

# Lesson 4

## The Promise of the Holy Spirit

### Weekly Exercise Reminder

When Jesus came out of the desert after 40 days of fasting, his body was weak and needed to be restored. However, from that moment on His spirit seemed strengthened as He began His powerful ministry: “And Jesus returned to Galilee in the power of the Spirit, and news about Him spread through all the surrounding district.” Luke 4:14

Fasting from something that our bodies enjoy (a specific food, alcohol, etc.) and/or fasting from something our souls enjoy (a tv show, a genre of reading material like pop magazines, etc.) may strengthen our spirits. This week choose something your body or soul craves and fast from it. Each time the craving arises, hold “fast” to the Lord and thank the Holy Spirit for being with you and helping you remain steadfast.

*“I will not leave you as orphans; I will come to you.”  
John 14:18*

1. Read the promise given in Joel 2:28-31. What is the promise? To whom is the promise given? When Joel gave this promise, was it for his day or for the future?
2. The prophet Ezekiel also spoke about an outpouring of the Holy Spirit. Read Ezekiel 36:24-28 and 37:14, and discuss what you think this is referring to.
3. From Isaiah 32:15 and 44:3, what is promised in these verses?
4. Who will be One who baptizes with the Holy Spirit according to Matthew 3:11-12?

5. Did Jesus baptize when He was on the earth according to John 4:1-2?
6. How do you reconcile your answers to questions 4 and 5?
7. In John 4:13-14, Jesus promises to give “water that will satisfy thirst and shall become in him a well of water springing up to eternal life.” Also see John 7:37-39. What is the verb tense that He uses in these passages? Discuss what this water is like.
8. From John 14:16-18 who is Jesus asking for from the Father? Why should we want this request?
9. Read John 15:26. Who is sending the Spirit and why?
10. Look at John 16:7 and 13-15. According to Jesus, why do we want Him to fulfill His promise to send the Holy Spirit?
11. What did Jesus say and do on the night of His resurrection in John 20:21-22?
12. What does Jesus command/promise in Acts 1:4-8?

Jesus makes it clear that the promise of the Holy Spirit is a gift that we want to receive. Let's look at this gift.

13. What are some of the things that the Holy Spirit does for believers?

- ❖ John 14:26
- ❖ Romans 8:26
- ❖ John 16:8
- ❖ Romans 8:14
- ❖ Romans 8:16
- ❖ II Corinthians 3:6
- ❖ Ephesians 3:16
- ❖ Acts 1:8
- ❖ Titus 3:5-6
- ❖ Acts 16:6,7
- ❖ II Peter 1:21

14. What do Romans 14: 17, II Corinthians 3:17 and II Timothy 1:7 say will be the hallmarks of the Holy Spirit operating in a life?

15. Are you experiencing life in the Holy Spirit in this way right now? Write out a prayer about your journey with Him.

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

“You are altogether beautiful, my darling,  
And there is no blemish in you.” Song of Solomon 4:7

Another part of strengthening our personal spirits is learning to cherish ourselves as God cherishes us. Each day this week, ask the Lord to reveal a part of your self/spirit that He cherishes. Then, thank Him, recognizing that He is the One who gave it to you. By next week’s small group you should have 7 things about your self/spirit that you can cherish!

## Lecture Notes: