

Timeless Truths for Modern Disciples

4. How Do I Walk in the Spirit?

GALATIANS 5:16-25; JOHN 14:16-20

LESSON OVERVIEW (FOR THE LEADER)

This lesson continues our Timeless Truths for Modern Disciples series by addressing a foundational question for every follower of Jesus: **How do I walk in the Spirit?**

Many Christians think of walking in the Spirit as a mysterious or complicated experience. The Bible presents it much more simply. To walk in the Spirit is to keep in step with the Holy Spirit as He leads us day by day.

The main point of the lesson is that disciples walk in the Spirit by denying the flesh and yielding themselves to the leadership of the Holy Spirit.

The lesson emphasized three important truths:

- **Separation** from the desires of the flesh.
- **Saturation** in the presence and leadership of the Holy Spirit.
- **Practicing** daily obedience to the Spirit's guidance.

FAMILY DISCIPLESHIP NOTES

If children are present, involve them intentionally throughout the group.

Before beginning, assign one child to be the “Kid Reporter.” Let them know their job is to listen carefully because at the end of the gathering they will share the most important thing they learned.

Provide children with a Listening Sheet and encourage them to complete it during the teaching and discussion. They may write, draw, or do both depending on their age.

Also encourage children to draw a picture that illustrates the main lesson. At the end of the gathering, give them an opportunity to show and explain their drawing to the group.

Ice Breaker

“Who taught you how to do something important, and what would have happened if you ignored their instructions?”

TRANSITION:

“The Christian life was never intended to be lived alone. God has given every believer the Holy Spirit to guide, help, comfort, and lead us. This lesson explores what it means to keep in step with Him.”

READ GALATIANS 5:16-25

Discussion Questions

1. What do you think Paul means when he describes a conflict between the flesh and the Spirit?
2. Why do you think the Christian life often feels like a battle?
3. The lesson described the Holy Spirit as a Helper, Companion, and Comforter. Which of those descriptions is most encouraging to you and why?
4. What are some practical examples of "walking in the Spirit"?
5. What are some practical ways we can give the Holy Spirit greater influence in our daily lives?

KIDS' QUESTION

1. What does it mean to follow God when He shows you what is right?

Prayer Time

LEADER INSTRUCTIONS

- Leader, as you begin the prayer time, explain to the group that tonight we want to slow down and genuinely seek the Lord together, not just rush through a closing prayer.
- On the next page is a list of prayer prompts based on this lesson. If you want, you can cut these out into individual strips of paper with one prayer prompt on each, and put those prayers in a basket.
- Pass the basket of prayer prompts around the circle and invite anyone who is willing to pray to take one.
- Let everyone know there is no pressure to pray out loud, and children are welcome to participate too.
- Encourage people to quietly read their prompt and begin thinking about how they want to pray when the time comes.
- Begin the prayer time yourself by leading a short opening prayer that helps the group focus on God, become calm and attentive, and invites the Holy Spirit to guide the time.
- Then leave space for others to pray one at a time using their prompts.
- Don't be afraid of a little silence between prayers.
- When it feels like the prayer time is naturally slowing down, close by thanking God for hearing His people, praying for the needs that were shared, and asking God to deepen our love for Him and strengthen our faith in Him throughout the week.

Before dismissing, invite the Kid Reporter to share the most important thing they learned. Then allow any children who would like to do so to show their drawings and briefly explain them to the group.

PRAYER PROMPTS

Pray that God would help us walk in step with the Holy Spirit each day.

Pray that God would help us recognize the difference between the desires of the flesh and the leading of the Spirit.

Pray for a greater awareness of God's presence throughout the day.

Pray for believers who are struggling with temptation, that they would walk in the Spirit and not gratify the desires of the flesh.

Pray for growth in the fruit of the Spirit in our lives.

Pray for our pastor, that he would walk closely with the Holy Spirit as he leads our church.

Pray for our church leaders, teachers, and group leaders, that they would be led by the Spirit in their decisions and ministry.

Pray for parents, that they would model Spirit-led living for their children.

Pray for the children and students of our church, that they would learn to follow Jesus from a young age.

Pray for those who feel discouraged in their spiritual walk, that God would strengthen and encourage them.

Pray for believers who are battling anger, jealousy, pride, or other works of the flesh.

Pray for greater love, joy, and peace in our church family.

Pray for patience and kindness to grow in our relationships.

Pray for faithfulness and self-control in our daily lives.

Pray for those who feel lonely, that they would be comforted by the presence of the Holy Spirit.

Pray for wisdom to recognize when we are resisting God's leading.

Pray for courage to obey the Holy Spirit even when it is difficult.

Pray for a deeper desire to spend time with God in prayer and Scripture.

Pray for protection from worldly influences that pull us away from God's will.

Pray for Christians who are facing difficult circumstances, that they would rely on the Spirit's strength.

Pray that God would help us crucify the desires of the flesh.

Pray that our church would be known for displaying the fruit of the Spirit.

Pray for opportunities to encourage others through Spirit-led words and actions.

Pray that the Holy Spirit would continue transforming us into the likeness of Jesus.

Pray that we would faithfully follow the Spirit's leading wherever He guides us.

Kids' Listening Sheet

Name: _____

Date: _____

TODAY'S BIBLE PASSAGE(S):

THE MOST IMPORTANT THING I LEARNED:

A WORD I HEARD TODAY:

Word: _____

What does it mean?

SOMETHING I DIDN'T UNDERSTAND:

DRAW A PICTURE OF WHAT YOU LEARNED (ON THE BACK):