

# The Holy Spirit

## God's empowering presence

### Start Here

Do you remember a time when someone's presence gave you strength, guidance and/or encouragement and helped you persevere?

Or perhaps a time when your presence helped someone else to be successful?

### Discuss

**All of us are on a journey in life.**

As believers, we are now on our most important journey – following the resurrected Lord.

But being a disciple can be challenging. Sometimes in our eyes it seems impossible.

- How have you grown as a disciple in your journey so far?
- In what ways are you finding your journey challenging?
- What would be helpful for you in your journey?

### Explore the Word

How is it possible for us to be faithful disciples in our journey?

Read the following verses which Jesus specifically spoke to his disciples just before his crucifixion.

What do you learn about how Jesus empowers us to follow him?

- John 14:16-18
- John 14:26
- John 16:13

On the day of Pentecost, Jesus fulfilled his promise and his disciples were baptized in power (Acts 2).

### Main Idea

The good news is that Jesus, having lived as a human, knows the challenges and sufferings we face. He promised to empower us and not to leave us alone on our journey by giving us his Holy Spirit.

The Bible says whoever comes to faith is sealed with the Holy Spirit. It also teaches us that we can walk in the Holy Spirit and be filled afresh with his presence and power. It is in the power of the Spirit that we can:

- Live in healthy relationships with each other (Galatians 5:22-24)
- Walk in obedience and holiness (Galatians 5:16)
- Pray effectively (Romans 8:26)
- Be a witness to the world (Acts 1:8)

That's why the New Testament constantly refers to the work of the Holy Spirit in the church and in our lives.

## **Practice Together Now**

Take time now to pray together to be empowered and filled afresh with the Holy Spirit. Here is how you can pray:

- Thank Jesus for sending the Holy Spirit and posture yourself (mind, heart, and body) to receive.
- Express your need and desire to be filled afresh with the Spirit.
- Pray, "Come, Holy Spirit".

Spend a few minutes waiting on the Lord either through praise and worship, or silently meditating on the promises of God. Keep in mind that people experience the presence of the Holy Spirit in different ways as he fills them and gives gifts. For some it is a quiet, gentle experience, for others it is energetic and joyful. Whatever happens as you pray, be assured that the promise of being filled with the Holy Spirit is for all who continue to pursue and ask to be filled.

## **Review your Practice Daily**

- Let's remember to keep being filled by the Spirit. To do this, start each day praying the following.
  - Holy Spirit, please fill me afresh today and bless me with your presence.
  - Holy Spirit, empower me to love the people I interact with today in the way that you would love.
  - Holy Spirit, strengthen me to walk in obedience and holiness today.
  - Holy Spirit, teach me to pray according to your plan and purpose.
  - Holy Spirit, enable me to be a bold witness for you.
  - After praying, spend a few moments waiting on him.
- Call each other through the week to share ways that you have felt directed, strengthened, and encouraged.

As you continue to read your daily chapter from Luke and the Psalms, also read Ephesians 5:18-20. Spend some time giving thanks and making music in your heart to the Lord. Is there a song you can share with a friend? Send it to them through social media.