

## We Are...Spirit-Filled

**We are spirit-filled. Or at least we can be. Jesus died, resurrected, and left us to return to heaven, so that we can receive and be filled with the Spirit—the helper, the comforter, the paraklete (no, not pair of cleats ☺).** In order for us to experience the fullness of life that Jesus died to give us, we must live by the Spirit. Attempting life as a follower of Jesus is impossible if we do not learn to walk in step with the Spirit of God. Thankfully, Jesus not only sent us the Spirit, but during his time on earth he modeled what it meant to truly live by the Spirit.

### GET THINGS STARTED

What does it mean to be “filled with the Spirit?” Do you believe you are filled with the Spirit?

### GO DEEPER

1. Read Galatians 5:16-26. According to this passage, how can we live by the Spirit? How can we evaluate our day-to-day lives in order to determine if we are keeping in step with the Spirit?
2. Read Mark 1:8. What do you think being baptized with the Spirit means? Does that language intimidate or scare you?

### MAKE IT PERSONAL

1. Have you ever experienced or are you currently experiencing exhaustion or defeat by trying to do your best to follow God in your own strength?
2. What are some practical ways we can live by the Spirit each day (no matter our professional or social context)?
3. Think back to Pastor David’s 3 examples of baptism (sunken ship, bread dipped in wine, cloth dipped into dye). These examples visually show us what it means to be “baptized.” Looking at your life, would you say you are baptized with the Holy Spirit? Explain why or why not.

### PRACTICE IT NOW

Spend time thanking God that He would send Jesus to not only rescue us, but to send us the Spirit and to model for us how to live by the Spirit. Spend time confessing the ways that you have not kept in step with the Spirit and ask that those missteps would be replaced with opportunities to experience and walk in step with the Holy Spirit. For those who want to be filled with the Holy Spirit, spend time as a group praying and asking God for a complete baptism of His Spirit (like the 3 baptism images).