

THE SPIRIT-FILLED LIFE

Discovering ways to draw on the Holy Spirit for strength and encouragement



REVIEW Review your experience of the previous practice. How did it go? If you weren't able to do the practice, consider how you were able to connect with God last week?

READ Read the passage several times through, read slowly, use your imagination to picture the scene and soak it up. As you read, look for one or two points that really impact you. We call these 'shockers' and 'blockers'. The 'Setting the Scene' information adds some further context about the passage.



John 14.25-26

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.

John 15.26-27

The Work of the Holy Spirit

²⁶ "When the Advocate comes, whom I will send to you from the Father - the Spirit of truth who goes out from the Father - he will testify about me. ²⁷ And you also must testify, for you have been with me from the beginning.

John 16.7-15

⁷ But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. ⁸ When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment: ⁹ about sin, because people do not believe in me; ¹⁰ about righteousness, because I am going to the Father, where you can see me no longer; ¹¹ and about judgment, because the prince of this world now stands condemned.

¹² "I have much more to say to you, more than you can now bear. 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. ¹⁵ All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you."

REFLECT

As a group take time to discuss what you've read. Start by sharing your 'shockers' and 'blockers.' As you share your thoughts, listen carefully to one another. Feel free to use the questions to help you reflect further and extend your conversation.

Setting the scene:

- Jesus tells his disciples that though he must leave and die, God will send the Holy Spirit to dwell with them, bringing strength, guidance, and help.
- The idea of the Holy Spirit dwelling - continually living among us - was new. Previously the Holy Spirit would come, engage and then go.
- The Holy Spirit affirms what is good, true, holy and pure. The Holy Spirit also teaches us, revealing more about God, helping us to pray, to discern spiritual gifts, and grow in the fruit of the spirit. (See Gal 5:22)
- These passages paint a vivid picture of the Holy Spirit's role and work. They also show that we can experience God's enduring presence in our lives.

STREAMS

THE SPIRIT-FILLED LIFE

INTRODUCTION

What are the 'shockers' or 'blockers' for you in this passage?

The Holy Spirit is often said to be 'the forgotten' person of the Trinity - why might this be?

In what ways have you experienced the power of the Holy Spirit?

RESPOND

As you have read and reflected on the passage, it's now time to consider how to respond.

Consider the following set of practices to help you respond to the theme of this session over the coming week. Choose one and feel free to adapt to make it work for you.

01 Asking

In Luke 11.13, Jesus invites us to ask God for the Holy Spirit. If you feel that God's Spirit has taken a back seat in your life, spend some time asking him to give you his Spirit. You could ask God to help you grow in awareness of his dynamic, life-giving, energising presence as he works in and through you.

02 Reflection

Galatians 5:22 lists nine fruits of the Spirit, including love, joy, and peace. This week, take time each day to read and meditate on one of these fruits. Ask God to reveal which areas in your life need the most growth, and invite the Holy Spirit to work in your heart and mind. God is faithful - He will transform you as you intentionally spend time with Him, becoming more open to the Spirit's work in every part of your life."

"We do not live our lives 'under our own steam'; we were never created to do so.

We were created to live our lives in cooperation with another reality... quite simply life in and through the Spirit.'

Richard J. Foster

You might also be interested in:

- An article about the Spirit Filled Life by Chris Webb <https://renovare.org/articles/becoming-like-jesus-spirit-filled-life>
- Richard J. Foster on the Renovare Podcast discusses the Charismatic Stream: <https://renovare.org/podcasts/lifewithgod/richard-foster-streams-charismatic>

03 Lectio

One of the roles of the Holy Spirit is teacher, helping us to connect with God when we read the Bible. This week, find a quiet space, and choose a passage from the Bible to reflect on. Read carefully and slowly, then close your eyes and wait for a word, phrase or picture to come to mind. Take some deep breaths, wait awhile and then ask the Spirit to reveal what he might want to tell you through what he has brought to mind.

GOING DEEPER

Guidance

Another role of the Holy Spirit is to guide us (see Romans 8:14 and Galatians 5:25). This week, when you face decisions, take time to invite the Spirit's help. Talk to God - explain the choice(s) you need to make, ask Him to lead you, and seek His insight. Guidance may come as an intuitive sense - like a gut feeling, through a friend's advice, or by God opening or closing opportunities. We can test the Spirit's leading by comparing it with the wisdom and commands of Scripture - the Holy Spirit will never guide you against God's Word. If you're less familiar with the Bible, ask a mature Christian to help you find relevant passages and listen to what God might be saying through them."