



Week 4 The Spirit-Filled Life: Empowered for Love, Power, and Purpose.

Session Goal:

- Understand the Spirit-filled life as normal Christianity
- Learn how to walk in **character** (fruit) and **power** (gifts)
- Receive practical training in the **gifts of the Spirit**

The Spirit-filled life is **not for the elite**.

It's for every believer who says **YES to Jesus**.

This isn't about a spiritual upgrade for "special Christians."

It's about **normal Christianity as Jesus intended**—a life empowered by the Holy Spirit, fully alive to God, making His Kingdom visible on earth.

God doesn't want you to live **burnt out, empty, or powerless**.

He wants you to live **full of His Spirit**, moving in **love, joy, boldness, and supernatural power**.

Today we'll explore **what that looks like and how to walk in it**.

Let's start with a simple but honest question:

Are you living full of the Spirit right now?

If not, today is your invitation.

Ephesians 5:18 (ESV)

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

Greek insight:

"Be filled" is **present continuous tense**—

It literally means:

Keep on being filled.

This isn't a one-time moment at salvation or a conference experience.

It's an ongoing lifestyle of **Holy Spirit dependence, intimacy, and empowerment**.

Who is the Holy Spirit?

The Spirit-filled life starts with knowing **WHO** the Holy Spirit is—not just what He does.

- **The Holy Spirit is God**—not a force, not a vibe, not a cloud.
- He is the **Spirit of Christ** living in you (Romans 8:9).
- He is **your Helper, Comforter, Counsellor, Advocate** (John 14:16–17).
- He is the **Presence of God** with you—24/7.

1. Why the Spirit-Filled Life?

John 7:37–39

“If anyone is thirsty, let him come to Me and drink. Whoever believes in Me...rivers of living water will flow from within them.”

(By this He meant the Spirit.)

Notice the order:

- **Come and drink** – intimacy : what does that remind you of? Abiding
- **Rivers flow out** – ministry

The Spirit fills you **not just for personal experience but for Kingdom overflow.**

Without the Spirit:

- Christianity becomes **dry routine**
- Ministry becomes **burnout and performance**
- Life feels **impossible**

With the Spirit:

- You live **with joy and connection to God**
- You love people with **supernatural grace**
- You carry **Heaven to earth**

Why Do We Need the Spirit-Filled Life?

I. For Relationship, not just Power

- Jesus didn't just say, "Go and do miracles."
- He said, "**Abide in Me**" (John 15:4).
- The Spirit enables us to **abide**—stay connected to the life of Jesus.

II. To Live Like Jesus

- Jesus lived **by the Spirit** (Luke 4:1).
- He healed the sick, cast out demons, and preached with boldness—**as a man filled with the Spirit**, not by using His divinity.

If Jesus needed the Spirit, **so do we**.

III. To Fulfil Our Purpose

- **Acts 1:8** – "But you will receive **power** when the Holy Spirit comes upon you, and you will be my witnesses..."

The Spirit fills us for **mission**—to love radically, serve boldly, and reveal Heaven on Earth.

2. What Does the Spirit-Filled Life Look Like?

I. Character: The Fruit of the Spirit

Galatians 5:22–23

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

Being Spirit-filled is first about **who you are becoming**, not just what you're doing.

Spirit-filled people **look like Jesus**, not just act spiritual

II. Power: The Gifts of the Spirit

1 Corinthians 12:7–11

"To each one the manifestation of the Spirit is given for the common good."

Healing, prophecy, tongues, wisdom, discernment—the Spirit gives supernatural tools to **serve others in love**.

9 Power Gifts (Groupings for clarity):

Revelation Gifts	Power Gifts	Speaking Gifts
Word of Wisdom	Gifts of Healings	Prophecy
Word of Knowledge	Working of Miracles	Tongues
Discerning of Spirits	Gift of Faith	Interpretation of Tongues

Apostolic Culture:

III. Every Believer Ministers

Ephesians 4:11-12 says the role of leaders is to **equip the saints for the work of ministry**.

This means **you are called and empowered to move in the gifts**—not just pastors and prophets!

How Do We Receive the Gifts?

1. By the Sovereign Will of God

- 1 Corinthians 12:11 – *“He distributes them to each one, just as He determines.”*

2. By Desire and Pursuit

- 1 Corinthians 14:1 – *“Eagerly desire spiritual gifts.”*

3. By Impartation

- 2 Timothy 1:6 – *“Fan into flame the gift of God, which is in you through the laying on of my hands.”*

Training Focus: Understanding the Nine Gifts

Revelation Gifts – To Know Supernaturally

Gift	What It Does	Example Activation
Word of Wisdom	Divine solution for a problem	Pray for insight over a complex issue
Word of Knowledge	Supernatural facts you couldn't know naturally	Listen for names, conditions, events
Discerning of Spirits	Perceiving spiritual atmospheres or entities	Sense angelic/demonic activity or motives

Power Gifts – To Act Supernaturally

Gift	What It Does	Example Activation
Gift of Faith	Special confidence for impossible situations	Declare bold prayers over situations
Gifts of Healing	Heal sickness emotionally or physically	Pray for specific healing needs
Working of Miracles	Supernatural interventions beyond healing	Pray for creative miracles (body parts, weather, finances)

Vocal Gifts – To Speak Supernaturally

Gift	What It Does	Example Activation
Prophecy	Speaks God's heart to edify, exhort, and encourage	Share an encouraging word
Tongues	Heavenly or earthly languages given by the Spirit	Speak in tongues for personal prayer
Interpretation of Tongues	Explains the message of tongues to others	Practice interpreting in safe groups

IV. Boldness in Witness

Acts 4:31

"They were all filled with the Holy Spirit and spoke the word of God with boldness."

The Spirit fills us to **speak about Jesus fearlessly**, not stay in comfort zones.

V. Sensitivity to God's Presence

Romans 8:14

"For all who are led by the Spirit of God are sons of God."

Spirit-filled life is not just about public ministry—it's about **being led moment by moment**.

Hearing His whisper. Following His nudge.

3. Why Spiritual Gifts?

1 Corinthians 14:1

"Pursue love, and **eagerly desire the spiritual gifts**, especially prophecy."

Why?

- To **reveal Jesus** - what does that look like for you?
- To **build up the Church** - as above
- To **advance the Kingdom** - as above

4. How to Walk in the Gifts

Step 1: Understand They Are Grace Gifts

- The Greek word for gift is "**charisma**"—it means **grace gift**.
- You **don't earn** them. You **receive** them.
- The gifts are about **God's love flowing through you**, not your spiritual status.

Step 2: Ask and Desire

Luke 11:13

"How much more will your Father in heaven give the Holy Spirit to those who ask Him?"

Ask God to **activate spiritual gifts** in your life. Desire is not selfish—it's biblical.

Step 3: Take Risks

- Faith is **spelled R-I-S-K**.
- You learn spiritual gifts by **doing them**, not just studying them.

Step 4: Practice Discernment and Love

1 Corinthians 13 – Love is the foundation of all gifts. Operate in humility and love, not ego or attention-seeking.

5. Activation: Practice Session

A. Word of Knowledge Exercise

- Ask God silently:

"Holy Spirit, is there someone here You want to touch today? Show me something specific."

- Pay attention to:
 - **Thoughts, images, impressions, physical sensations.**
- Share words gently, humbly. For example:

"I could be wrong, but is there someone here with pain in your right shoulder?"

- If the word is accurate, **pray for healing or encouragement.**

B. Prophecy Exercise

- Pair up in groups of 2 or 3.
- Pray silently:

"Holy Spirit, what do You love about this person?"

- Speak simple words of encouragement:
 - **Strengthening**
 - **Comfort**
 - **Encouragement**
(1 Corinthians 14:3) But the one who prophesies speaks to people for their strengthening, encouraging and comfort.

- Example phrases:

"I feel like God wants you to know..."

"I sense that He's saying..."

C. Healing Prayer Practice

- Ask if anyone needs healing.
- Pray simple, faith-filled prayers:

"In Jesus' name, pain go. Be healed."

- Ask them to check the area and see if it feels different.
- Celebrate progress—healing often happens in steps.

6. Staying Filled with the Spirit

I. Daily Communion with God

- Pray in the Spirit (Jude 20)
- Worship and listen
- Meditate on the Word

Luke 11:13

"How much more will your Father give the Holy Spirit to those who ask!"

Simple prayer:

"Holy Spirit, fill me again today."

II. Live a Lifestyle of Surrender

Ephesians 4:30

"Do not grieve the Holy Spirit."

The Spirit-filled life is not about control; it's about **surrender**.

Letting the Spirit lead means letting go of pride, fear, and self-dependence.

Romans 12:1

"Offer your bodies as living sacrifices."

The Spirit fills **empty vessels**, not self-sufficient ones.

III. Stay Connected to God's Presence

- Worship regularly
- Pray in the Spirit (1 Corinthians 14:4) Anyone who speaks in a tongue edifies themselves, but the one who prophesies edifies the church.
- Meditate on God's Word
- Practice stillness and listening

IV. Keep Stepping Out

The Spirit loves movement.

If you want to stay filled, take Spirit-led risks: pray for the sick, share the Gospel, encourage someone prophetically. The more you **give away what God gives you**, the more He gives.