

THE GARDEN STATE CHURCH AND ITS TEACHING
MINISTRY INVITE YOU TO A MONTH OF FOCUS ON THE
HOLY SPIRIT IN OUR HEARTS, MINDS, AND LIVES.

the SPIRIT

ALL CLASSES AT 7:30PM

JUNE 1 - DAY OF PRAYER & FASTING + START OF
30 DAYS OF GUIDED PERSONAL QUIET TIMES

JUNE 1 - CLASS: THE TRINITY

JUNE 8 - CLASS: HOLY SPIRIT IN THE OLD TESTAMENT

JUNE 15 - CLASS: INDWELLING OF THE HOLY SPIRIT

JUNE 22 - CLASS: THE WORK OF THE HOLY SPIRIT

JUNE 29 - CLASS: GIFTS OF THE HOLY SPIRIT

JUNE 30 - DAY OF PRAYER & FASTING

JULY 6 - CLASS: DIFFICULT QUESTIONS

JULY 12 - TUESDAY Q&A/DISCUSSION SESSION

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Holy Spirit Quiet Times

Garden State Church – Set 1 (June 1-15)

Overall Quiet Time Series prepared by Ted Gill, Shari Simpson-Cabelin, Rebecca Goros, Neil Farley, Leslie Garrison, Allison Jones, Tom Hughes, Bobby Ritter, Hannah Ritter, Page Pennell and Jeff Michel

The Trinity (June 1-5)

The Trinity – Part 1 – Overview (June 1)

Today's scriptures: Luke 3: 21-22, Romans 8:1-4, Romans 8: 14-17

God (our Heavenly Father), Jesus his Son, and God's Holy Spirit, what we call the Holy Trinity today - is an amazing reality not easily understood. Three distinct beings yet one. The scriptures tell us this Holy Trinity is real and wonderful! As we begin this journey, let us try to take a fresh look at how we understand and embrace our Lord and God.

Luke 3: 21-22

- Here we see the Trinity in amazing splendor. Jesus the Son, the Holy Spirit in bodily form like a dove, and the voice of God the Father! When did all this happen? When Jesus was praying after being baptized to fulfill all righteousness (Matt 3:15). And what was the word of God to Jesus? **"You are my Son, whom I love; with you I am well pleased."**
- What do you hear God saying to you? What do the scriptures say?

Romans 8: 1-4

- "Therefore, there is now no condemnation..." These verses bring together the Holy Trinity in the most important way. No condemnation, freedom from sin, eternal life! How? By the grace of God, through Christ Jesus, with the life-giving Spirit of God.
- Again, what do you hear God saying to you? What do the scriptures say?

Romans 8: 14-17

- "the Spirit you received brought about your adoption..." So not only are we saved, but we are adopted, "heirs of God and co-heirs with Christ..." Amazing!
- Each day many thoughts, voices, come to us. Which do you pay attention to?

Personal Reflection

As Christians we are intimately intertwined with the Father, the Son, and the Holy Spirit. They speak to us, they guide us, they reassure us. Our Heavenly Father speaks to us through His Word. The Word became flesh – Jesus Christ our Lord. He gives us His Holy Spirit to guide, counsel, comfort, and transform us.

What do you hear God saying to you? What do the scriptures say?

The Trinity – Part 2 – Living in Trinity-inspired Community (June 2)

Today's scripture: "The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all" (2 Corinthians 13:14).

Ironically, there are few topics that can get as heated as the concept of 'unity'. As *unity* ('the state of being united or joined as a whole') is the defining characteristic of *community* ('a group of people with a common characteristic or interest living together within a larger society'), let us look to the Trinity for some lessons on true unity in community.

1. Unity is not uniformity. The Father, Son, and Holy Spirit, while being "one", are distinct in personality and function.
 - a. "If he called them 'gods,' to whom the word of God came—and Scripture cannot be set aside—what about the one whom the Father *set apart* as his very own and sent into the world?" John 10:35-36 (emphasis added)
 - b. "And I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth." John 14:16-17a
2. Unity is hard-won. Even the Trinity had to struggle for it!
 - a. "*Abba*, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." Mark 14:36
 - b. "During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. Son though he was, he learned obedience from what he suffered." Hebrews 5:7-8a
3. You can be unified and in community with people with whom you disagree, have conflict, and even have to "take a break" from. (please note, this does *not* include abuse of any type, physical, mental, or spiritual)
 - a. "They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus, but Paul chose Silas and left, commended by the believers to the grace of the Lord." Acts 15:39
 - b. "Accept the one whose faith is weak, without quarreling over disputable matters." Romans 14:1

The indwelling Holy Spirit secures the unity of the Church. Establishing and strengthening unity among the people of God falls within the province of the third person of the Holy Trinity. The early church experienced an earnest of unity on the day of Pentecost when representatives from every nation cried out in amazement, "How hear we in our own language the wonderful works of God?" The tower of Babel—the man-made attempt at unity—brought forth division and confusion of tongues. The outpouring of the Holy Spirit on Pentecost brought forth a universal spiritual language that could be understood by all nationalities and would bind together the children of God from every nation. – Christianity Today

The Trinity – Part 3 – Holy Spirit (June 3)

Today's scriptures: Mathew 26:18-46, John 16:7, Isaiah 55:8-9, John 14:26, Luke 11:11-13

Jesus only lived 33 years on this earth. One might wonder why God didn't allow him to live longer. One might think Jesus could have ministered to more people, healed more people, performed more miracles and maybe more people would have believed in Him had he lived longer on earth...But, God had set a time and place for Jesus to depart. God is sovereign and He knows best. We, as believers accept and submit to God's timing. Jesus himself had to wrestle to submit to God's plan. In the Garden of Gethsemane, we see Jesus ask God to not allow Him to have to go through the crucifixion, but he eventually submitted to God's plan. (**Mathew 26:18-46**)

In **John 16:7**, Jesus states "But I tell you the truth, it is better for you that I go away. When I go away, I will send the Helper to you. If I do not go away, the Helper will not come". So, although one would think it would have been good for Jesus to remain on earth a little longer, Jesus said it was BETTER for him to leave. Imagine how the disciples who walked with Jesus felt when they heard these words. It may have taken them some time to understand why it was better for Jesus to leave. God's wisdom is different from ours.

Isaiah 55:8-9 states "For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

John 14:26: "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you."

God, the Father wants what is best for his children. God had prepared a way for each of us to receive the indwelling of the Holy Spirit. So, since it was best for Jesus to depart, God allowed that to happen. We see all three persons of the Trinity at work to provide what is best for us.

Luke 11:11-13 "Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!

Personal Reflection

Reflect on what an amazing gift the Holy Spirit is to us.

Consider how important it was for Jesus to depart for us to have the Holy Spirit.

Do you see the Holy Spirit as an amazing gift?

How can you increase your gratitude for the Holy Spirit?

The Trinity – Part 4 – Jesus Full of the Spirit (June 4)

Today's scriptures: Luke 4: 1-13, Acts 6, Act 7

Luke 4: 1-2

- Jesus full of the Holy Spirit was led by the Spirit.... into the wilderness.
- We wouldn't necessarily look forward to being led into the desert for 40 days.
- So why?
 - Jesus is being prepared to take on his public ministry
 - You can only be tempted by those things you might want
 - Jesus had to decide what type of ministry that would be
- How did he overcome?
 - With the Word of the Lord

Acts 6: 1-4, 8; 7: 55 (read full chapters for context)

- Stephen a man known to be full of faith and the Holy Spirit, full of God's grace and power.
- How do you think they knew Stephen was this type of man?
- How do you see the Spirit moving in his life?

Personal Reflection

Being full of the Holy Spirit was not only for Jesus. It is for all His followers. It's for us today.

The Spirit will lead us if we let Him. It may not always seem pleasant, but it will always be for our good. We are all tempted in many ways. People will not always accept us. Jesus overcame temptation by relying on the Word of God and following it. Like Jesus, Stephen would not waiver, but full of the Spirit spoke truth to those who would eventually kill him.

How full of the Spirit do you want to be?

How will you let the Spirit of God lead you?

The Trinity – Part 5 – Trinity as Community (June 5)

Today's scripture: "The Lord God said: 'It is not good for man to be alone. I will make a helper suitable for him'."
(Genesis 2:18)

This is a scripture that we primarily use (and frequently argue about) when talking about gender roles, marriage, the biblical sexual ethic, etc. But let's look at just the first half of the scripture and take it back to its essence. God knows it is not good for man to be alone because *God* is not alone.

1. God is not alone – he exists in community
 - a. "Then God said, 'Let us make mankind in *our* image, in *our* likeness...'" Genesis 1:26a (emphasis added)
 - b. "Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because *you loved me before the creation of the world.*" John 17:24
 - c. "In the beginning was the Word, and the Word was with God, and the Word was God. *He was with God in the beginning.*" John 1:1

"Whoever does not love does not know God, because God is love." (1 John 4:8)

In this scripture, God is identified as the very essence of love and by definition, love requires an object. As C.S. Lewis says "All sorts of people are fond of repeating the Christian statement that 'God is love.' But they seem not to notice that the words 'God is love' have no real meaning unless God contains at least two persons. Love is something that one person has for another person. If God was a single person, then before the world was made, He was not love."

2. God is love – the essence of community
 - a. "And a voice from heaven said, 'This is my Son, whom I love; with him I am well-pleased.'" Matthew 3:17
 - b. "For the Father loves the Son, and shows him all he does." John 5:20
 - c. "I will not say much more to you, for the prince of this world is coming. He has no hold over me, but he comes so that the world may learn that I love the Father and do exactly what my Father has commanded me." John 14:30

"Trinity brings us great assurance. The Father is God above us, the Son is God beside us, and the Spirit is God within us." – Douglas Jacoby

Personal Reflection

How do you define the words "love" and "community"?

Holy Spirit and the Old Testament (June 6-10)

Even though the term “Holy Spirit” is only found three times in the Old Testament, the Holy Spirit, often known as God’s Spirit, is found throughout the pages of the Old Testament beginning in the second verse of the Bible. For the next five days we will be looking at scriptures in the Old Testament that talk about the Holy Spirit; we will see that this is the same Holy Spirit that we see throughout the New Testament.

Holy Spirit in the Old Testament – Part 1 – Finding the Spirit in Creation (June 6)

Today’s Scripture: Isaiah 40:11-14

Diving Deeper into the Text:

- Verse 11 - “gathers, carries close to heart, gently leads” - Here we see that God’s creation is safe with him. What does this mean for people today as they walk with the Spirit?
- Verse 12 - “with the waters in his hands and holds the dust of the earth in a basket” - What is the importance of the massive nature of God?
- Verses 13-14 - With the description of the mind of God, we understand that he is beyond brilliant in his thoughts, creations, and the design of nature. Consider an animal or plant. Think about its individual system. How does it grow? How is it kept alive? How does it heal when wounded?

Personal Reflection

As we look at God and His Spirit in nature, we see the safety He provides, His size, and His brilliance. How do these qualities bring hope to specific situations in your life? If we are not careful, how might we miss finding the qualities of the Holy Spirit in nature? What are the benefits to seeking the Holy Spirit in creation?

Additional Scriptures

Job 33:1-4, Psalm 33:6-9, Psalm 104:27-30

Prayer and Meditation

If possible, take some time today to observe nature (i.e., go for a walk in the woods, sit by a river, look out your window). As you look, try to identify specific qualities of the Holy Spirit that you see in nature? Take time to verbally thank God in prayer for the qualities of Him that you experience.

Holy Spirit in the Old Testament – Part 2 – Attributes of the Spirit (June 7)

As we seek to know the Holy Spirit more fully, today let's look at a few attributes or characteristics of the Holy Spirit. The Holy Spirit is omnipresent, feels, transforms, gives life, and works in ways that are beyond our understanding!

Look at these Scriptures. Read them in their context.

Psalms 139:7-12 "Where can I go from your presence?" The omnipresence of the Holy Spirit means His Presence transcends time and space, is everywhere at the same time.

Isaiah 63:7-14 "yet they rebelled and grieved His Spirit"

- To be grieved is to feel grief or great sorrow. Grief is a state of intense sadness.

1 Samuel 10:6 "The Spirit of the Lord will come powerfully upon you, ...and you will be changed into a different person."

- The Holy Spirit can transform us AND does so.

Ezekiel 37:14 "I will put my Spirit in you and you will live."

- His Spirit is life giving

Isaiah 40:12-14 "Who has directed the Spirit of the Lord, or who gave Him His counsel?"

John 3:8 "The wind blows where it pleases, and you hear its sound, but you don't know where it comes from or where it is going. So it is with everyone born of the Spirit."

- There is so much about the Holy Spirit that is beyond our understanding.

Personal Reflection

Which of these attributes of the Holy Spirit means the most to you specifically and why?

What does it mean to you personally that the Holy Spirit has feelings?

If we can grieve the Holy Spirit, then we can also give joy to the Holy Spirit. What do you think are some things that you can do to bring joy to the Holy Spirit?

Does knowing these attributes of the Holy Spirit change your way of interacting with and understanding of the Holy Spirit, and if so, then how?

Additional Scriptures

Colossians 1:17, Genesis 1:22, John 3:8

Holy Spirit in the Old Testament – Part 3 – Spirit-given Gifts (June 8)

Today's Scripture: Exodus 31:1-11

Diving Deeper into the Text:

Verse 2 *I have chosen* **Verse 3** *I have filled*

- What does it mean to be chosen and filled by God? Why does God do this?
- What does God fill with? The Spirit of God.

They are given skill, ability, and knowledge in crafts. God gives these people specific abilities for the task at hand. What skills, abilities, and knowledge has God given to you? Why did he give them to you?

If God makes a request in our life, can we trust he will equip us for the task? What if it is something we think is too hard or we are not sure we can accomplish the challenge in front of us.

- How do you see the Holy Spirit at work in this passage?
- What strikes you about God's involvement in the life of Bezalel and Oholiab?
- What are some specific things the Holy Spirit is doing in this passage?
- Are there particular words or phrases in this passage that bring you comfort or encouragement? Why?
- Are there words or phrases in this passage that challenge your thinking on the work of the Holy Spirit? Why?
- Does this bring to mind any other scriptures you've read?

Personal Reflection

God, through the Holy Spirit, gave these people specific direction and also the skills to accomplish them. Are there specific tasks you feel the Holy Spirit is calling you to? What are some skills or gifts that God has given you to help you accomplish these tasks? Are you hesitant to follow the calling of the Holy Spirit? If so, why?

Additional Scriptures

Psalms 18:1-3, 16-19, Psalm 20:1-9

Prayer and Meditation

Close out this quiet time by praying through each specific task that the Holy Spirit is calling you to. Spend time thanking God for the skills he has given you to accomplish this calling. Close your eyes and visualize the victory God will give you in these areas.

Holy Spirit in the Old Testament – Part 4 – Spirit-led Prophets (June 9)

In **2 Peter 1:20-2**, we read that the prophets in the Old Testament spoke from God as they were carried along by the Holy Spirit. While modern day Christians do not receive direct revelation from God, He is revealed to us in His word and we are called to be His prophets by sharing His word with others. Read the following scriptures in context to see how the Spirit was present with the Old Testament prophets.

Gen 41:37-39 - Pharaoh recognized Joseph as “one in whom is the spirit of God”

1 Kings 18:12 - The Spirit of the Lord “carried Elijah” to different places (to escape Ahab)

Zechariah 7:7-13 - God’s word given by Zechariah and the “earlier prophets” was given “by his Spirit.”

Micah 3:5-8 - Micah knew that his prophecies came from God and that he was “filled with the Spirit of the Lord.”

Personal Reflection

How has God called me to be a prophet? Do people see God’s Spirit in me? How can I share His word with others this week?

Additional Scriptures

1 Sam 16:13, 2 Sam 23:1-7, 1 Chronicles 28:11-13, 2 Chronicles 24:19-21, 1 Kings 22, Zechariah 4:1-7, Daniel 4:7-9, 18, 5:10-16

Holy Spirit in the Old Testament – Part 5 – Prophecies about the Spirit (June 10)

The past few days' quiet times show us that the Holy Spirit who worked in the Old Testament is the same Holy Spirit that lives in us today. So, we are linked closely to our Old Testament heroes by his Spirit. In Matthew 3:13-17 we see how the Holy Spirit announced Jesus to the world at his baptism. The scriptures below show how hundreds of years before Jesus, the Holy Spirit was already preparing people for Jesus, the day of Pentecost and the outpouring of the Spirit on the Gentiles.

Read the following scriptures in context.

Isaiah 11:1-5 - The Spirit of the Lord will rest on [the Messiah]. This was fulfilled in Matthew 3:16 when "he saw the Spirit of God descending like a dove and alighting on him"

Isaiah 32:14-15 - Isaiah prophesies that Jerusalem will become a wasteland "till the Spirit is poured on us from on high." This was fulfilled in Acts 2 at Pentecost.

Isaiah 44:3-5 - God says, "I will pour out my Spirit on your offspring." Verse 5 seems to refer to the Spirit being given to Gentiles who will "take the name Israel." This was fulfilled in Acts 10.

Joel 2:28-32 - God will "pour out my Spirit on all people" which was fulfilled in Acts 2:17-21

Personal Reflection

How does it build my faith to see that the Spirit predicted his role in the life of Jesus, the New Testament church, and the Gentiles hundreds of years before Christ? How does it build my faith that this same Spirit lives in me?

Indwelling of the Holy Spirit (June 11-15)

Indwelling of the Holy Spirit – Part 1 – God Desires to Dwell among Us (June 11)

God's desire has always been to dwell among his people. Throughout the Bible God speaks of this desire. The Hebrew word שָׁכַן (shakan) is defined as "to dwell, abide or settle down" (From A Concise Hebrew and Aramaic Lexicon of the Old Testament.) God wants to settle down with you. Think about what it means to 'settle down' with someone.

Take a look at these Scriptures. Read them in their context.

Genesis 3:8-9 - God is walking through the Garden, looking for Adam and Eve.

- He desires to be with them.

Exodus 25:8 - "and I will dwell among them."

- They are to make a tabernacle as a dwelling place for God.

Exodus 29:45 - I brought them up out of Egypt so that I might dwell among them.

- God had a plan to liberate them from Egypt so that He could 'settle down' with them.

Leviticus 26:11-12 - I will put my dwelling place among you, and I will not abhor you.

- Notice that God is going to live with them. He is not just going to tolerate them. He promises to not hate them.

Ezekiel 37:27 - "My dwelling place will be with them, and they will be my people."

- Within the context, God also promises to make a covenant of peace, establish them, increase their number, place His sanctuary among them, and make them holy. God wants to be with them and bless them.

John 1:14 - "and the Word became flesh and made his dwelling among us."

- God became human and lives among His own creation.

John 14:23 - "and we will come to them and make our home with them."

- Loving God and obedience to Him leads to God coming to us and making a home within us.

Rev. 21:3 - Look, God's dwelling place is among the people.

- The Bible begins and ends with God's desire to be with His people. It is all through the middle parts too.

Personal Reflection

What does it mean to you that God desires to dwell with me?

Additional Scriptures

Numbers 35:34, 1 Kings 6:13, Zechariah 2:10.

Indwelling of the Holy Spirit – Part 2 – How He Dwells among Us (June 12)

We have established that God desires to dwell with us. But how has he chosen to do that?

Answer: When we are baptized, we become His holy temple.

Baptism to receive the Holy Spirit:

- Read Joel 2:28-29 - God promises that one day He would pour out His Spirit on His people.
- Read Acts 2:1-4 - God pours out His Spirit on people.
- Read Acts 2:16-18 - Peter quotes Joel to explain what is happening, and how God is pouring out His Spirit.
- Read Acts 2:38 - We receive the gift of the Holy Spirit at baptism

Being God's temple:

- 1 Corinthians 3:16 - You are God's temple, and God's Spirit dwells in your midst.
- Οἰκεῖν (oikay) means to live or dwell in. But similar to Οἶκος (oikos) which means 'house.'
- 2 Corinthians 6:16 - We are His temple, then Paul quotes Lev. 26:12
- He walks with us because He is housed within us.

We are the equivalent of the temple in Jerusalem where the Presence of God dwelt.

- The Tabernacle - temporary home for God, estimated to cost several million dollars in today's money. God's glory filled it Exodus 40:34
- Solomon's temple - Built in 957 BC, destroyed by Babylonians in 587 BC. Estimated to cost billions in today's dollars. God's glory filled it - 1 Kings 8:10-11.
- Second temple. Built 516 BC when exiles returned from captivity. Refurbished by Herod over a 46 year period. Destroyed by Romans in 70 AD. Called 'magnificent' by the apostles. Mark 13. God promises to fill it with glory - Haggai 2:7-9.

*"The Presence from which Adam and Eve were driven, that rested on Mount Sinai with thunder and storm, which sat enthroned above the cherubim, now resides in you." - **Sandra Richter***

Personal Reflection

The glory that entered and filled each of these temples, now resides in you. How does that make me feel?

Additional Scriptures

Romans 8:16, Galatians 4:6, Romans 5:5

Indwelling of the Holy Spirit – Part 3 – Spirit as Indwelt (June 13)

Today's Scriptures: 2 Timothy 1:7 and Ephesians 1:17

They each tell us of spirits that God gives us.

2 Timothy 1:7 (NRSV) for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.

We are not given a spirit of cowardice. Rather God gives us these spirits:

- Spirit of Power - Power comes from the Greek word δυνάμεις (dynamis)
 - Δυνάμεις (Dynamis) can also be translated as ability. God gives us capabilities that we did not have before.
- Spirit of Love ἀγάπη (agape) - God calls to love, then enables us to love unconditionally.
 - Consider these commands: Love your enemies, Love your neighbor as yourself. These are challenging commands. God makes us able to do it."
- Spirit of Self-discipline.
 - God's Spirit of self-discipline helps us succeed where we had always failed before.

Ephesians 1:17 (NRSV) I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him,

- Spirit of Wisdom.
 - God grants us wisdom as we are filled with the Spirit.
- Spirit of Revelation
 - All we know about God is what He reveals to us, the Spirit of Revelation allows us to know Him better.

Personal Reflection

Consider these Spirits. How is God making these Spirits manifest in my life?

Indwelling of the Holy Spirit – Part 4 – What it Looks Like (June 14)

Today's Scripture: Ephesians 5:18-21

We are commanded to be filled with Holy Spirit

Let's look at the Greek. The word 'filled' comes from the Greek word πληροῦσθε playrousthay.

Here are some things we need to understand about this word:

- Its mood is Imperative - We are commanded to be filled with the Holy Spirit.
- Its number is Plural - This command applies to everyone.
- Its voice is Passive - We are to be filled - we don't fill ourselves. An outside force is at work, filling.
- Its tense is Present - It is always the present, so we are always to be filled with the Spirit.

Being filled with the Spirit does not mean losing control of ourselves. In fact, it means the opposite. (Self-control is a fruit of the Spirit. **Galatians 5:22**)

According to **Ephesians 5:18-21**, what does being filled with the Spirit look like?

Compare these bullet points with the Scripture.

The results of being filled with the Holy Spirit are:

- Spiritual fellowship
- Heartfelt worship
- Gratitude
- Mutual Submission

Since we are not the ones who are doing the filling, yet we are commanded to be filled, what can you do to be filled with God's Spirit in a greater way? Through practicing the spiritual disciplines.

By Practicing the Spiritual Disciplines

- | | | |
|---------------|---------------|---------------------|
| ▪ Meditation | ▪ Service | ▪ Chastity |
| ▪ Bible Study | ▪ Confession | ▪ Secrecy |
| ▪ Prayer | ▪ Worship | ▪ Sacrifice |
| ▪ Fasting | ▪ Guidance | ▪ Fellowship |
| ▪ Simplicity | ▪ Celebration | ▪ Repentance |
| ▪ Solitude | ▪ Silence | ▪ Evangelism |
| ▪ Submission | ▪ Frugality | ▪ 24/7 Discipleship |

Combined from Richard Foster's *Celebration of Discipline*, Dallas Willard's *The Spirit of the Disciplines*, and Dr. Steve Kinnard.

Personal Reflection

What discipline can I work on to help me be filled with the Spirit to a greater capacity?

From: John Stott, Baptism and Fullness.

Indwelling of the Holy Spirit – Part 5 – Being Transformed (June 15)

Today's Scripture: 2 Corinthians 3:18 - Being transformed into the likeness of Jesus.

- As disciples of Jesus, we reflect His glory.
- That glory increases as we transform to be more like Him.
 - Transform is from the Greek μεταμορφούμεθα (metamorphoumetha).
 - Passive verb. We don't transform ourselves. The Holy Spirit transforms us.

*"A farmer is helpless to grow grain; all he can do is provide the right conditions for the growing of grain. He cultivates the ground, he plants the seed, he waters the plants, and then the natural forces of the Earth take over and up comes the grain. This is the way it is with the Spiritual Disciplines - they are a way of sowing to the Spirit." - **Richard Foster** (From *Celebration of Discipline*, p. 7)*

Likewise, we are helpless to grow the Holy Spirit within us. Like a farmer, we must prepare our own ground, to allow the Spirit to fill us more and more.

Read **Galatians 6:7-8** "Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life."

If we want to be filled, we must sow to the Spirit.

- Do not sow to the flesh.
- Sow to the Spirit.
- Understand that God is not mocked.
 - We cannot expect to spend our time sowing to the flesh but reaping the fruit of the Spirit. Paul says that we are deceived; we mock God if we think we can do that.
- How can we ensure that we are sowing to the Spirit and not the flesh?
 - Again, through practicing spiritual disciplines, like Bible study, prayer, fasting, meditation, simplicity, confession, worship, repentance, evangelism, fellowship, and others. (*See list on prior page)

Personal Reflection

Am I sowing more to the flesh or to the Spirit? What convictions have I developed about during this study on the Holy Spirit? Who can I share my decisions with?