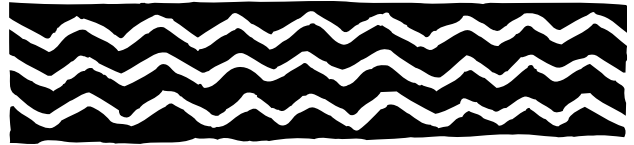


FAITH TRACKS

Basic Guides to Spiritual Growth • Track 3



I'M NO SPIRITUAL SUPER HERO ... WHERE'S THE POWER?

You really want to grow in your relationship with God, but you're tired of trying in your own strength to be a Spiritual Super Hero. You find that stressful days – like test days or game days – are especially difficult times to be the person that God wants you to be. Thankfully, you don't have to live the Christian life by yourself. Rather, God provides the power for you to live a life of faith and love. That's why the Holy Spirit is so important.



1. THE PRESENCE OF THE HOLY SPIRIT

At the moment you received Christ, the Holy Spirit came into your life. Let's find out more.

- Read Ephesians 1:13-14, Romans 8:9, and 1 Corinthians 3:16. According to these verses, where is the Holy Spirit in relation to the person who has received Christ? _____

2. THE ROLE OF THE HOLY SPIRIT

The Holy Spirit lives in you to enable you to live the Christian life. Let's find out specifically what the Holy Spirit wants to do for you.

- In the space provided, write out what each verse says the Holy Spirit does.
 - John 14:26 – _____
 - Galatians 5:22-23 – _____
 - John 16:8-11 – _____
 - Acts 1:8 – _____

3. THE POWER OF THE HOLY SPIRIT

From the above verses, we find that Christ's Spirit lives in you to produce His qualities, to teach you, and give you the ability to be obedient. But what about experiencing His power? Follow these steps to experience the Holy Spirit's power in your life.

1. Be honest with God.

It is important to know that, as a Christian, your sin or disobedience will never separate you from God. You are His child and that will never change. But when you sin, your relationship

with God is directly affected. Your sin grieves God because it robs you of the joy of your relationship with Him, and limits His power in your life.

- What does 1 John 1:9 tell us about how to deal with our sin? _____
- What does it mean to confess? _____

2. Know and obey God's command.

As a Christian, you will continually discover more about God's desires and plans for you.

- Read Ephesians 5:18. What specific command does God have for you? _____
- What do you think it means to be filled with the Holy Spirit? _____

To be filled means to be "controlled or empowered" by the Holy Spirit. It means that you are trusting the Spirit to give you the resources you need to live the Christian life. If the Holy Spirit is not doing what Jesus said He would do, it is because you are not, by faith, letting Him control and lead your life. Instead, you (and everyone else) often want to be in charge.

3. Claim God's promise.

God promises many things. You can ignore or disbelieve those promises, but His power can be in your life if you believe and claim God's promises.

- Read 1 John 5:14-15. When you ask God to do something that you know He wants you to do, what does He promise? _____

4. BEING FILLED WITH THE HOLY SPIRIT

It is clear that God will do anything you ask that is in agreement with His desire or plan. Since you know it's God's command for you to be filled with His Spirit, it only makes sense that if you ask to be filled with the Spirit, God will respond. When you ask God to do something, He wants you to believe that He will answer. That is called asking in faith.

- Is it your desire to be filled with the Holy Spirit? _____
- Do you want the Holy Spirit to give you the power to live the Christian life daily? _____
- If so, write out the different areas of your life, such as grades, athletics, relationships, parents, etc.

- By faith, through prayer, give each of these areas over to God, one-by-one, asking Him to take control of them. Ask the Holy Spirit to give you the power to live the Christian life on a daily, moment-by-moment basis.