

HOW TO WALK IN THE SPIRIT

Purpose: To communicate how to walk in the Spirit as a moment-by-moment experience.

Objective: This session will help you to:

1. Understand how you are filled with the Spirit.
2. Understand what you can do to be prepared for spiritual conflict.
3. Understand your resources as a child of God.
4. Understand what it means to live by faith.

YOU NEED TO KNOW!

1. You want the participants to begin a life of consistently walking in the Spirit when they leave this session.
2. Do not be afraid to review. Spiritual breathing prevents carnality! People need to hear a concept nine times before it becomes real in their lives. However, do not move too slowly. This is a 1 ½ hour session.
3. It is recommended that you prayerfully reread the Transferable Concept, "How to Walk in the Spirit" in preparation to lead this session.
4. Helping the participants understand it is a life of trusting God and His word, no matter how we feel, that brings a consistent walk in the Spirit.
5. Each of the points is important but giving the opportunity to thank God as a demonstration of faith is crucial to a walk in the power of the Holy Spirit. **Do not miss giving this opportunity**, this is "landing the plane."
6. Are you filled with the Holy Spirit? If not, why not?
7. **Pray!**

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International Training Office
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HOW TO WALK IN THE SPIRIT

I. Introduction

☒ [NOTE TO THE FACILITATOR: USE THE FOLLOWING STATEMENTS (OR SOMETHING THAT YOU HAVE DEVELOPED) TO HELP PARTICIPANTS START THINKING ABOUT EXPERIENCING AND ABUNDANT AND FRUITFUL LIFE. IF YOU USE THE FOLLOWING QUESTIONS, YOU WILL NEED TO KNOW AHEAD OF TIME THE PERSONS YOU ARE GOING TO CALL UPON.

“(NAME), YOU HAVE BEEN A CHRISTIAN FOR (LONG NUMBER OF YEARS). IT MUST BE WONDERFUL TO HAVE LIVED A WHOLE LIFETIME WHERE YOU HAVE NOT HAD ANY SPIRITUAL STRUGGLES AT ALL!”

“(NAME), YOU BECAME A CHRISTIAN (SHORT NUMBER OF YEARS) AND YOU HAVE NOT SINNED ONCE SINCE THEN!”

“(NAME), HOW LONG HAVE YOU BEEN A CHRISTIAN? I BET YOU NEVER HAVE ANY DOUBTS OR TEMPTATIONS TO DO WRONG! DO YOU?”

“HOW WOULD YOU RESPOND TO THE FOLLOWING TWO STATEMENTS? (ALLOW RESPONSES. DO NOT JUDGE THEIR ANSWERS, THEY WILL VARY.)”

“THE CHRISTIAN LIFE IS SO SIMPLE, EVEN A CHILD CAN LIVE IT!”

“THE CHRISTIAN LIFE IS SO DIFFICULT THAT NO ONE CAN LIVE IT!”

“WAIT I AM CONFUSED, HOW CAN WE HAVE TWO CONFLICTING STATEMENTS AND BOTH BE TRUE?” (DO NOT WAIT FOR AN ANSWER.)

TASK

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE GROUP TO DISCUSS THE FOLLOWING QUESTION. USE ONE ACTIVITY (NUMBER 10, 14 OR ANYTHING THAT YOU CREATE). THEY MAY REFER TO THE FOLLOWING SCRIPTURES, BUT THEY ARE NOT LIMITED TO THEM. HAVE THEM REPORT BACK IN ___ MINUTES.

John 10:10; John 14:12-14; Acts 4:13

☒ “HOW WOULD YOU LIKE TO KNOW HOW TO EXPERIENCE A FULL, ABUNDANT, PURPOSEFUL AND FRUITFUL LIFE FOR CHRIST? YOU CAN.”

“THE CHRISTIAN LIFE IS NOT COMPLEX. THE CHRISTIAN LIFE IS NOT DIFFICULT. IT IS AS IT’S ALWAYS BEEN – IT IS IMPOSSIBLE!!! ONLY JESUS CHRIST CAN LIVE LIKE JESUS CHRIST.”

“AT THE SAME TIME, THE CHRISTIAN LIFE IS SO SIMPLE THAT A SMALL CHILD CAN LIVE IT. THERE IS A SECRET FOR LIVING THE CHRISTIAN LIFE. YOU SEE, JESUS HAS PROMISED TO LIVE IT AGAIN THROUGH US THROUGH HIS HOLY SPIRIT. THE SECRET OF THE CHRISTIAN LIFE IS TO WALK IN THE POWER OF THE HOLY SPIRIT AND THUS ALLOW THE LORD JESUS TO LIVE HIS ABUNDANT LIFE IN AND THROUGH US IN ALL OF HIS RESURRECTION POWER.”

“THIS WAS AT THE HEART OF THE APOSTLE PAUL’S MOMENT-BY-MOMENT EXPERIENCE.”

☒ [NOTE TO THE FACILITATOR: READ OR HAVE A PARTICIPANT READ GALATIANS 2:20.]

“THE TEACHINGS OF OUR LORD ARE SIMPLE AND UNDERSTANDABLE. EVEN NEW CHRISTIANS CAN UNDERSTAND HOW TO BE FILLED AND CONTROLLED BY THE HOLY SPIRIT.”

“WALKING IN THE SPIRIT THROUGH THE PRACTICE OF SPIRITUAL BREATHING IS A SIMPLE CONCEPT WHICH WE DISCUSSED IN OUR LAST TWO MESSAGES. HOWEVER, THERE ARE SEVERAL IMPORTANT FACTORS WHICH WILL CONTRIBUTE GREATLY TO AN UNDERSTANDING OF THIS GREAT ADVENTURE AND ENSURE A SUCCESSFUL WALK IN THE SPIRIT.

1. BE SURE YOU ARE FILLED WITH THE HOLY SPIRIT.
2. BE PREPARED FOR SPIRITUAL CONFLICT.
3. KNOW YOUR RESOURCES AS A CHILD OF GOD.
4. LIVE BY FAITH.”

“LET’S LOOK MORE CLOSELY AT EACH OF THESE FACTORS.”

II. Be Sure You Are Filled With the Holy Spirit.

CORE BELIEF

THE CHRISTIAN LIFE IS ALL ABOUT KEEPING CHRIST ON THE THRONE OF THE LIFE. THIS IS ACCOMPLISHED THROUGH SPIRITUAL BREATHING.

- A. In Ephesians 5:18 we are commanded to be filled with the Spirit, which means to be controlled and empowered by the Holy Spirit.

“IT IS SUCH A SIMPLE TRUTH; AND YET, IN ITS ESSENCE, THAT IS WHAT THE CHRISTIAN LIFE IS ALL ABOUT—KEEPING CHRIST ON THE THRONE. WE DO THIS WHEN WE UNDERSTAND HOW TO WALK IN THE CONTROL AND POWER OF THE HOLY SPIRIT. THE HOLY SPIRIT CAME FOR THE SPECIFIC PURPOSE OF GLORIFYING CHRIST BY ENABLING BELIEVERS TO LIVE HOLY LIVES AND TO BE PRODUCTIVE WITNESSES FOR OUR SAVIOR.”

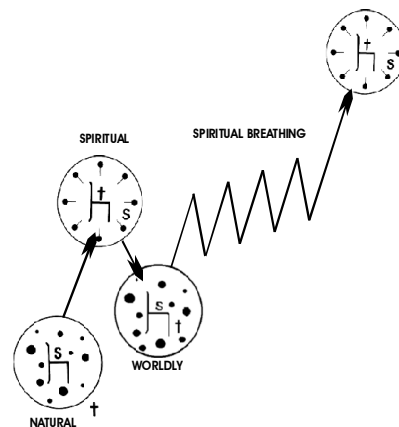
- B. Spiritual breathing is the key to appropriating God's spiritual provision for us

moment by moment.

☒ [NOTE TO THE FACILITATOR: USE THE FOLLOWING EXPLANATION AS YOU DISPLAY OR DRAW THE SPIRITUAL BREATHING DIAGRAM.]

☒ "WHEN WE RECEIVE CHRIST AS OUR PERSONAL SAVIOR, WE EXPERIENCE A SPIRITUAL BIRTH, WE BECOME CHILDREN OF GOD, OUR SINS ARE FORGIVEN AND WE ARE FILLED WITH THE SPIRIT. THIS IS WHEN WE MOVE FROM BEING NATURAL PERSON TO BEING SPIRITUAL PERSON."

"AVERAGE CHRISTIANS ARE NOT DRAWING ON THEIR RESOURCES IN CHRIST, BUT ARE LIVING AN UP-AND-DOWN SPIRITUAL LIFE. THEY GO FROM ONE EMOTIONAL EXPERIENCE TO THE NEXT IN CONTROL OF THEIR OWN LIVES, FRUSTRATED AND DEFEATED."



"THIS PATTERN OF LIVING, I.E., TRUSING IN SELF TO LIVE THE CHRISTIAN LIFE, LETTING SIN GO UNCONFESSED, RESULTS IN BECOMING A WORLDLY CHRISTIAN."

C. Practicing "Spiritual Breathing" enables us to stop this up-and-down emotional experience and to enjoy the abundant Christian life Jesus promised (John 10:10).

TASK

ARRANGE A GROUP ACTIVITY FOR REVIEW OF CONFESSION (EXHALE) AND APPROPRIATING THE FULLNESS OF GOD'S SPIRIT BY FAITH (INHALE). YOU MAY USE ONE ACTIVITY (NUMBER 28, 30, 40 OR ANYTHING THAT YOU CREATE). ALLOW ____ MINUTES FOR THIS ACTIVITY.

☒ [NOTE TO THE FACILITATOR: SUMMARIZE THEIR ANSWERS INCLUDING ANY OF THE FOLLOWING THAT MAY HAVE BEEN LEFT OUT.]

1. "EXHALE BY CONFESSING OUR SINS (AGREEING WITH GOD CONCERNING THEM) 1 JOHN 1:9.
 - a. ACKNOWLEDGE (AGREE WITH GOD) THAT OUR DISOBEDIENCE IS SIN.
 - b. ACKNOWLEDGE (AGREE WITH GOD) THAT CHRIST HAS ALREADY FORGIVEN US BECAUSE OF HIS DEATH ON THE CROSS AND THE SHEDDING OF HIS BLOOD FOR OUR SINS.
 - c. REPENT (CHANGE OUR ATTITUDE TOWARD THE SIN) AND EXPERIENCE A CHANGE IN CONDUCT THROUGH THE ENABLING POWER OF THE HOLY SPIRIT.
2. "INHALE BY APPROPRIATING THE FULLNESS OF GOD'S SPIRIT BY

FAITH.”

- a. HIS COMMAND, AND THUS HIS WILL, IS THAT WE BE FILLED WITH THE SPIRIT (EPHESIANS 5:18).
- b. HIS PROMISE IS THAT HE ALWAYS GRANTS OUR REQUESTS WHEN WE PRAY ACCORDING TO HIS WILL (1 JOHN 5:14, 15).

D. We must expect the Holy Spirit to fill and empower us on the authority of His command and promise.

“WE ARE FILLED WITH THE HOLY SPIRIT AS AN ACT OF FAITH, NOT BY ASKING TO BE FILLED--IN THE SAME WAY WE BECAME CHRISTIANS BY FAITH (EPHESIANS 2:8, 9) AND NOT BECAUSE WE ASKED CHRIST TO COME INTO OUR LIVES.”

E. If we are believers, we are already indwelt by the Holy Spirit (1 Corinthians 3:16, Romans 8:9).

"WE CAN THEN SAY TO HIM, 'I SURRENDER MY LIFE TO YOU AND BY FAITH APPROPRIATE YOUR FULLNESS.'"

F. Spiritual Christians become worldly (carnal)_Christians when they develop an attitude of unbelief (Romans 14:23b).

"PAUL SAYS IN ROMANS 14:23, 'WHATEVER IS NOT OF FAITH IS SIN.' WHEN WE CEASE TO PRACTICE SPIRITUAL BREATHING, WE BECOME WORLDLY (CARNAL). WE DO NOT BECOME WORLDLY (CARNAL) SIMPLY BY COMMITTING ONE OR MORE SINS, PROVIDED WE SINCERELY CONTINUE TO BREATHE SPIRITUALLY. WE BECOME WORLDLY (CARNAL) WHEN WE DEVELOP AN ATTITUDE OF UNBELIEF AND REFUSE TO BREATHE SPIRITUALLY."

G. We should not allow sins to accumulate in our lives (1 John 2:1, 2).

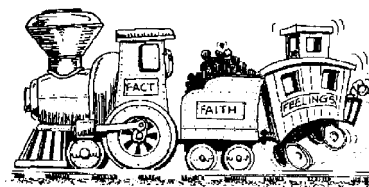
"IF WE EXHALE AND INHALE THE MOMENT WE KNOW THAT WE HAVE SINNED, WE WILL NOT ALLOW SINS TO ACCUMULATE AND AS A RESULT BECOME WORLDLY (CARNAL)."

H. If you become aware of an area of your life (an attitude or an action) that is displeasing to the Lord, even though you are walking with Him and sincerely desiring to please Him, simply thank God that He has forgiven your sins--past, present, and future--on the basis of Christ's death and the shedding of His blood on the cross. Claim His love and forgiveness by faith and continue to have fellowship with Him.

- I. Do not look for, nor depend upon feelings.



[NOTE TO THE FACILITATOR: EXPLAIN THE TRAIN/ TRUCK DIAGRAM, POINTING OUT THE RELATIONSHIP BETWEEN FACT (THE ENGINE), FAITH (THE FUEL IN THE TANK) AND FEELINGS (THE TRAILER). THE COMPLETE EXPLANATION IS FOUND IN THE *FOUR SPIRITUAL LAWS BOOKLET*.) IF YOU HAVE A MORE CULTURALLY RELEVANT ILLUSTRATION FEEL FREE TO USE IT, I.E., DONKEY, HAY, CART OR TRUCK, PETROL, TRAILER."



"THE VERY ACT OF LOOKING FOR AN EMOTIONAL EXPERIENCE IS A DENIAL OF THE CONCEPT OF FAITH, AND 'WHATEVER IS NOT OF FAITH IS SIN.' WE CAN KNOW RIGHT NOW THAT WE ARE FILLED WITH THE HOLY SPIRIT BY TRUSTING IN GOD'S HOLY WORD, HIS COMMAND AND PROMISE, AND WE CAN GO THROUGH LIFE WITH THAT ASSURANCE. IN ORDER TO WALK IN THE SPIRIT WE MUST FIRST BE SURE THAT WE ARE FILLED AND THEN WE MUST CONTINUE TO BREATHE SPIRITUALLY."

III. Be Prepared for Spiritual Conflict.

- A. There are three forces that wage war against the believer.

TASK

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE PARTICIPANTS TO ANSWER THE FOLLOWING QUESTIONS, USING THE PASSAGES OF SCRIPTURES LISTED. USE ONE ACTIVITY (NUMBER 16 OR 14 FOLLOWED BY 42 OR ANYTHING THAT YOU CREATE) TO CONTINUE PROCESSING. HAVE THEM REPORT BACK IN ___ MINUTES.

1 John 2:15-17; Galatians 5:17; 1 Peter 5:8

"WHO' OR 'WHAT' ARE WE IN CONFLICT WITH?"

"HOW WOULD YOU DEFINE THE 'WHO' OR 'WHAT'?"

"GIVE EXAMPLES OF HOW THE 'WHO' OR 'WHAT' INFLUENCES THE CHRISTIAN?"

"FROM THE FOLLOWING PASSAGES OF SCRIPTURE WHAT IS THE SOLUTION?"

John 16:33; Galatians 5:16; 1 John 4:4-6; Ephesians 6:11-12; James 4:7, 8

☒ [NOTE TO THE FACILITATOR: ASK THE FOLLOWING QUESTIONS OF THE WHOLE GROUP.]

“IS TEMPTATION SIN?” (NO!)

“WHEN DOES TEMPTATION BECOME SIN?” (WHEN WE YIELD TO THE TEMPTATION.)

- B. Though we must be prepared for spiritual conflict, we must also remember that the battle is not ours, but the Lord's? (2 Chronicles 20:15).

☒ [NOTE TO THE FACILITATOR: READ OR HAVE A PARTICIPANT READ 2 CHRONICLES 20:15]

IV. Know Your Resources as a Child of God.

TASK

ARRANGE A SMALL GROUP ACTIVITY WHICH WILL ALLOW THE PARTICIPANTS TO ANSWER THE FOLLOWING QUESTION. USE ONE ACTIVITY (NUMBER 14 FOLLOWED BY 42 OR ANYTHING THAT YOU CREATE) TO CONTINUE PROCESSING. HAVE THEM REPORT BACK IN ___ MINUTES.

“WHAT ARE OUR RESOURCES FOR A LIFE LIVED IN THE SPIRIT?” [CHRIST, HOLY SPIRIT, WORD, PRAYER, FELLOWSHIP AND ENCOURAGEMENT OF OTHER BELIEVERS.]

- A. It is impossible to know and experience our resources in Christ without spending time with the Lord, who is the source of our strength? (Ephesians 1:3).
- B. We are able to live the Christian life only through the strength of Jesus Christ who enables us by His Holy Spirit (Romans 8:5).
- C. As we understand and draw upon our resources in Christ, we are enabled by the Holy Spirit to be the fruitful witnesses He commands us to be (John 15:8).

☒ [NOTE TO THE FACILITATOR: ADD A PERSONAL EXAMPLE OF A RECENT FRUITFUL WITNESSING EXPERIENCE WHEN YOU DREW UPON YOUR RESOURCES IN CHRIST.]

"LEADING PEOPLE TO CHRIST IS THE WORK OF THE HOLY SPIRIT. THEREFORE, WE CANNOT BOAST OVER MUCH FRUIT OR BE DISCOURAGED OVER LITTLE FRUIT. THE RESPONSIBILITY FOR BEARING FRUIT BELONGS TO THE HOLY SPIRIT, WHO WORKS IN AND THROUGH US PRODUCING FRUIT AND CHANGING LIVES AS WE EXALT JESUS CHRIST."

- D. The resurrection power of Christ is available for all Christians to help carry out the Great Commission (Matthew 28: 18-20)

- E. In yielding to Christ we do not become puppets. God does not force us to obey Him. But the more we understand our resources in Christ, the more we will desire to do His will.

“A WORD OF CAUTION IS IN ORDER AT THIS POINT. WE EXPERIENCE GOD’S POWER AS A WAY OF LIFE AND BECOME MORE GODLY AS A RESULT OF FAITH AND FAITH ALONE. THE BIBLE CLEARLY TEACHES THAT ‘THE RIGHTEOUS WILL LIVE BY FAITH,’ (ROMANS 1:17), AND THAT ‘WITHOUT FAITH IT IS IMPOSSIBLE TO PLEASE GOD’ (HEBREWS 11:6). THE PRACTICE OF SPIRITUAL DISCIPLINES, I.E., BIBLE STUDY, PRAYER, WITNESSING AND OBEDIENCE, THOUGH VITALLY IMPORTANT ARE A RESULT OF FAITH NOT THE MEANS TO FAITH.”

V. **Live by Faith.**

- A. We do not live by emotional experiences; we live by faith (Galatians 3:11).

☒ [NOTE TO THE FACILITATOR: READ OR HAVE A PARTICIPANT READ GALATIANS 3:11.]

"FEELINGS ARE A BY-PRODUCT OF FAITH AND OBEDIENCE (JOHN 14:21). SEEKING EMOTIONAL EXPERIENCES DENIES GOD'S COMMAND TO LIVE BY FAITH."

☒ [NOTE TO THE FACILITATOR: READ OR HAVE A PARTICIPANT READ JOHN 14:21.]

“JOHN 14:21 INDICATES THAT THE MOST VALID WAY TO HAVE AN EMOTIONAL EXPERIENCE IS TO BE OBIDIENT TO CHRIST. ONE OF THE GREAT ACTS OF OBIDIENCE IS TO SHARE CHRIST WITH OTHERS IN THE POWER OF THE HOLY SPIRIT. SINCE HE CAME TO SEEK AND TO SAVE THE LOST AND HAS COMMISSIONED US TO WITNESS FOR HIM, NOTHING COULD PLEASE THE SAVIOR MORE. IF YOU WANT A VALID, VITAL, EXCITING AWARENESS OF CHRIST IN YOUR EXPERIENCE BEGIN TO SHARE CHRIST WITH OTHERS AS A WAY OF LIFE AS YOU WALK IN THE SPIRIT.”

"FAITH DEMANDS AN OBJECT."

B. The object of our faith is God and His Word.

"WE CAN TRUST THE PROMISES OF GOD'S WORD. WHEN GOD SAYS SOMETHING, YOU CAN STAKE YOUR LIFE ON IT; YOU CAN KNOW THAT HE WILL NOT FAIL YOU. IN ROMANS 8:28 WE READ ONE OF GOD'S PROMISES TO US: 'ALL THINGS WORK TOGETHER FOR GOOD TO THOSE WHO LOVE GOD AND ARE CALLED ACCORDING TO HIS PURPOSE.' DO YOU BELIEVE THIS? THEN GOD'S COMMAND IN 1 THESSALONIANS 5:18 IS REASONABLE. IT LOGICALLY FOLLOWS: 'IN EVERYTHING GIVE THANKS FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS.'"

"HAVE YOU LEARNED TO SAY, 'THANK YOU, LORD,' WHEN YOUR HEART IS BROKEN BECAUSE OF THE DEATH OF A LOVED ONE? DO YOU THANK GOD WHEN YOUR BODY IS IN PAIN? WHEN YOU RECEIVE A LETTER TERMINATING A LOVE RELATIONSHIP? WHEN YOU HAVE FINANCIAL PROBLEMS? WHEN YOU FAIL AN EXAM? WHEN YOU ARE PERSECUTED FOR YOUR FAITH?"

"WE MAY SAY THAT ONLY A FOOL WOULD GIVE THANKS TO GOD UNDER SUCH CIRCUMSTANCES. BUT, IF GOD COMMANDS US TO GIVE THANKS, THEN THERE IS GOOD REASON FOR IT. THIS IS ONE OF THE MOST EXCITING LESSONS WE CAN LEARN, TO SAY, 'THANK YOU' WHEN THINGS GO WRONG."

C. God commands us to cast all of our cares upon Him (1 Peter 5:7).

"CHRISTIANS HAVE PROBLEMS, BUT THEY ARE COMMANDED TO FREELY CAST ALL OF THEM ON THE LORD."

"I DO NOT WISH TO SUGGEST THAT CHRISTIANS WHO WALK IN THE FULLNESS OF THE SPIRIT WILL HAVE NO PROBLEMS. PROBLEMS OF POOR HEALTH, DEATH, FINANCIAL NEEDS AND OTHER SUCH EXPERIENCES ARE COMMON TO EVERYONE."

"HOWEVER, MANY OF OUR PROBLEMS ARE SELF-IMPOSED BECAUSE OF OUR OWN WORLDLY (CARNAL), SELFISH ACTIONS. SPIRITUAL PEOPLE ARE SPARED FROM MOST OF THESE PROBLEMS. BUT WHEN THE PROBLEMS DO COME, THEY CAN BE FACED WITH A CALM AND CONFIDENT ATTITUDE BECAUSE OF GOD'S DIVINE RESOURCES WHICH ARE AVAILABLE TO DEAL WITH SUCH PROBLEMS."

D. The best way to demonstrate faith is to give thanks in all things (1 Thessalonians 5:18).



[NOTE TO THE FACILITATOR: SHARE AN ILLUSTRATION FROM YOUR OWN LIFE OF THE POSITIVE RESULTS OF GIVING THANKS IN AN ADVERSE SITUATION.]

- E. From the time we awaken in the morning until we go to bed at night we should walk with God, trusting and thanking Him for every circumstance of our lives.

☒ [NOTE TO THE FACILITATOR: INSTRUCT THE PARTICIPANTS TO ASK THE LORD IF THERE IS ANYTHING IN THEIR LIVES THAT THEY NEED TO EXPRESS THEIR TRUST IN HIM BY THANKING HIM. ALLOW SEVERAL MINUTES OF SILENCE FOR THEM TO DO THIS.]

VI. **Summary.**

"IN SUMMARY, IF YOU DESIRE TO WALK MOMENT BY MOMENT IN THE FULLNESS AND POWER OF GOD'S SPIRIT, YOU MUST:

- A. "BE SURE THAT YOU ARE FILLED WITH THE SPIRIT BY FAITH. THIS IS BASED ON GOD'S COMMAND TO BE FILLED AND BY CLAIMING HIS PROMISE THAT, IF WE ASK ACCORDING TO HIS WILL, HE WILL HEAR AND ANSWER."
- B. "BE PREPARED FOR SPIRITUAL CONFLICT. THE ENEMY IS REAL. THE WORLD, THE FLESH AND THE DEVIL WILL ASSAIL."
- C. "KNOW YOUR RESOURCES AS A CHILD OF GOD. OUR STRENGTH MUST COME FROM THE LORD. WE MUST ABIDE IN HIM."
- D. "LIVE BY FAITH, DRAW DAILY UPON HIS STRENGTH, WISDOM, POWER AND LOVE, GIVING THANKS IN ALL THINGS."

[CLOSE IN PRAYER.]