

LIFE ESSENTIALS

Spiritual Growth

Additional Study - Milestone 3



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MILESTONE **THREE**

HOLY SPIRIT: THE ENABLER
OF SPIRITUAL GROWTH

Do you remember a time when you got in the car, turned the key, and didn't even get a click? Were you able to walk to your destination? Did you call for help? Did you get a ride from someone else? Was it just your battery or was the generator also bad?

Once we get started on our journey, we will need to keep moving. We will require a continuous, reliable source of power to make it through. We must be careful to refuel regularly along the way, or we will find ourselves unable to complete the journey.

At this milestone in our journey we will discover the source of our power and the process that maintains a full supply of power each day.

KEY VERSES

"These things I have spoken to you while abiding with you. But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you."

- John 14:25-26

BIBLE REFERENCES

John 14:16-26

John 7:37-39

Ephesians 5:18-20

Galatians 5:16-26

2 Corinthians 3:6



DAY ONE



1. Read chapter 7 in Life Essentials.
2. Read the Key Verses John 14:25-26.

John 14:25-26

"²⁵ These things I have spoken to you while abiding with you. ²⁶ But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you.."

What do the verses tell you about the Holy Spirit?





DAY TWO



1. Begin to memorize the Key Verses John 14:25-26.
2. Read John 14:16-26.

Exodus 20:5-6

¹⁶ I will ask the Father, and He will give you another [a]Helper, that He may be with you forever; ¹⁷ that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you. ¹⁸ I will not leave you as orphans; I will come to you. ¹⁹ [b]After a little while the world will no longer see Me, but you will see Me; because I live, you will live also. ²⁰ In that day you will know that I am in My Father, and you in Me, and I in you. ²¹ He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him." ²² Judas (not Iscariot) said to Him, "Lord, what then has happened that You are going to disclose Yourself to us and not to the world?" ²³ Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him. ²⁴ He who does not love Me does not keep My words; and the word which you hear is not Mine, but the Father's who sent Me. ²⁵ These things I have spoken to you while abiding with you. ²⁶ But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you."

What is the significance of the word "another" in this verse? (verse 16)

In various Bible translations, the Holy Spirit is referred to as Helper, Comforter, Counselor, Advocate, et al. What does this say to you about the role of the Holy Spirit in the life of a Christian?

Does the Holy Spirit abide (live) with you? Explain your answer. (verse 17)



DAY THREE



1. Practice writing the Key Verses John 14:25-26 to assist in memorization.
2. Read John 7:37-39.

John 7:37-39

"³⁷ Now on the last day, the great day of the feast, Jesus stood and cried out, saying, "[a]If anyone is thirsty, [b]let him come to Me and drink. ³⁸ He who believes in Me, as the Scripture said, 'From [c]his innermost being will flow rivers of living water.'" ³⁹ But this He spoke of the Spirit, whom those who believed in Him were to receive; for the Spirit was not yet given, because Jesus was not yet glorified."

At what point in our Christian walk is the Holy Spirit given to us?

Where does the Holy Spirit reside?

According to Dr. Evans, why is the residence of the Holy Spirit important to Christians?





DAY FOUR



1. Practice writing the Key Verses John 14:25-26 to assist in memorization.
2. Read Ephesians 5:18-20.

Ephesians 5:18-20

“¹⁸ And do not get drunk with wine, [a]for that is dissipation, but be filled with the Spirit, ¹⁹ speaking to [b]one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; ²⁰ always giving thanks for all things in the name of our Lord Jesus Christ to [c] God, even the Father;”

How is being filled with wine similar to being filled with the Holy Spirit?

How does worship of God contribute to being filled with the Holy Spirit?

How do you think your life would be affected if you were continuously filled with the Holy Spirit?





DAY FIVE



1. Practice reciting the Key Verses John 14:25-26 to commit it to memory.
2. Read Galatians 5:16-26.

Galatians 5:16-26

¹⁶ But I say, walk by the Spirit, and you will not carry out the desire of the flesh. ¹⁷ For the flesh [a]sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you [b]please. ¹⁸ But if you are led by the Spirit, you are not under the Law. ¹⁹ Now the deeds of the flesh are evident, which are: [c] immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, [d]factions, ²¹ envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ Now those who [e]belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also [f]walk by the Spirit. ²⁶ Let us not become boastful, challenging one another, envying one another."

What is the evidence of a Spirit-filled life?

How can we avoid carrying out the desires of the flesh?

Do you desire to live a Spirit-filled life? What are you doing about it?





DAY SIX



REFLECTIONS ON THE JOURNEY

1. Recite or write the Key Verses John 14:25-26 from memory.

In your own words, describe the Holy Spirit and discuss how He works in the life of a believer.

How do you know whether the Holy Spirit resides within you?

How successful have you been in living your spiritual life as God intended?



Have you allowed the Holy Spirit to enable you to grow? (Review John 14:26.) Explain your answer.

What specific things can you do to enhance your progress?

What concerns did this journey raise for you?

TAKEAWAYS

- Realize that we can't live the Christian life through our own power.
- Understand that the Holy Spirit is God Himself living in us, enabling us to live the Christian life and grow toward maturity.



