



Session 3 | Participants Guide

EMPOWERED

Session 3 Aims

- To Introduce what it means to relate to Holy Spirit and how he relates to us.
- How the Spirit enables us to live a life deeply connected to Father God.
- To understand how Holy Spirit empowers us to be those.... 'Transformed People who Transform the World' around them.

Review of Session 2

- Did anyone find themselves relating better to Father God and understanding how much he loves us? How did the letter 'My Child' help us this week? Did anyone pass it on to someone or talk to someone about it?
- Did anyone try repeating truths out loud as often as possible? Have any of the truths made that important 18 inch journey from head to heart? Have our feelings/emotions aligned themselves to the truths in God's word about who **HE IS** and who **WE ARE**?

INTRODUCTION

Jesus, His disciples and Holy Spirit

The Gospels tell us that at Jesus' baptism, Holy Spirit descended on Jesus and remained with him - it never left him. We now reflect that relationship with Holy Spirit, he comes and lives in us and remains in us from the moment we receive Jesus as our Lord and saviour.



What do we know about Holy Spirit already?

Some things we can discover....

Holy Spirit was there at creation, resting on the waters. The waters were a symbol of chaos, and so when the Spirit of God rested on the waters, He brought order and peace. It is true of His nature to bring order and chaos to our world, our lives, our families, our minds and to help bring us back into relationship with Father God.

In the Old Testament, Holy Spirit rested on people, at particular times, for particular purposes. He empowered people like Abraham, Moses, David, Saul, Solomon, Gideon to guide His people, to bring strength and courage and for them to hear his voice - Prophecy.

After His resurrection, Jesus appears to hundreds of people over a period of about 40 days. He then tells them that He must go back to the Father, (ascend to heaven), so that the comforter would come. He tells his disciples to wait in Jerusalem for the gift His Father would give – The Gift, His Holy Spirit. This happens on a day called ‘Pentecost’ and we can read it in Acts 2.

Here are some other things we can discover about Holy Spirit. Do look up the bible references in your own time.

- **He brings Freedom. 2 Cor 3: 17**
- **Only the Holy Spirit knows the things of God and then He reveals them to us. 1 Corinthians 2: 11-12**
- **He comforts us, teaches us, and helps us to remember what God has said to us. John 14: 26**
- **He makes the love of God known to us. Romans 5: 5**



Did we know that it is Holy Spirit who takes responsibility for these things? Do we know that we can ask Holy Spirit to help us with anything, particularly when it comes to living a New Life for Jesus.

WORSHIP

[Holy Spirit You are Welcome Here \[Lyric Video\] - Kim Walker-Smith](#)

PART ONE - EMPOWERED to know the heart of the Father

GOD’S GREATEST SEARCH ENGINE!

Have you ever ‘googled’ something and not found what you are looking for?? That’s got to be quite rare!! Sometimes it takes a bit of searching. More often it’s just there, just what you were looking for - straight away!

***“Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him.”
But God has revealed them to us through His Spirit. For the Spirit searches all things,
yes, the deep things of God.
1 Cor 2 v 9-10***

Bill Johnson says this about these verses...

GOD'S GREATEST SEARCH ENGINE!

'The Holy Spirit searches for things that have never been heard by human ears or seen by human eyes. He is the greatest search engine in the whole universe. Talk about quick and accurate! He searches the greatest reservoir of information imaginable - the heart of the Father. Psalm 139 v 18 says God's thoughts about each one of us outnumber the sands on every seashore on the planet, and according to Jeremiah 29 v 11 all those thoughts are for your welfare, benefit and blessing. God has been around a long time, and He has had a long time to think about you. He's been living in the experience of knowing you long before you were ever born. He doesn't have a few random thoughts about you here and there. For trillions of years, God has been thinking about you and the Holy Spirit searches that whole archive and brings incredible treasure to you at precisely the right moment - if you're listening' Bill Johnson (Supernatural Power of the Transformed Mind)

How God may engage with us on a personal level. You could ask the following questions...

What do we see?

What do we sense/feel?

What do we hear?

What do we think?

Create a quiet space

[RESTING PLACE // PROPHETIC PIANO WORSHIP // 4 HOURS INSTRUMENTAL // PSALM 23:1-3](#)

- What does Father God/Jesus want to say to me just at this moment? Or even what is he thinking about me right now.
- Have a two way conversation with Him for a moment. What would you like to say to him? Pause and see if he would like to say something back.
- Is there a mystery/a difficulty that you would like to be resolved but you are not sure what to do next. Ask Holy Spirit if Father God/Jesus would like to reveal anything to you, it might not be to solve the whole thing, just the next step.
- Is there something he would like you to do, with him or for him?

- Is there a gift he would like to give you, something to remind you of how precious you are to him, this moment with him, a promise etc. Hold out hands? You might sense or even see something being given to you.

PART TWO - EMPOWERED for Transformation

I think we would all agree that it is not always easy sometimes to become more like Jesus, **learning to think and live like him**. When someone gives up their old life and accepts Jesus as their Lord, they come just as they are, in a moment, with all that life has thrown at them, mess and baggage sometimes very much attached. We can't come any other way! But as we get to know God's character and his heart of grace for us, we grow to love him and want to please him more and more each day.

Firstly, we have to say our **'Yes'** to him but a **Disciple's Life** is one of growth, maturity and an ongoing walk with Jesus through every aspect of our lives. We do not come with it all sorted..



Discuss what things changed immediately for us after accepting Jesus. Encourage one another with these things. What struggles do we still have? Try to be real and honest with one another and with ourselves.

As we have been reflecting on some of these things, we may have started to feel that there are areas of our lives that we would really love to bring back into alignment with Jesus' way of living. We call this **Holy Spirit Prompting**.

One of the things that can help us with this, is understanding what it means to **repent**.

The word **repentance** may sound a bit heavy but actually it is a very simple but important part of Chistain's life. It is **always** Holy Spirit led as he is the one who reminds us of our identity as a child of God and where things in our lives do not line up with that. We don't need to go problem hunting! And don't forget **repentance**, was right at the heart of how we began our new life with Jesus.

An important thing to understand is that sin in our lives no longer separates us from God. The punishment for our sin has been covered by Jesus. A healthy relationship with Father God is based on obedience and trust. However, when these are lacking, the quality of the relationship is affected. Sometimes things creep up on us without us knowing or realising it and we can feel a bit trapped in a pattern of living, unable to adjust. God's grace is constantly extended to us and actually **Jesus has made the way for us to pick ourselves up, dust ourselves down, turn back to Him and go again.**

It usually helps to walk this through with someone initially but as you get used to what this feels like for you, it's something you can do quietly in your own way - with God - at any time.

It starts with a **'Sorry'**, there's **forgiveness** at the centre and it ends with **restoration, a turn around** and the **opportunity to go again!**

The steps of repentance are....

- Ask for Holy Spirit revelation
- Confess
- Speak out your willingness to repent - turn around and go the other way. To try again.
- Ask for Holy Spirit's help to do this. To protect, empower and strengthen you.
- Understand and accept the forgiveness and love the Father has for you.
- Thank and praise him.

A way of praying this through...

- Find a quiet place.
- Holy Spirit, please reveal to me now of anything in my life that doesn't align with Jesus' **'good and perfect will for my life.'**
As things come to mind (remember we can think, sense, see or hear the things that God would like to reveal to us), quietly speak them out to Jesus or God. Whatever you are more comfortable with - they are one and the same.
- Lord, I confess that I have, (done, thought, said).....
- Father God, I am so sorry I have allowed these things in my life and I am choosing from this moment on to turn away from them and to follow Jesus' way for my life.
- Holy Spirit, I know I can't do this on my own and I need your help and strength for me to live my life for Jesus. Please empower me and strengthen me now to follow Jesus in every aspect of my life.
- Father God I thank you that you have forgiven me completely and that I am free to obey you and to live my life for Jesus. Amen

Going forward....

We can gently bring this way of praying into our lives on a regular basis. It doesn't even have to be every day! Make it more of a lifestyle thing and give yourselves a spiritual health check every now and then. It will simply become 2nd nature to a child of God to live in this way. In a deep relationship with Holy Spirit who keeps us in check. **Remember our sin no longer separates us from the presence of God. In fact when we become aware of sin in our lives,**

we should run to Father God for our forgiveness, straight into the throne room and get ourselves right with him again.

Having a 'Flappy Dove'

A well known church leader found that imagining the Holy Spirit as a dove sitting on our shoulder (just like Jesus), really helped him. He is with us wherever we go and whatever we do. He described the dove as getting 'flappy', when he strayed away from the life he should be leading in his new identity as a child of God. It helped him to move away and change direction. The dove never left him but it certainly let him know when things were not right!



Does the image of having a 'flappy dove' help you understand how the Holy Spirit will never leave us but he will let us know when we are not living according to our new identity as the children of God?

PART THREE - EMPOWERED to Transform the World (around us)

Just before Jesus left to return to heaven, he said the following to his disciples....

".....you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere - in Jerusalem, throughout Judea, Samaria, and to the ends of the earth."

Acts 1 v 8

"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit."

Matt 28 v 18-19

The disciples had a massive task ahead of them and they were obedient to Jesus. They took themselves away to an upper room but they weren't hiding away. They were actually quite a busy group - praying together regularly and reorganising themselves and finding a replacement for Judas. There were about 120 of them and Peter was already stepping up into leadership. You can read all about this in Acts 1

GodFirst uses a phrase that helps us to think about this commission of Jesus in a very simple way and in a way that makes it very personal for us.

'Transformed People that Transform the World (around us)'



We've already thought about what it could look like to live a 'transformed life' and how the wonderful Holy Spirit willingly helps us with this but when we think about 'transforming the world' - how does that make us feel?

Paul's four principles about the Gifts of The Spirit. (from 1 Corinthians chapters 12, 13 & 14)

1. Paul tells us twice in these chapters to **'eagerly desire'** the greater gifts, especially prophecy. Which means that we have permission to pursue their presence in our lives and ask for them - how good is that?! The greater gifts are **wisdom, faith, healing, miraculous powers, prophecy, discerning spirits, tongues and interpretation of tongues.**
2. He tells us that we can **'excel'** in the gifts, particularly those that build up the church. Moving in the gifts is a natural way of living as a child of God. Just as we can practise and improve a natural gifting, we can practise and get better at any gift the Holy Spirit gives us.
3. As well as asking for any gifts, we can expect any gift at any time and just when we need it. **'All these (the gifts) are the work of one and the same Spirit, and he gives them to each one just as he determines'**
4. Any moving in any gifts at any time must be rooted in love (chapter 13), especially towards one another. The gifts are given to bless the church and to build up one another. **'But the one who prophesies speaks to people for their strengthening, encouraging and comfort.'**

What are the gifts of the Holy Spirit?

This is by no means a comprehensive list but the gifts of The Spirit are evident in the Old and New Testament.



Take a look at the following list - are there any unexpected ones there? We need to know what we can ask for, what we can eagerly desire and what we can expect. [Leaders - be aware that you may need to explain some of the gifts.](#)

Words of Wisdom

Words of Knowledge

Faith

Healing

Miracles

Prophecy

Discernment of Spirits

Leadership

Mercy

Generosity

Teaching

Encouraging

Comfort the Mourning

Bring Favour

Tongues	Right wrongs (evil)
Interpretation of Tongues	Visions
Dreams & their Interpretation	Celibacy & Marriage
Freedom	Hospitality
Gospel Anointing (evangelism)	Intercession
Emotional Healing	Craftsmanship
Serving (Helping/Administration)	Composing of Music (Poetry & writing)

Baptism of the Spirit

Just as in full immersion water baptism (which some of you have experienced), if we were to experience baptism of the Holy Spirit - we could assume the following:

‘Something significant will happen. We will know that it has happened. There will be signs that it has happened. We will be different after, to what we were before - physically and spiritually - seen and unseen.’

What happened to the disciples at Pentecost (Acts 2), is an example of an incredible immersion/baptism experience which left them completely changed and there was no doubt that something significant happened. The apostles were empowered, changed, moved in the gifts and stepped out into the things of God with courage. They were left with the assumption that every new believer needed the baptism of the Spirit and made sure that happened.

Baptism of the Spirit for us today.

At GodFirst, we are passionate and hungry for the things of the Spirit of God. We love the model of the New Testament church and follow the guidance of Paul in 1 Corinthians, so that when we gather, we are expectant of the gifts of the Spirit but use them with honour.

We love to pray for one another to be empowered (filled, baptised) with the Spirit as often as possible. We recognise that as vessels - we leak! We need to be constantly aware of being equipped and empowered for all that God calls us to.



Take another look at the list...

- **What gifts are we growing in already, which ones can we eagerly desire and why?**
- **Are there any we need right now for kingdom purpose (ie work, family, church life, friendships, difficult circumstances, life in general). Everything is available for us to bring something of heaven on earth. Sometimes we might get what we need at just the right time, sometimes we need to ask!**
- **Are there any we know we have received as ‘a one off’, took us by surprise or turned up just when we needed it?**

Application & Response.

Prayer for gifts, baptism and empowerment of Holy Spirit.