

Lesson Objectives

- We are continuing our look this week at Jesus via John's Gospel. We want them simply to be in God's word.
- We want them to understand who the Holy Spirit is.
- We want them to understand what the Holy Spirit does.
- We want them to understand what it means to walk with/be filled with the Spirit.
- We want them to practice identifying sin, confessing it to God and asking Him to fill them with His Spirit.

Lesson Notes

- For this study your group members will be asked to write, so you might bring a few extra pens or pencils for people to write with.
- Before you launch into the study, have snacks available and set aside 15-20 minutes for people to slow down from their day and connect with others. Use this time to personally build relationships and trust with individuals there.
- Also remember that it is always helpful to spend time with the members of your group outside of your small group time. If you haven't in a while, make it a point to setup time with a few individuals or the whole group outside of your normal time. This could be a fun group hangout or simply lunch with one or two people in your group.

Getting Started

- After 15-20 minutes, let everyone know you are getting started and ask them to grab a seat.

Review

To get us started this week let's review.

- What did we talk about last time? [Last week we talked about Jesus as the door, which means he is the basis of good relationships. We also talked about how he is our shepherd and our need to follow him.]

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 following 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. [Have someone in the group pray.]

Discussion

Read the sections from chapter 14 and 16

- What is the main thrust of what Jesus is telling his disciples here? [He's leaving but He wants His disciples to know that He will send the Spirit to guide them in His absence.]

- 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? [Know that MANY of them will have NO IDEA how to answer this question. This may end up being a question where you just have to talk through the answer, teaching them rather than waiting for them to answer. The basic facts you want to make sure they know are: The Holy Spirit is the third person of the Trinity. They need to know He is a person. Therefore he can be grieved (Eph 4:30); lied to (Acts 5:3); teach us (Luke 12:12); lead and direct us (Acts 20:28). Thus, He has a will, emotion, and intellect. He is a person distinct from the Father and the Son. He came to glorify Christ and He works in Christians to conform them to the image of Christ. Finally it is important that they know that every believer has the Spirit!]
- Ok so that is who the Holy Spirit is, but what all does the passage say that the Holy Spirit does? [Convicts us about sin (shows us the things we shouldn't be doing but are), convicts us about righteousness (shows us the life we should be living but aren't), convicts us about judgment (shows us that the enemy Satan has been defeated so we can have confidence), teaches us ALL things, reminds us of truth, guides us, gives us gifts from God, and reveals promises for us about the future.]
- 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? [You may very well need to go first here, giving examples from your own life and modeling transparency.]
- 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 can 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? [Again you may need to go first here and give examples from your own life, modeling transparency.]
- 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? [This may be a hard question but it super helpful in that you are making sure they practically know HOW to confess sin to God. Again like the question of 'Who is the Holy Spirit,' you may need to talk them through this. Here are some basic ideas: We can confess sin to God through prayer, simply telling Him our sin. We can journal about it essentially writing out prayers to God. We can confess sin silently while we go about our day; whether we are walking to class, on the bus, or at work. Lastly, we can confess to other people. This is helpful for most people and usually ensures that we are being honest with God. This is a great time to share examples from your own life.]

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? [They may be open to answering the question right away by this point, but again, have personal examples ready.]

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? [Let several of them answer. Make sure they mention who the Holy Spirit is and what he does. Make sure they include what it looks like for us to walk with/be filled with the 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.

[If you want, depending on where you feel your group is, before you end your time, you can ask if some of them would like to share their prayer. Assure them that they don't have to share if they don't want to. You can finish up the time praying for the group.]

[Lastly cast vision for next time. We will be wrapping up our study of John by looking at John 15 and what it looks like to abide in Jesus.]