

## Walk by the Spirit

Teaching notes by Dave Patty

He is a person, but unseen to our eyes. A member of the Trinity, yet he makes our body his temple. He is a mystery to many believers, yet the writers of Scripture talk about him often. Are you aware of his work in your life? Do you experience his power?

As D.L. Moody said, "without this power, our work will be a drudgery. With it, it becomes a joyful task, a refreshing service." He was concerned that many were missing this refreshment and wrote; "The doctrine of the Holy Spirit has been too much overlooked, as though it were not practical, and the result is lack of power in testimony and work."

The disciples knew the power of the Holy Spirit. After a commission to spread the good news to the world, they were instructed to wait "for the gift my Father promised, which you heard me speak about." (Acts 1:4) A few days later they were filled with the Spirit and the result was so powerful that three thousand people were added to their number that day.

As Catherine Marshall said, "We in our century are certainly no less needy than our Lord or those first disciples. For us to attempt any church work, any ministry or witnessing solely through man's devices, talents, and organizational machinery alone is as effective as trying to drive our car with water in the gas tank."

What about you? Is the Holy Spirit free to do his work in your life? Are you experiencing the energy of his presence?

### **When the Holy spirit is at work there is:**

Acts 1:8 – \_\_\_\_\_

Gal 5:22 – \_\_\_\_\_

Gal 5:15 – \_\_\_\_\_

Rom 8:2 – \_\_\_\_\_

Eph 6:18 – \_\_\_\_\_

1 Cor 12:7-11 – \_\_\_\_\_

### **Where he is not free to work there is:**

Gal 3:3 – \_\_\_\_\_

Rom 8:6 – \_\_\_\_\_

Rom 8:8 – \_\_\_\_\_

Gal 6:17, 19-20 – \_\_\_\_\_



**Walk by the Spirit**

Examples from History:

**What did Jesus teach about the Holy Spirit?**

John 14:15-17, 25-27, John 15:6-15, Acts 1:4-8

**Context**

In the upper room  
At the last supper

John 13:33-36 – \_\_\_\_\_

What kind of questions did his disciples have?

**The promise – another counselor 14:16**

Counselor = \_\_\_\_\_ in the Greek

para = \_\_\_\_\_

kletos = \_\_\_\_\_

The one who comes near me and speaks to me in a way that enables me to move forward

1. He will be with you \_\_\_\_\_ (v 16)

Psalms 51:1

2. The world neither \_\_\_\_\_ nor knows him (v 17)

3. He will be \_\_\_\_\_ you and in \_\_\_\_\_ of you (v 17)

Isaiah 44:3

Eph 1:14, Rom 8:8, I Cor 12:13

**What does he do?**

1. \_\_\_\_\_ and \_\_\_\_\_ – John 14:26

In the same way as Jesus had a clear plan for his disciples, so also the Holy Spirit has a plan for you. Like an expert teacher he leads you step by step through lessons specially prepared for your growth.



2. \_\_\_\_\_ of sin – John 16:8

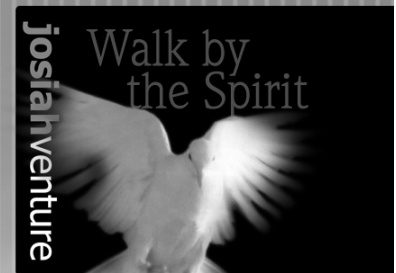
Often we sense that something isn't in order, but we don't know the true source of the problem. The Holy Spirit shows us exactly where the problem lies, and can lead us to repentance and purification.

3. \_\_\_\_\_ you, \_\_\_\_\_ to you, and \_\_\_\_\_ to you things from Jesus. John 16:13-15

The leading of the Holy Spirit shows us the will of God, and reveals information to us that we would otherwise not know. He functions as a guide who shows us the way.

4. \_\_\_\_\_ – Acts 1:8

The power of the Holy spirit transformed a frightened group of individuals into a powerful forces that changed and entire generation. He can do the same today with you.



**This is very powerful and alive – why do we not always experience it?**

“To crown all this, the Spirit, being a Person, is a Friend whom we can come to know and to love, One of His most lovable characteristics is that He deliberately submerges Himself, in Jesus; He works at being inconspicuous. The Helper always sees to it that he acts as a spotlight, ever focused on Jesus, so that we are not aware of the spotlight itself, only of that one who stands bathes in the brilliant illumination.”

Chatherine Marshall, “The Helper”

“The Holy Spirit is a reticent Spirit. He does not willingly draw attention to himself. Above all he glorifies Christ. He is never more satisfied than when a believer is engrossed in Jesus Christ.”

John Stott, “Baptism and Fullness”

**Personal response**

Where do you see evidence of the Spirit's work in your life? Where is it missing?

Of the four things that Jesus told his disciples that the Spirit would do, which do you experience the most? Which do you experience the least?

In the light of what you learned in this lesson, write out a short prayer expressing what you want from God in relationship to his Spirit.

**Walk by the Spirit****What did the Apostles teach about the Holy Spirit?**

This work of the Spirit was promised to every believer, but it is clear that we don't always experience it. It is also clear that some people display what seems to be a more powerful filling of the Holy Spirit than do others. What is it that releases the work of the Holy Spirit? How can we experience the four things that Jesus promised on a more consistent basis? To answer that question we must look to the epistles and find out:

How does the Holy Spirit relate to my mind?  
 How does the Holy Spirit relate to my will?  
 How is a person filled with the Holy Spirit?

Two pieces of advice as we continue

The Holy spirit is a \_\_\_\_\_ – we can't reduce his work to some formula, and will never fully understand it. John 3:8

We mustn't seek his power \_\_\_\_\_, but rather so we can more effectively love and serve God. Acts 8:18-24

**1. How does the Holy Spirit relate to my mind? – Rom 7-8**

You may not be aware of it but there is a war going on. One of the key battlefields is right between your ears – it is a battle for control of your mind. The Holy spirit is very involved in this conflict, and he has an opponent that you know very well, for you have lived with him all your life. His name is Sarx.

**Who is Sarx?**

Greek " " = the \_\_\_\_\_ or my \_\_\_\_\_

His power is \_\_\_\_\_ – Rom 6:6

But he still \_\_\_\_\_ with me. Rom 7:18

He has strong \_\_\_\_\_ and tries to influence me. Rom 7:17

And he wants my mind to be his \_\_\_\_\_ – Rom 7:24

When I let him \_\_\_\_\_ I lose the power of the Spirit. I cannot please God. Rom 8:8

**A closer look at the Battle**

Rom 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, 8:2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. 8:3 For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man 8:4 in order

**Walk by the Spirit**

that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

8:5 Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; 8:7 the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. 8:8 Those controlled by the sinful nature cannot please God.

8:9 You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. 8:10 But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. 8:11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.

**Who are the key players in this conflict?**

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**What is a key battleground?**

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**What does the spirit want to do?**

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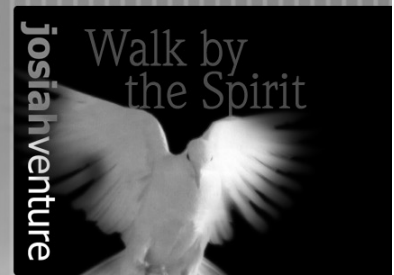
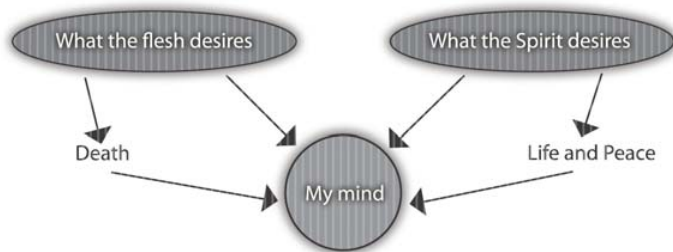
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**What do I need to do?**

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We cannot underestimate the importance of the mind in the work of the Holy Spirit. Whatever controls our mind will also control our attitudes and behavior. If we want the life and peace the Holy Spirit promises we must take responsibility for submitting our thoughts to him.



## Walk by the Spirit

### Practical implications

1. The Holy Spirit will not take control of my thoughts if I am focused on what my old nature desires. He will not share a room with his enemy.
2. Without his help my old nature sarx will put me in bondage – even if I try to resist him.
3. I must realize that I am responsible for what goes on in my mind.
4. When I see the fruit of the sinful nature I need to purposefully place my mind on what the Spirit desires and let him control my thoughts.

### Application

1. My mind and the teaching of the Spirit
2. My mind and the convicting of the Spirit
3. My mind and the leading of the Spirit
4. My mind and the empowering of the Spirit

### Personal Response

Take a moment and listen to Sarx. What are some of the phrases that you hear often in your head from your sinful nature?

How does it impact you when you listen to his voice?

Have you ever tried to reason with Sarx? What is the outcome?

Now look at the things that Sarx said and turn your head. Ask God to speak to you through his Spirit in reponse to these statements. Write down what he says.

What is the nature of the Spirits voice? How does it impact you when you set your mind on what he is saying?

### ***How does the Holy Spirit relate to my will? Gal 5:16-26***

If our minds are controlled by the Spirit we will find that he directs our thoughts to things that please the Lord, and often gives us specific instructions as to what we are to do. Sometimes these instructions are about the way we are to live, other

times about specific assignments he has for us. At that point I have a choice, for the Holy Spirit will not generally violate my will. He will stop and wait for my step of obedience. This choice may last just a moment, but how I direct my will at that moment has huge implications for releasing the Holy Spirit's work in my life. In Galatians Paul wants us to understand how this works.

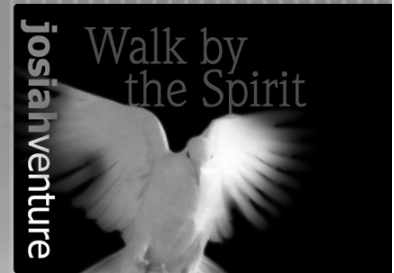
To catch the full impact of what he is saying we need to understand two more Greek words.

1. περιπατετε \_\_\_\_\_ = \_\_\_\_\_  
This word carries a picture of specific steps we make in the course of living. These steps together form the direction or way of our life

Galatians 5:16 "So I say, *live (walk)* by the Spirit and you will not gratify the desires of your sinful nature."

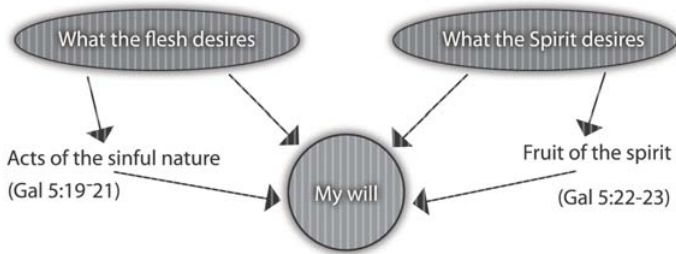
2. στοιχηω \_\_\_\_\_ = \_\_\_\_\_  
This work is a military term and means to march in line, keep in step, to match my actions to the one next to me.

Galatians 5:25 "Since we live by the Spirit, let us *keep in step* with the Spirit



Galatians 5:16-18

So I say, live by the Spirit, and you will not gratify the desires of your sinful nature. For the sinful nature desires what is contrary to the Spirit and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law.



**The key to experiencing the fruit of the spirit?**

Galatians 5:16 - Walking in the spirit,  
Galatians 5:25 - keeping in step with the spirit

(drawing)

## Walk by the Spirit

### Practical implications

This is not a one time event. I must choose to submit my will to him over and over every day.

The focus is on individual steps. He makes a step, I make one as well. These steps are often small and I don't necessarily see where they are going.

Walking in the spirit is not complicated and brings much freedom. Our responsibility is just to keep in step with him – his responsibility is to change us and take us in the right direction

The fruit of the Spirit is a natural outgrowth of this way of living. If we don't see the fruit it is an indication that we are not walking in the spirit. We need to solve the problem by addressing the cause, not just trying to change the symptoms.

### A warning

If we do not respond to the work of the Spirit by obeying him he is grieved. Because we are ignoring him he ceases to speak, move and empower. Eph 4:30

### Application of walking in the spirit

1. My will and the teaching of the Spirit
2. My will and the convicting of the Spirit
3. My will and the leading of the Spirit
4. My will and the empowering of the Spirit

"The works of the flesh are deeds we do naturally when left to our own resources, while the fruit of the Spirit consist of qualities which the Spirit works in us supernaturally (for they are beyond our natural strength) when we are responding to him."

John Stott – "Baptism and Fullness"

### Personal Response

In prayer turn your attention to the will of the Spirit and listen to his voice. What steps of obedience does he want you to take in the next week. Write these down.

Are these steps attainable and possible for you to do?

What will be the result if you act on these instructions?

What will keep you from doing them?

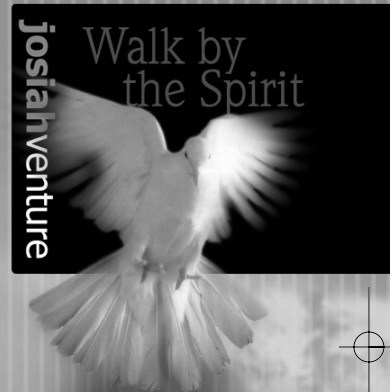


### 3. How is a person filled with the Holy Spirit? Eph 5:18-20

All of these things can be experienced in various degrees. The Bible is clear that the more a person is under the control of the Holy Spirit, the greater freedom he has to work powerfully in and through that person's life. This is often described as the filling of the Holy Spirit.

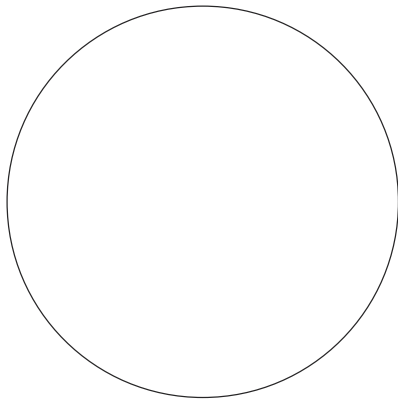
#### Observations about the filling of the Spirit

1. God worked powerfully through people who were filled with the Holy Spirit – Acts 4:31
2. Though there can be specific experiences of particular filling, the filling of the Spirit is not a one time event. Acts 13:9,52
3. We are all commanded to be filled with the Holy Spirit. Eph 5:18
4. This command is in a continuous form – “keep on being filled” with the spirit. Eph 5:18
5. Where people are filled with the Holy Spirit there is music, praise, and a thankful spirit. Eph 5:19-20
6. In the New Testament the characteristic of being “filled with the Spirit” was an essential prerequisite for leadership. Acts 6:3



#### What does it mean to be “filled with the Holy spirit?”

I am filled when His presence, influence and control penetrate every corner of my life. John 12:3



### How can I be more filled with the Holy Spirit?

1. Ask him to show you any areas of your life not yet yielded to him. Then give these to him

Ress Howells, Welsh coal miner (1879-1950) who was mightily used by God in the Welsh revivals wrote of this process in his own life.

"The Holy Spirit said to me. 'As the Savior had a body, so I dwell in the cleansed temple of the believer. I am God and I am come to ask you to give your body to Me that I may work through it...'"

"He make it very plain that he would never share my life...but there were many things dear to me and I knew I couldn't keep on of them...."

"He put His finger on each part of my self-life, and I had to decide in cold blood. He could never take a thing away until I gave my consent .... He was not going to take any superficial surrender."

So real was this repentance period for Ress that the process took five days and many tears, during which he lost seven pounds.

James Burns, "Revivals, Their laws and leaders."



2. Seek his filling in prayer and dependance. Accept his filling in faith  
John 7:37-39, Acts 1:14

"Let us constantly seek to be filled with the Spirit, to be led by the Spirit, to walk in the Spirit. We can agree that the main condition of being filled is to be hungry. The Scripture tells us that God fills the hungry with good things and send the rich away empty (Ps. 81:10)" John Stott

"I had been a minister for some years before I came to the place where I saw that I had no right to preach if I was not empowered by the Holy Spirit. I went to a business friend of mine and said to him in private, "I am never going to enter my pulpit again until I have been filled with the Holy Spirit and know it, or until God in some way tells me to go."

"Then I shut myself up in my study."

"But Sunday did not come before the blessing came."

Dr. R. A Torrey – First President of Moody Bible Institute.

Bill Bright, founder of Campus Crusade for Christ, calls this "Spiritual Breathing," exhaling everything that would stand in the way of his full control, and inhaling his presence and power.



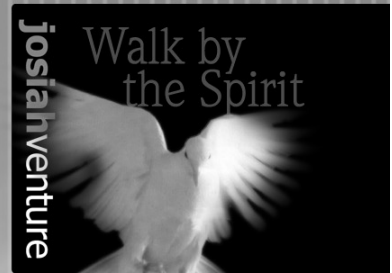
### Personal Response

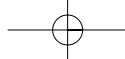
Draw a circle that represents your life. Then ask God to show you through his Spirit the areas that are not fully under his control. Draw these in your circle and name them.

Now ask the Father to show you what you need to do to bring these areas into submission to him. Are there conditions that you need to cancel, demands you need to withdraw, sins you need to confess or lordship that you need to yield?

Write a prayer of response to the Lord. If you are ready, begin the process of confession and submission.

Now ask the Lord to fill you with his Spirit and take these areas fully under his control. Write out this prayer as well.





**Practical questions**

1. How can I know that the Holy spirit is Speaking and not just my thoughts?

2. How do I recognize his voice?

3. What does it mean to "test the spirits" (I John 4:1)

4. Does his work always look the same?

5. What about times when it seems that God is silent and the Holy Spirit is not working?

6. What are the clearest signs of his presence?

