

# Lesson 9

## Life in the Spirit

### Weekly Spirit Exercise Reminder

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.

*“Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.”*

*I Thessalonians 5:23*

### The Human Spirit

1. What three parts of our nature are set forth in I Thessalonians 5:23?
2. From Hebrews 4:12, do you think we might have a difficult time discerning the difference between the soul and the spirit?
3. Who gives man his spirit according to Genesis 2:7 and Zechariah 12:1? (In some translations the word breath is used for spirit.)
4. Read Ephesians 3:16. Personalize this prayer, write it out and pray it for yourself.
5. Read James 4:5. The translators differ in their understanding of the word spirit. Some understand that this verse refers to the Holy Spirit, while some believe it refers to our human spirits. No one knows for sure, but if this verse refers to our human spirits, what does James teach here?

6. How are we to worship the Father according to John 4:23-24?
7. According to James 2:26, how important is our spirit to our physical health?
8. Read I Corinthians 2:14-15. How do you want to understand and appraise things?
9. Consider Proverbs 20:27. Why would you want your spirit to be the best that it can be?
10. Sometimes our spirits are “asleep at the wheel”. What does Paul command in Romans 13:11 and Ephesians 5:14?
11. Our spirits can shut down when we have unconfessed sin in our lives, when we refuse to forgive others, when we have idols in our hearts or when we have unhealed wounds in our spirit. Psalm 51:10 says, “Create in me a clean heart, O God. And renew a steadfast spirit within me.” Listen with your spirit to the following requests:
  - ❖ Ask the Lord to reveal any unconfessed sin in your life.
  - ❖ Ask the Lord if there is anyone you need to forgive.
  - ❖ Ask Him to show you if there is an idol in your heart that you need to forsake.
  - ❖ Ask Him to reveal and heal any wounds in your spirit.
  - ❖ Wait upon Him. You may want to pray through these issues with a trusted friend.

## The Holy Spirit Recap

12. From lesson 1, what is your favorite name for the Holy Spirit and why?
  
13. What is your favorite symbol for the Holy Spirit and why?
  
14. Review lesson 2. What impresses you about the Holy Spirit in the Old Testament?
  
15. Review lesson 3. Discuss the role of the Holy Spirit in the life of Jesus.
  
16. Review lesson 4. Even though the Holy Spirit was active in the Old Testament and in the life of Christ, sum up the promises of His work in believers after the glorification of Jesus.
  
17. Review lesson 5. Describe the coming of the Holy Spirit at Pentecost.
  
18. Review lesson 6. Sum up what you learned from this lesson about the work of the Holy Spirit in the new believers of Acts.
  
19. Review lesson 7. What is the purpose of spiritual gifts? Is there a particular spiritual gift that you desire? How are you seeking this gift as Paul instructed?
  
20. Review lesson 8. Are you resisting the Spirit in any area of your life? If so, what are you going to do about this?

21. How are you “sowing to the Spirit”? Brainstorm with your group about ways to do this.
  
22. What changes have you noticed within yourself from doing the weekly nurturing your spirit exercises?
  
23. As we come to the end of our study of the Holy Spirit, how has this time in the Word of God impacted your life?

## Lecture Notes: