

Feedback:

What was last week's action point? How did you get on with it?

How are you doing in your personal evangelism? What's been going well? What's difficult?

Intro:

What does it mean to be filled with the Holy Spirit?

*What is the difference between **having** the Holy Spirit and **being filled** with the Holy Spirit?*

In the last session, we looked at "Spiritual Breathing", and how we can trust and follow Jesus more closely. Following Jesus will always lead to changes in our life.

Read: Galatians 5v16-26

What does Paul urge these believers do (16)? What do you think he means?

Note: in verse 16 the word sometimes translated "live" is the Greek word *peripateo* which literally means "walk". Walking is one of the most common pictures for the Christian life in the New Testament.

What does it mean to "gratify" desires?

How would you describe the relationship between the Spirit and the sinful nature?

How have you experienced this in your life?

How do the Spirit and the sinful nature impact our lives (relationship with God, others)?

How does the metaphor of "fruit" help us understand how the Spirit works?

What do you think it means to "keep in step" with the Spirit?

How would you summarise what we've learned about the Holy Spirit?

True or False:

Producing fruit is hard work.

Pray:

In pairs, look at the fruit listed in Galatians 5. Which fruit is in short supply? Ask God, through the Holy Spirit, to help you to see more fruit (Godly character) in your life.

Action Point:

Think about areas in your life where you are most tempted to gratify the desires of the sinful nature. Get together with a friend you trust and pray together for the Holy Spirit to help you overcome these temptations and produce fruit of the Spirit instead.

Digging Deeper:

The Bible describes three main enemies to living the Christian life: our "old" or "sinful" nature (Galatians 5v17), "the world" (1 John 16v33, 1 John 2v15-17) and the devil (James 4v7). We can overcome this opposition by being filled with the Holy Spirit and follow his leading.