

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

Galatians 5:16-17

But I say walk by the Spirit and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Ephesians 5:18

And do not get drunk with wine, but be filled with the Spirit.

1 John 5:14-15

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

Some of this fruit is described in **Galatians 5:22-23**.

What are some things God wants to produce in your life through His Spirit?

Why do you think God makes His infinite resources available to you?

According to **Galatians 5:16-17**, what challenge is there to living in the Spirit?

Sometimes a Christian may realize he has taken control back from God as a result of focusing on fleshly things, choosing to sin, or not following the Holy Spirit's direction. If at any time you realize that you need to give control back to God because you have been directing your own life, you can practice "**spiritual breathing**."

Exhale – Confess your sin of taking control from God and accept that God has completely forgiven you and wants to live through you. **1 John 1:9**.

Inhale – By faith ask God's Spirit to fill you and take control of your life again according to the command of **Ephesians 5:18** and the promise of **1 John 5:14-15**.

Summary Thoughts And Steps Forward

How will knowing this help you to live a life that is pleasing to God this week?

How will having the Holy Spirit in control of your life make it full and meaningful?

If this truth is an encouragement to you, with whom could you share it?

This week, read a passage each day to learn more about how the Holy Spirit works in your life. Think about how that will help you and thank God for His provision for you.

John 3:16-18

Ephesians 1:7-8

John 5:24

Colossians 1:13-14

1 Peter 1:3-5

1 Peter 3:18

3

Basic Faith Conversations About:

DEPENDING ON YOUR RELATIONSHIP WITH GOD



What do you think makes life full and meaningful?

In **John 10:10** Jesus said He came to give us a full and meaningful (abundant) life. He desires for us to experience true fulfillment, which comes from living life as God designed.

What does **Ephesians 2:10** say this means for us as Christians?

In what ways is it difficult to live life the way God designed?

It is impossible to live a life that is abundant and fully pleasing to God in our own strength, but God has provided the resources we need to live life the way He intended.

God's Spirit Gives You The Power To Live Life Fully

Read **John 14:15-17**.

When Jesus asked His followers to live a certain way out of love for Him, what did He promise to give them in order to help them do this?

Who has the Helper available to them, and who does not?

Jesus promised to give His followers God's Spirit to help them live as He designed because they would not be able to do it themselves. No matter how good our intentions are, we cannot fully love or follow God. But God solved this problem by placing His Spirit in our lives to direct us and give us the power to do all that He designed for us.

According to **Romans 8:11**, how does God give you life?

If He has the power to raise Christ from the dead, and give you new life, is there anything in your life that He does not have the power to accomplish?

So, if we have the Helper, what do you think keeps us from experiencing that abundant life and power?

John 10:10

"I came that they may have life and have it abundantly."

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

John 14:15-17

"If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper to be with you forever, even the Spirit of Truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you."

Romans 8:11

He who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

The Bible talks about three types of people:

Those that have not asked Jesus Christ into their lives – They do not have the Holy Spirit. They direct their own lives and rely on their own limited resources. Often this ends in frustration, hurt, or failure because they are sinful and will make wrong choices.



Christ outside the life and self in the control seat.

Those who have Christ in their lives and are being directed by Him – They are able to depend on God's resources by allowing God's Spirit to direct and give them the power to do what is right. When they willingly give up control of their lives to Christ and allow Him to direct them, they experience peace and fulfillment.



Christ's Spirit in control of life and self following His direction.

Those Christians who are living as a "fleshly" person – They are not submitting control of their lives to God. Sometimes Christians ignore God's Spirit and willfully choose to direct their own lives as they did before Christ came into their lives. Their lives will be similar to that described in **Romans 8:5-8**.



Christ's Spirit in the life, but self in the control seat.

As you consider the 3 types of people, who would you say controls your life?

God Desires Every Christian To Be Directed By God's Spirit

Read **Ephesians 5:18**.

Believers are instructed to be filled with the Holy Spirit in contrast to being drunk with wine. When someone is drunk, alcohol controls his actions and words. In a similar way, when a Christian allows God's Spirit to be in full control of his life, the Holy Spirit working through him will produce godly actions, attitudes, and words.

As a follower of Christ, you have God's Spirit available to you, but you must make a choice of whether you will allow Him to direct your life and by faith believe that He gives you the power to follow Him.

Romans 8:5-8

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law . . . Those who are in the flesh cannot please God.

Ephesians 5:18

And do not get drunk with wine, but be filled with the Spirit.

To be filled and controlled by God's Spirit is a choice involving:

- Being in fellowship with God by confessing any known sin. Read **1 John 1:9**.
- In response to God's command, sincerely desiring to be directed and given power by the Holy Spirit. Read **Ephesians 5:18**.
- By faith believing God will fulfill your request and provide all the resources He has promised. Read **1 John 5:14-15**.

How do you know it is God's will for you to be filled with the Spirit?

How can you be sure He will fill you when you ask Him?

Would you like to ask God now to fill you with His Spirit and direct your life?

If you would, you can express your desire to God with the following prayer:

"Dear God, I want a vital relationship with You where I depend on Your Spirit. I admit that I have been in control of my life. I now confess and turn from my sins and surrender the control of my life to You. Thank You for forgiving my sins. By faith I ask You to fill me with Your Spirit so I can be directed by You and given power to live for You. I pray this in Jesus' name. Amen"

Dependence on God's Spirit for Daily Life

What are some positive changes you have tried to make in your life, but have experienced failure?

Read **Ephesians 3:16**.

The ability to live the Christian life comes when you allow the Spirit to give you power. In **John 15:5** Jesus used the image of a vine and branches that grow from it as a picture of the connection between Jesus (vine) and a Christian (branch).

Just as the branch gets its life and nourishment and bears fruit only by being connected to the vine, so you get life and nourishment, and bear fruit only through your dependence on Christ's Spirit. As you depend on His Spirit to direct you, Jesus' character flows through you and you will experience what the Bible calls fruit of the Spirit.



1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Ephesians 5:18

And do not get drunk with wine, but be filled with the Spirit.

1 John 5:14-15

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Ephesians 3:16

According to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being.

John 15:5

I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.