



Empowered by the  
Holy Spirit

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

## REVIEW

Recap on your experience of the challenge. Ask the following questions:

### How did it go? Was it helpful?

If you weren't able to try the challenge, explore the question:

**Where and how did you experience God last week?**

## SPIRIT LYFE LIFE IN THE SPIRIT

Transformation of our spiritual lives begins when we allow the Holy Spirit to flow within us. Jesus talked about the Spirit flowing through his people like a river. When you allow the Spirit to flow in you, you are given power to become the person God created you to be.

## READ

### † Romans 8.1–17

## Living by the Power of God's Spirit

<sup>1</sup> If you belong to Christ Jesus, you won't be punished. <sup>2</sup> The Holy Spirit will give you life that comes from Christ Jesus and will set you free from sin and death.

<sup>3</sup> The Law of Moses cannot do this, because our selfish desires make the Law weak. But God set you free when he sent his own Son to be like us sinners and to be a sacrifice for our sin. God used Christ's body to condemn sin. <sup>4</sup> He did this, so that we would do what the Law commands by obeying the Spirit

instead of our own desires. <sup>5</sup> People who are ruled by their desires think only of themselves. Everyone who is ruled by the Holy Spirit thinks about spiritual things. <sup>6</sup> If our minds are ruled by our desires, we will die. But if our minds are ruled by the Spirit, we will have life and peace.

<sup>7</sup> Our desires fight against God, because they do not and cannot obey God's laws. <sup>8</sup> If we follow our desires, we cannot please God.

<sup>9</sup> You are no longer ruled by your desires, but by God's Spirit, who lives in you. People who don't have the Spirit of Christ in them don't belong to him. <sup>10</sup> But Christ lives in you. So you are alive because God has accepted you, even though your bodies must die because of your sins.

<sup>11</sup> Yet God raised Jesus to life! God's Spirit now lives in you, and he will raise you to life by his Spirit. <sup>12</sup> My dear friends, we must not live to satisfy our desires. <sup>13</sup> If you do, you will die. But you will live, if by the help of God's Spirit you say "No" to your desires. <sup>14</sup> Only those people who are led by God's Spirit are his children. God's Spirit doesn't make us slaves who are afraid of him. Instead, we become his children and call him our Father. <sup>16</sup> God's Spirit makes us sure that we are his children. <sup>17</sup> His Spirit lets us know that together with Christ we will be given what God has promised. We will also share in the glory of Christ, because we have suffered with him.

Contemporary English Verse - CEV

### REFLECT

Setting the scene:

- ▶ Rome at this time was the capital of an empire that stretched from Britain to Arabia. It was wealthy, cosmopolitan and the diplomatic and trading centre of the known world. There was also a large, flourishing Christian community – a mix of Jews and Gentiles.
- ▶ Romans is the supreme letter of the New Testament. This is Paul's 'Gospel manifesto'

containing the fullest statement of basic Christian truths. The great theme here is 'faith in Christ – our only way to relationship with God.' Jesus has paid for our sin and now offers us new life with the added power of the Spirit.

- ▶ Paul was a Roman citizen and a Jew – he took the law seriously. But only Christ can free us from the burden and impossible demands of the law.
- ▶ The Holy Spirit (according to Paul) is alive and active in all who belong to Christ – enabling

a transformation of the heart to live as God's adopted children. A foretaste of glory and a living hope within us!

- ▶ What are the 'shockers' and 'blockers' for you in this passage?
- ▶ Do you picture the Spirit like a river or fire? What other imagery is helpful?
- ▶ For Paul the Spirit is active and alive in those who belong to God – how have you experienced the Holy Spirit?

### RESPOND

Life in the Spirit challenge: As a group create a challenge that will help you to grow in your experience and understanding of the Spirit this week.

**Challenge ideas:**  
If you struggle to come up with your own challenge then why not try one of the following...

#### 01 Flow

Paul writes about 'keeping in step with the Spirit' or 'walking in the Spirit'. As we go about our everyday lives we will either allow the Spirit to flow in us, or we will do things that quench its flow. This week intentionally live with an openness to allow the Spirit to flow through you. As an indicator – when the Spirit is alive in you, sin

looks unappealing, God's ways are more desirable, you will also experience good doses of gratitude, contentment and deep satisfaction in your soul. Look out for times when you sense you have quenched the Spirit – perhaps you experience in yourself a sense of greed, irritability or superiority. In these times come to God and ask for his grace. God always encourages the heart of those who are sincerely wanting to be more like him. Use a journal to record your reflections of living in the flow of the Spirit this week.

#### 02 Back to Life

This week do something that makes you feel truly alive. It might be reading a great book, mountain biking, a long walk in the countryside or talking with friends over a glass of wine. Eric Liddell

said that he 'felt God's pleasure when he ran'. Engage in an activity that feeds your soul and draws you near to God – let your self take time to sense this. You might like to keep in mind the words of Psalm 51.10 as you partake in this activity.

#### 03 Submission

Surrendering ourselves to God is key in allowing the Spirit to work through us. Choose one day this week where you live intentionally to serve others. This is not a licence for others to walk all over you! But this day, you choose to set aside your own desires and wants in order to place others interests above your own. Seek to love God as you respect, serve and love other people through this day and allow his Spirit to work through you.

*'If a river flows, life flourishes. If a river dries up, life dies. So it is with you and the Spirit.'* [John Ortberg \*The Me I Want To Be\*](#)

### Don't Forget

1. To record your experience of the challenge so that you can accurately share it with your lyfe group when you next meet. You might like to text/tweet each other throughout the experience!
2. Consider posting your created challenge on the lyfe facebook site for others to view.

### More resources on 'Spirit Lyfe'

- Listen to video interview with James Parker
- Read article by John Ortberg on the Holy Spirit
- Read 'lyfe story' biographies on John Wimber and Jackie Pullinger
- Recommended reading – '*Come Holy Spirit*' by David Pytches

### GROUP PRAYER:

You might like to commit to praying for each person in the group this week as you look to keep in step with the Spirit and allow him to flow through your life.