

Review

To get us started this week let's review.

- What did we talk about last time?

Launch

This week we are continuing our look at John's Gospel and his experience with Jesus. Our hope is that we can learn from John's relationship with Jesus to better help our own. Before we dive into our passage this week, answer the follow question:

- Who was your favorite teacher growing up? Why?

Well this week we are going to look at how Jesus teaches us. To do that we are going to read sections from John 14 and 16. Before we get started let's pray.

Discussion

Read the sections from chapter 14 and 16

- What is the main thrust of what Jesus is telling his disciples here?
- So Jesus wants his disciples to know that he is going to send the Holy Spirit. An appropriate question then becomes WHO is the Holy Spirit?
- Ok so that is who the Holy Spirit is, but what all does the passage say that the Holy Spirit does?
- Ok so that's who the Holy Spirit is and what he does, but what about us? Jesus by telling the disciples that he will send a helper is indicating that we need help. Do you agree with his assessment? Why?
- It is interesting that Jesus says it is better that he leaves instead and sends the Holy Spirit. Who would you rather have help you? Jesus or the Holy Spirit? Why?
- In what ways do you feel like you most need help living the life you want to live?
- Now that we are gaining a good grasp of who the Holy Spirit is and that we need His help, let's consider what our interactions with Him look like. The question we are getting at is 'How do we allow Him to help us?' Well Paul, in his letters to both the Galatian and Ephesian churches, attempts to answer this question. In Galatians 5 Paul uses the language of "walk by the Spirit" and in Ephesians 5 he uses the language of "be filled with the Spirit." To help us consider what it looks like to walk by the Spirit or be filled with the Spirit let us consider these two analogies.

We have already established that all believers have the Holy Spirit in them. So in what sense can we be fill with the Spirit? Aren't all believers already filled with the Spirit? Well imagine a balloon that is only partially filled with air. You could easily blow air into the balloon, further filling the balloon. This is what we do with the Spirit. We already have the Spirit inside of us but can we allow him to further fill our lives.

Or again, consider a home. Imagine it's floor plan and that each room corresponds to a different area of your life. The reading room represents what you watch or listen to. The bedroom symbolizes your relationships. The rec room, your social life. The kitchen, what you consume. The office, how you work. You get the picture. Allowing the Holy Spirit to fill us would be like allowing him access to all the rooms of our home; that is, access to all areas of our life.

- What are ways you don't allow the Holy Spirit to fill you? What areas of your life do you tend to keep to yourself?
- Ok, so if we all have areas of our life that we aren't allow God to fill and we keep areas of our lives to ourselves, how can we better allow the Holy Spirit to lead and guide us? Let's consider two essential principles: confession and reliance.

Confession

First confession. When we sin, we essentially are taking control of our lives. By definition, then, the Holy Spirit is not in control - we are. The importance of confessing sin whenever we become aware of it is critical to keeping the Holy Spirit in control of our life.

- What are ways we can confess sin to God?

Reliance

Next reliance. Reliance is turning to God throughout the day for enablement and empowerment. It is interesting to consider what all we turn to for enablement and power OTHER than the Holy Spirit. Many times we are not even aware of all that we are turning to! A good example to consider is a cigarette smoker.

Think of the following:

- *Every time they sense a need, they "light-up." If they feel lonely, they "light-up." If they feel scared or nervous, they "light-up." If they need confidence, they "light-up." We can find ourselves doing the same thing with food, music, TV, even coffee. Did you ever eat when you weren't hungry—only lonely? Throughout each day we sense the need for empowerment, comfort, enablement, rest, wisdom, companionship. We often turn to substitutes like food, film, the internet, sleep, caffeine, or even nicotine to meet these needs. God wants us to reflexively turn to Him throughout the day and ask for comfort, empowerment, wisdom, direction, etc. instead. This constant reliance on the Spirit keeps us intimately connected to the Lord throughout the day, and allows our thirsts to be met by Him.*
- What are ways you try to meet various needs with substitutes other than the Holy Spirit?

3 Steps

So we all run to substitutes for the Holy Spirit. To help us rely on the Holy Spirit instead of these substitutes your challenge this week is to apply what we have learned today and involves 3 steps:

1. First, as you become aware of being in control of our own lives (usually marked by sin or a felt need), **Identify** the need you are trying to fill (empowerment, comfort, enablement, rest, wisdom, companionship, etc.).
2. Then, **Confess** your sin and/or need to God.
3. Finally, **Ask** the Holy Spirit to fill you, relying on his strength and provision.

Summary

Ok so we have learned a lot today about the Holy Spirit. How could we summarize what we have learned about the Holy Spirit?

Apply

To finish out our time we are going to combine application and prayer this week since walking with the Spirit involves talking with God.

- To do that we are going to write out our prayer to God. Specifically we are going to walk through each of the three steps we just discussed. At the bottom of your page in the space provided write out a prayer to God identifying sin or a need in your life. Confess your sin or need specifically. Ask God to fill you with and help you rely upon his Spirit for those areas you listed. Here is an example:

God, I have been running to media for satisfaction and rest. Honestly I am pretty stressed out about school and am worried about what my parents will think of my grades. I guess I have pretty lazy recently too. I am not trusting you with my future and what my Parents think of me. I also know I am not working like I should. Fill me with your Spirit and give me peace about my future and parents. Also give me self-control and faithfulness to work hard on my school work. Thank you for your Spirit. Amen.