

## The Spirit-Filled Life

1. Read Galatians 5:17-23 Ask: What are these qualities called? Why is “fruit” singular? Who’s job is it to produce fruit?
2. Write Flesh and Spirit with space in between:

Flesh                      Spirit

3. Read verse 17 and ask: What does the flesh do? What does the Spirit do? What is the result? Draw opposing arrows:

Flesh                      Spirit  
 Gal. 5:19-21                      Gal. 5:22-23

4. Read verse 16, and discuss: What is God’s solution to this conflict? (Walk in the Spirit) What is the result of walking in the Spirit? (still have temptations, but have power to not carry them out)
5. Read Ephesians 5:18 and then draw a half full glass and a full glass.



Does this cup have water in it? Is it *filled*? → When you believe in Jesus as Lord of your life, you receive the Holy Spirit = Indwelt with the Spirit (John 14:16-18, Romans 8:9-11, 1 Corinthians 6:19)



Is this glass filled? → Being filled with the Holy Spirit is not automatic, from Eph 5:18 we see a command to be filled -- to be directed, controlled, and empowered by the Holy Spirit i.e. to decide you want to do the things God wants you to do, to get off of the throne and give control to God.

→ You cannot control your life and be controlled by the Holy Spirit at the same time.

6. Draw a glass spilling out water and a half full glass



(When we sin i.e. take back control)

(indwelt, but no longer filled)

7. Ask: Can you fill yourself back up with the Holy Spirit? Can the glass fill itself back up with water? Review the Spiritual Breathing insert above.

**Spiritual Breathing**

When the Spirit points out sin, you have a choice: continue in that sin OR confess and repent.  
 Read 1 John 1:9 and 1 John 5:14

Breath Out

Confess sin = Agree with God about sin  
 Repent = change in attitude and action

Breath In

Ask to be filled with the Holy Spirit.  
 By *faith*, receive forgiveness and filling of the Spirit.