

# Lesson 8

## Walking in the Spirit

### Weekly Spirit Exercise Reminder

“My sheep hear My voice, and I know them, and they follow Me.” John 10:27

*“If we live by the Spirit,  
let us also walk by the  
Spirit.”*

As our spirits have been getting to know the Holy Spirit, we have been increasing our awareness of God’s voice in our lives. Every day this week take 10 minutes to LISTEN to God. Start by meditating on the verse, “Be still and know that I am God.” Then wait patiently to hear what the Holy Spirit wants to reveal to your spirit. Sometimes this comes as pictures in your mind or thoughts you did not think. Sometimes you will physically feel His presence or just sense a profound peace. He knows how you will best “hear” Him!! Write down your experiences after you sense He is finished.

*Galatians 5:25*

### Alive in the Spirit

1. What happens at the moment of salvation (whether we sense this or not) according to I Corinthians 3:16-17, 6:19-20?
2. What else happens when we receive salvation according to Ephesians 1:13-14 and II Corinthians 1:22?

## Resisting the Spirit

3. Who initiates our salvation in the Lord Jesus Christ? See John 3:5-8, Romans 8:2, 14 -16 and I Corinthians 12:3.
  
4. *What do you think* blasphemy against the Holy Spirit in Matthew 12:31 means? See also Hebrews 10:29.
  
5. If we resist the drawing of the Holy Spirit to the Lord Jesus Christ for salvation, is there another way to receive salvation according to Acts 4:12? Also see Acts 7:51 and Romans 10:13.
  
6. Who convicts us of sin according to John 16:7-8?
  
7. *What do you think* is the difference between the conviction of sin of the Holy Spirit (II Corinthians 7:9-10) and the accusation/condemnation of the devil (Revelation 12:10)?
  
8. What should be our response to the conviction of sin according to Acts 3:19, Hebrews 4:7 and I John 1:8-9?
  
9. What is the promise from God in II Chronicles 7:14?
  
10. PERSONAL QUESTION: In John 4:13-14 and John 7:37-39, Jesus talks about how the Spirit of God dwelling in believers is like a well of water springing up and rivers of water flowing from our innermost being. Ask the Lord if your well is “clogged up.” Ask Him to put His hand of conviction on any specific sin that is in your life that is clogging your well. Take some time to listen and wait upon the Lord.

11. Read Ephesians 4:30 and I Thessalonians 5:19. Discuss what you think these verses mean.
  
12. Acts 5:3 teaches that it is possible to lie to the Holy Spirit. Read the story of Ananias and Sapphira in Acts 5:1-11 and discuss. Is there a warning here for you?

### **Reflecting the Spirit**

13. Since our new life in Christ begins by the Spirit of God, how should we continue to live our life in Christ according to Galatians 5:25?
  
14. Who is the One who sanctifies individual believers according to II Thessalonians 2: 13?
  
15. What is the prayer of Paul in Ephesians 3:14-21? See also Romans 5:3-5.
  
16. What is the command in Ephesians 5:18 and the results of this in 19-21? Also parallel passages in Colossians 3:12-17 and Romans 12:9-21. Discuss.
  
17. How do we serve the Lord according to Romans 7:6, 12:11?
  
18. Discuss what reflecting the Spirit looks like. See Romans 8:13, Galatians 5:13, 16-26, 6:8.
  
19. Read Matthew 7:1-5. Discuss how we are not to judge others without first examining our own lives before the Lord.

20. From Matthew 7:15-20, what does Jesus tell us to do in this passage?
21. What do you think Jesus means by fruit in John 15:16?
22. List the fruit of the Spirit in Galatians 5:22-23, also see Romans 14:17.
23. Consider Galatians 6:7-9. What do you think “sowing to the Spirit” means?
24. Do you think our yielding to the Holy Spirit in our lives will be automatic?
25. What is the analogy that Jesus presents in John 15:1-5?
26. Examine your life to see if this fruit is growing. If there is a particular area that you would like to see increasing manifestation of fruit, write out a prayer talking to the Lord about this. Wait upon Him. He may put His finger on something that you need to deal with in repentance. Brainstorm with your group about positive strategies of how to abide in the Lord and sow to the Spirit in this area so that you will yield more fruit.

### **Weekly Exercise for Our Spirits**

As we come to the last week of our study, take some time to reflect on all the different ways we exercised our spirits. Choose the exercise you thought was the most helpful for your spirit and repeat it for this week.

## Lecture Notes: