

THE HOLY SPIRIT AT WORK IN US

INTRODUCTION

Last week we started our Journey of learning about the Holy Spirit. This week, we will take a look more specifically at what the Holy Spirit does in us as believers. We've learned from last week that He is here to help us. This week we'll see more specifically that He is here to help us live in ways that please God.



PAUL & THE SPIRIT

Last week we saw what Jesus taught His disciples about the Holy Spirit. This week, we'll be seeing what the apostle Paul had to say in **Romans 8:1-8**

- What are the two ways mentioned in v4 by which we can live?
- What are the end results of living according to the Spirit or the flesh (v2,6)?
- What do v 7-8 reveal about the possibility of a person pleasing God without the Spirit?
- v5 Talks about people having our minds either set on the flesh or the Spirit. How do you think this is lived out for us as we live our lives?

Read on **Romans 8:9-13**

- What does v9 reveal?
- v10-11 says that though our bodies are subject to death because of sin, if Christ is in us, the Spirit will bring about life in us. What do you think that life looks like in us as Christians?
- What do v12-13 reveal are our obligations as Christians?

Romans 8:1-8

There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. 3 For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. 5 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. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. 8 Those who are in the flesh cannot please God.

Romans 8:9-13

9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. 10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

Heirs with Christ

12 So then, brothers, we are debtors, not to the flesh, to live according to the flesh. 13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

This passage is very revealing. For those of us who believe in Jesus, we have inside of us both a sinful nature that produces death, as well as the Spirit of God which produces life. It also reveals that we have an obligation to choose to live no longer according to our sinful nature. Rather than continue to sin, we are to put our sinful behaviours to death by the power of the Spirit. Paul tells us that the same Spirit who raised Jesus from the dead is living in us. The Spirit will empower us to stop sinning, and live rightly to please God! This is amazing! If that's the power at work in us, there is no sin too great for us to overcome, and no temptation too hard for us to resist. The very power of God is with us. The Holy Spirit is here to help us bring pleasure to the God who created the universe!

DISCUSS

- What sinful behaviors do you see in yourself that you would like to see the Spirit put to death?
- What wholesome things would you like to see God bring about in your life in place of those sinful things?

In a letter to the Galatian church Paul talks further about the Spirit and our sinful nature. Let's keep learning as we read that passage.

Read **Galatians 5:16-26**.

- *What can we learn from v16-18? (There's a conflict in us between our sin and God's Spirit. Living by the Spirit is the only way to stop sinning)*
- *v19-21 are a sobering reminder of our sinful nature. What's on that list that you relate to in your life?*
- *v22-26 are encouraging. This is what the Holy Spirit will produce in our lives. He will not just help us stop sinning. He will also help us become genuinely good people! What on that list would you like to have more of in your life?*

In v24, Paul talks about us crucifying our sinful nature with its passions and desires. It's only because of the Spirit we can do that. In the Romans passage, he made a similar comment saying "by the Spirit you put to death the misdeeds of the body". That then is our challenge as disciples. There is a genuine conflict in us as believers- our sinful nature that desires to push away from God, and the Holy Spirit who has come to produce genuine righteousness in our lives. God has given us his Spirit to help us die to our sin, and live righteously. Next week, we will focus on what it means to put to death our sinful nature and its deeds by the power of the Holy Spirit.

Galatians 5:16-26

16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 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. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

25 *If we live by the Spirit, let us also keep in step with the Spirit. 26 Let us not become conceited, provoking one another, envying one another.*

ACTION STEP

- *Let's keep utilizing our phone reminders, but this week, let's pray for the Holy Spirit's help to change us in light of today's conversation. What sinful tendency would you like to pray for the Spirit to help with each time your phone reminder goes off?*
- *Further, if we find ourselves feeling tempted by our sin, let's get in the habit of asking the Holy Spirit to help us right there and then. Let's give the Holy Spirit the chance to help us every moment we need him!*

PRAYER

For now, let's finish in prayer, thanking God that he has given us his Holy Spirit. Pray for him to help us put our sinful nature to death. Pray for him to produce the fruit of the Holy Spirit in our lives. Pray for us to become more alive to God in our lives as we continue striving as an Action Group to follow Jesus at university together.