

# BEING FILLED WITH THE HOLY SPIRIT: INHALE

## INTRODUCTION

Last week, we began thinking about what it means to be filled with the Spirit. We started learning about the word metaphor, Spiritual Breathing. We considered what it means to exhale spiritually through confession and repentance. Having considered those issues for ourselves, this week we will move on to the second part of Spiritual breathing: *Inhaling*.

## INHALING

Once we have resolved the issues of confession and repentance in our lives, it's time for us to pray for God to fill us with his Spirit. As we do this, it's important to know a couple of key things. Firstly, it is God's will that we be filled with his Spirit. Secondly, when we pray according to his will, he will grant what we are praying for. Let's deal with this one at a time.

## LEADER'S NOTES:

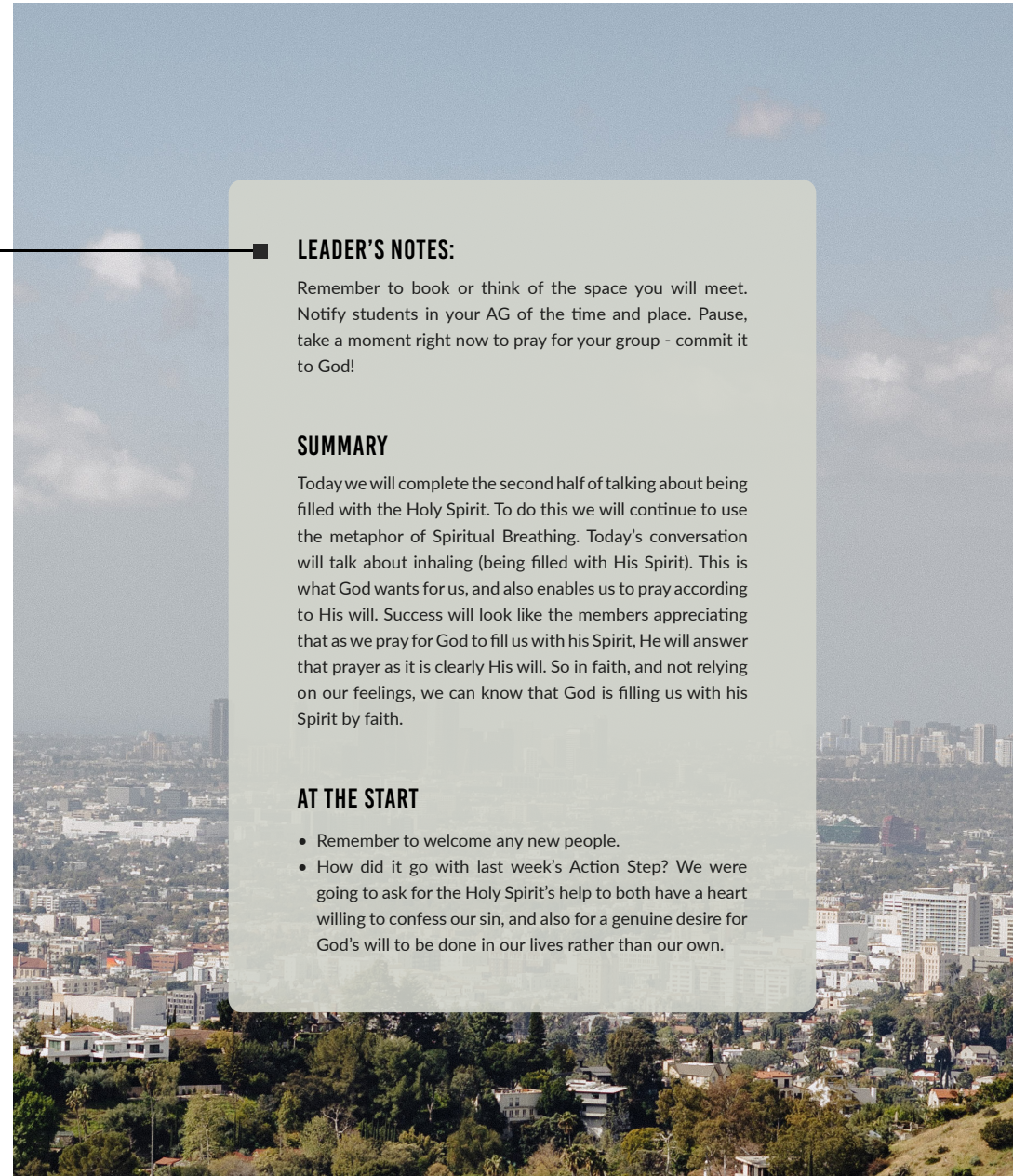
Remember to book or think of the space you will meet. Notify students in your AG of the time and place. Pause, take a moment right now to pray for your group - commit it to God!

## SUMMARY

Today we will complete the second half of talking about being filled with the Holy Spirit. To do this we will continue to use the metaphor of Spiritual Breathing. Today's conversation will talk about inhaling (being filled with His Spirit). This is what God wants for us, and also enables us to pray according to His will. Success will look like the members appreciating that as we pray for God to fill us with his Spirit, He will answer that prayer as it is clearly His will. So in faith, and not relying on our feelings, we can know that God is filling us with his Spirit by faith.

## AT THE START

- Remember to welcome any new people.
- How did it go with last week's Action Step? We were going to ask for the Holy Spirit's help to both have a heart willing to confess our sin, and also for a genuine desire for God's will to be done in our lives rather than our own.



## IT'S GOD'S WILL FOR US TO BE FILLED WITH HIS SPIRIT

Read **Ephesians 5:18**

- *What is God's command here?*

This verse is great to bear out the filling of the Spirit. Here, we are commanded to stop sinning (in this case being drunk). Instead, we are commanded to be filled with the Spirit. This is exactly what we've been talking about. For our purposes today, we can know from this verse with zero doubt that it is God's will for us to be filled with his Spirit.

## GOD WILL ANSWER US WHEN WE PRAY ACCORDING TO HIS WILL

Read **1 John 5:14-15**

- *What is the confidence we have here when we pray to God in his will?*

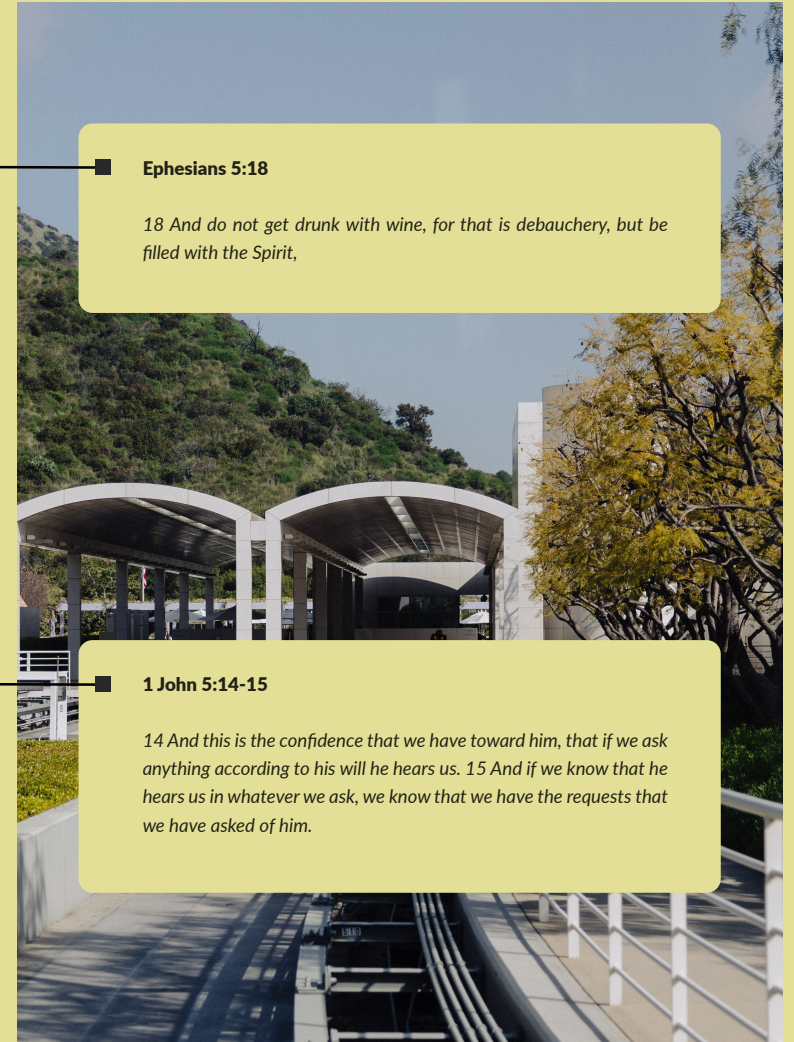
Let's put our learnings together from the verses we've just read. It's clear that when we pray in accordance with God's will, he hears us, and will grant what we are asking. It's also clear that it is God's will for us to be filled with his Spirit. That means whenever you are struggling with sin and temptation, if we take time to ask God for help, he will! As we pray for God to fill us with his Spirit, we can be confident in him that he will do just that! To bring this all together, we want to look at one more passage.

### **Ephesians 5:18**

*18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,*

### **1 John 5:14-15**

*14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. 15 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.*



Read **Luke 11:9-13**

- What can we learn here about praying to God?
- How confident can we be from this passage that God will answer our prayer for the Holy Spirit?

## BRINGING IT TOGETHER

In our journey of learning about the Holy Spirit, we've learned some profound things. Firstly, God gives His Holy Spirit to all who believe in Him. Second, the Holy Spirit has come to help us die to our sin, and bring good things in place of that sin. Thirdly, we've learned that to be filled with the Spirit, we must be willing to confess our sin and repent of it. Lastly, we've learnt that we can pray in confidence for God to fill us with his Spirit because it's His will for all of us to be filled.

### Important Questions:

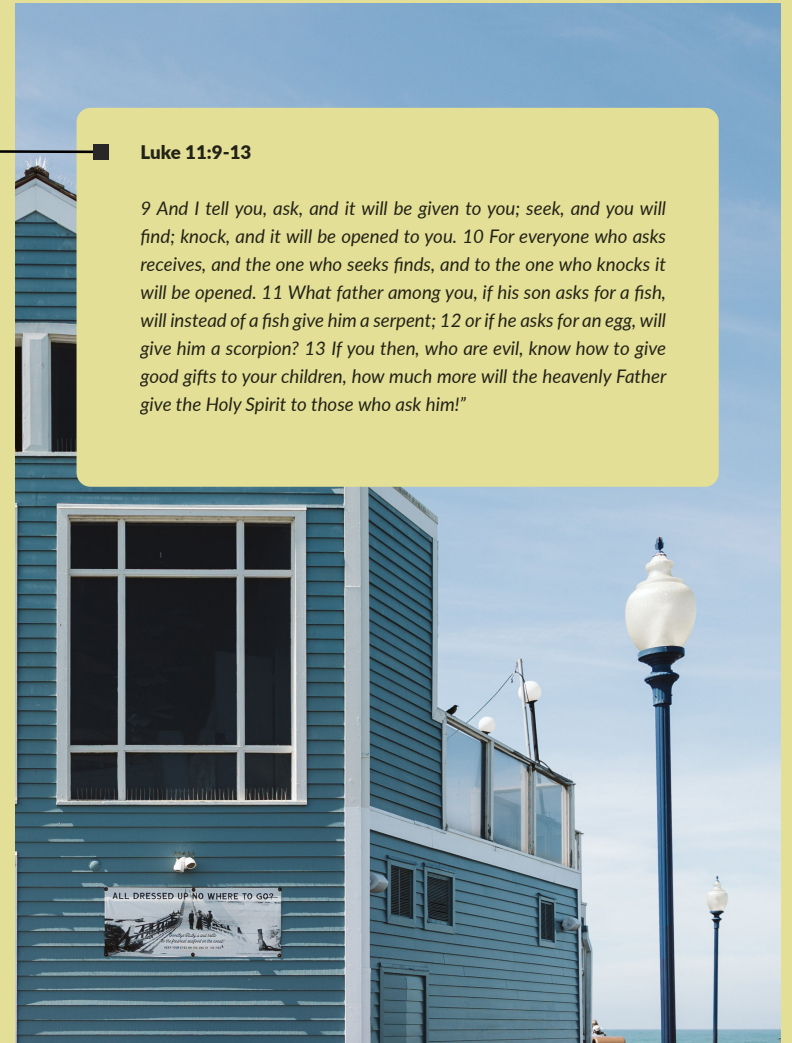
- Am I willing to confess my sin and acknowledge it?
- Am I willing to follow Jesus and die to myself?

If the answer is yes to those questions, spend some time now praying for one another in faith to be filled with God's Holy Spirit. To help us do that, turn again to Galatians 5:16-26 and pray accordingly.

- Pray for God to put to death the sinful actions it talks about here.
- Pray for the fruit of the Spirit mentioned here to be produced in our lives.

### Luke 11:9-13

9 And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 11 What father among you, if his son asks for a fish, will instead of a fish give him a serpent; 12 or if he asks for an egg, will give him a scorpion? 13 If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"



## FEELINGS?

Having prayed for God's Spirit to fill us, should we expect to feel something tangibly? Maybe. But also maybe not. What's important to note is that God has promised to answer our prayer for the filling of the Holy Spirit. Whether we feel it or not, we can be confident in faith that God has answered our prayers. God does not need us to feel anything in order to achieve anything inside us. So you can rest assured- whether you have felt anything happen inside of you, or whether you've simply prayed without event, in faith you can trust that God has filled you with his Spirit!

## PROMPT

This is an important thing for members to appreciate. After reading this, make sure people have the chance to take this in. If the group needs to discuss this further, it's okay to allow that. Move on when appropriate to the next thing

## NOT ONE TIME ONLY

Being filled with the Spirit is not a one time only thing. Putting our sin to death is a daily challenge. Indeed, when we think about the idea of Spiritual Breathing, it is a moment by moment thing. So it's important as disciples that we ask for God to fill us with his Spirit on an ongoing basis.

## ACTION STEP

The ethos of today is that God will grow the fruit of the Spirit in our life as we ask him to fill us with His Spirit. Name one fruit of the Spirit from Galatians 5:22-26 you'd like more of in your life. Now adjust your phone reminder each day to remind you specifically to pray for that fruit in your life.

### Campus Notices

Check with staff for weekly or one off events that need to be announced.