that I struggle with...”
3. How do I overcome these temptations? A.P.T.A.T. & (Matt. 5:29)

### **NEXT STEPS:**

1. Find another Jesus follower who will be willing to hold you accountable. Ask them to challenge you when they see sin in your life and also encourage you when they see the fruit of the Spirit (love, joy, peace, etc) in your life.
2. As you pray and study the Bible, ask God to make you aware of the power and presence of the Holy Spirit within you.

## LIFE CHANGE 5 - God Living In Us

- Jesus states that we are baptized in the singular name of the **Father, Son, & Holy Spirit**. There is one God in three equal persons.
- What did Jesus call the Spirit? **Helper**
- What does the Holy Spirit do? He convicts us concerning **Sin, Righteousness, and Judgment**.
- What does it mean to be filled with the Spirit? (Read Eph. 5:18) Being “filled with the Spirit” is contrasted with being drunk. Thus, “filled” actually means to be **Controlled** by the Spirit..
- **What are the three sources of temptation?**
  - Myself
  - World
  - Satan