

#1 Experiencing the Spirit- filled Life

Purpose of Living on Mission: Equip students to walk by faith, communicate their faith, and multiply their faith. Top 20 things to help you not just survive but thrive in your faith for a lifetime!

Goal of Seminar: Teach students how to live and experience the Holy Spirit in every day life. Help students to understand the concept of Spiritual Breathing (Confession and Dependence by Faith) and gain practical skills for Spirit-Filled Living (Lordship, Confession, Reliance, Renewing our Minds, Praise & Thanksgiving and Community) Lastly, train students to share the Spirit-Filled Life with Others Using the Satisfied Booklet.

HOOK: How would you describe a Christian who is experiencing the Spirit-filled life?

ILLUSTRATIONS:

Add your own thoughts and illustrations in this column.

The Spirit-filled life is a moment-by-moment lifestyle. It is learning to depend upon the Holy Spirit for His abundant resources as a way of life.

How would you define the role of the Holy Spirit?

Read **John 16:13-14**

[Jesus speaking] **13** But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. **14** He will glorify me because it is from me that he will receive what he will make known to you.

THE SPIRIT-FILLED LIFE IS THE CHRIST-CENTERED, CHRIST-DIRECTED LIFE

The Spirit points to Christ in everything, not to ourselves or anyone else. Experiencing the Spirit-filled life is a process and not a single event.

The normative Christian life is not an overpowering event but is daily seeking to do those things that increase the Spirit's influence on our lives and decrease the hindrances. (Romans 7) It is a process, and a lifestyle. As we walk in the Spirit, we become more like Christ.

So how, exactly, does the Holy Spirit exert control and influence over our lives, and what is our role in the process?

Read **Ephesians 5:15-20**

15 Be very careful, then, how you live—not as unwise but as wise, **16** making the most of every opportunity, because the days are evil. **17** Therefore do not be foolish, but understand what the Lord's will is. **18** Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, **19** speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, **20** always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

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What does getting drunk on wine have to do with being filled with the Spirit?

Alcohol's influence leads to greater enslavement, while the Spirit gives freedom. Alcohol eclipses our personality, while the Spirit reanimates it. And just as alcohol can control us, so can the Holy Spirit - if we let Him!

SPIRITUAL BREATHING

**Describe the process of breathing (yep, these are obvious answers).
What are you doing when you exhale? Inhale?**

Spiritual breathing is a powerful word picture which can help you experience moment-by-moment dependence upon the Spirit. As you will see, it's not physically breathing deeply, or anything of that nature, but it is exhaling toxins and inhaling life.

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 of attitude and action.

Read **1 John 1:9**

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

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.

Read **1 John 5:14-15**

14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. **15** And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

We “exhale” sin through repentance, and “inhale” surrender through faith. Sin is toxic to our spiritual life and keeps us from intimacy with God. Now, God knows our sin and accepts us anyway because of His Son's sacrifice, but He desires us to turn away and flee from it. The only way we can do that is with His help and power.

Does the spiritual breathing word picture make sense?

Our responsibility is to walk in step - **or be filled** - with the Spirit. The word “filled” means filled like a sail, not filled like a cup. When we think about the sail metaphor, we rightly think about adjusting ourselves to catch the existing wind of the Spirit. When we think about filling a cup, we wrongly think about increasing the amount of the Spirit like pouring in more of a drink.

The essence of the Christian life is what God does in and through us, not what we do for God. Christ's life is reproduced in the believer by the power of the Holy Spirit. To be filled with the Spirit is to be directed and empowered by Him.

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By faith, we experience God's power through the Holy Spirit

Read **Ephesians 3:16-17a**

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith.

By faith, we claim the fullness of the Spirit according to His command and promise:

God **commands** us to be filled with the Spirit (Ephesians 5:18)

God **promises** He will always answer when we pray according to His will (1 John 5:14-15)

WHAT WE CAN DO TO GAIN THE MAXIMUM INFLUENCE OF THE SPIRIT IN OUR LIVES

1) **Lordship -**

Do you desire to live for Christ in every area of your life?

That is the question of Lordship. When we relinquish these areas, it is similar to a drain coming unclogged. We see God begin to work, to heal us in these areas. We already have all of the Holy Spirit that we will ever have or need. So that major determinant of the Spirit's influence is how much of us we let Him consume (similar to drinking alcohol).

2) **Confession -**

Already addressed. It is not a once-a-week thing. Confession is daily, hourly, at that moment. Confession cleanses and removes the barrier of sin, and it shows our desire to be controlled by the Spirit in our lives.

3) **Reliance (Unceasing prayer) -**

We are needy people. Often we fill our daily need with other things, like food, lust, shopping, music, coffee, or anything else that makes us feel good. We go to everything but God becomes a last resort. However, choosing throughout the day to turn to the Lord for wisdom, patience, empowerment, companionship, security, confidence, and every other need is called humble reliance.

Other than Christ, what do you rely on?

4) **Renewing our Minds -**

The Spirit's influence is always refreshed, directed, supported by prayer and time in the Scriptures. The Spirit bears witness to these, and these align with the witness of the Spirit. Through both of these He leads and renews our thinking.

5) **Praise and Thanksgiving -**

Going back to Ephesians 5:19-20, Paul tells us to "Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." Paul describes an environment conducive to the empowering influence of the Holy Spirit. As we worship, give thanks, praise God, and sing, our hearts become joyful in the Lord.

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6) **Community** -

Lastly, it is in the community with other Christians that we experience a dynamic of the Spirit-filled life that we can never experience alone, because we encounter the indwelling Spirit through the lives of others, and through them we are energized, empowered, and directed.

Summary -

Participating in these activities daily constitutes keeping in step with the Spirit, or walking in the Spirit. The degree to which we participate is the degree to which the Spirit has influence upon us. Whether the Spirit's influence is a slow IV drip or a flowing river depends on our participation in the spiritual life.

Which one of these six areas do you want to take a step of growth?

Experiencing the Spirit-filled life is essential before you can share it with others. As you grow in your understanding of walking in the spirit by faith, share it with a friend!

SHARE THE SATISFIED? BOOKLET WITH OTHERS

- Personalize the conversation. Use their name and make eye contact. Write their name down if you have to while you're talking. It's really meaningful if you remember it!
- Help the self-centered believer stuck in a self-pleasing lifestyle turn back to Christ
- Help those involved in all the right activities discover new levels of intimacy with God, bringing forth the inner fruit of his work in their life
- Help the new believer grow in their relationship with Christ
- Help the mature believer understand and experience a fresh work of the Spirit
- Ask permission to share it and read through the booklet together
- Involve them in the discussion by asking questions and allowing them to respond. Avoid the monologue! Ask thoughtful questions.

Satisfied?

Satisfied? is built on the premise that God has given us His Spirit when we become a Christian for an intimate and powerful journey. He has given us everything we need for life and godliness. It breaks the message down into 4 points:

God's Gift - The Holy Spirit

Man's Danger - Own Effort

God's Way - Walk in the Spirit

Our Response - Faith

It's possible to simply read through the booklet out loud with someone, but it would be best to not give a monologue, instead presenting the spirit-filled life in a conversation... through asking questions along the way. Follow along in Satisfied?, and write in these questions in your booklet. That way, you can remember them and practice dialoguing with a friend as you share the spirit-filled life.

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Questions to ask when sharing the spirit-filled life.

Check out "Presenting Satisfied" on www.crupressgreen.com.

INTRODUCTION (2-3)

What words on page 2 describe your current experience as a Christian?

GOD'S GIFT (4-5)

When did you first place your faith in Christ?

So then, when did you first receive the gift of the Holy Spirit? (same date)

(If there is confusion, turn to John 7:37-39. The Spirit promised to all who believe.)

MAN'S DANGER (6-7)

What do you think the '?' mark represents?

How does a believer move from a Christ-centered life to a self-centered life?

Where would you put yourself in this diagram? Why?

GOD'S WAY (8-9)

How does one return to a truly Christ-centered life? (through faith)

Note: A person both begins the Christian life and continues to live the Christian life by faith. FAITH IS THE KEY.

MAN'S RESPONSE (10-11)

Are you ready now to surrender control of your life to Jesus Christ?

Are you ready now to confess your sins?

(Sin grieves God's Spirit (Eph. 4:30). But God in His love has forgiven all of your sins-past, present, and future-because Christ has died for you)

Do you sincerely desire to be directed and empowered by the Holy Spirit?

- If they answer yes to each, continue on.

- If they hesitate, are unsure, or answer no to one or more of them:

Explore what is hindering their readiness. It may tie to a misconception about God's love and forgiveness or a misunderstanding about the Christian life.

THE PRAYER (12)

What is the main thing this prayer is saying?

Does it express the desire of your heart?

What is holding you back from making this decision?

ASSURANCE AND FEELINGS (13-15)

What is the role of feelings in our relationship with God?

If possible, get back together with them to discuss what they have learned or seen God do in their life.

Helpful Books

Thirsty, Rick James

Forgotten God, Francis Chan