

LESSON 3: LIVING IN THE SPIRIT

Look Back: What are you thankful for? What is causing you stress?

- How many days did you read the Bible? What is God saying?

Look Up: Fruit of the Spirit. Read John 15:1-17

- What does the Spirit do? John 15:10-12
- What fruit is Jesus talking about? v. 11-12, 14:27
- How do we remain in Jesus? v. 7,10

Read Galatians 5:13-6:2

- What does it look like when we walk in the flesh? v. 19-21
- What does it look like when we walk in the Spirit? v. 22-23
- What happens when we walk in the Spirit? v. 13-17, 24-26
- How are we to help each other? 6:1-2

How do you know if you are in the Spirit? Gal. 5:22-23

Spirit

- Am I filled with love for others?
- Am I full of joy in hard times?
- Am I full of peace?
- Am I patient & slow to anger?
- Am I being kind?
- Am I doing good for others?
- Am I faithful to my promises even when it is costly to me?
- Am I gentle when angry?
- Am I exercising self-control?

Flesh

- Am I selfish? Struggle with lust?
- Do circumstances rob me of joy?
- Am I worried, anxious, & stressed?
- Am I quick to anger & jealousy?
- Am I rude, judgmental & divisive?
- Do I only do what is good for me?
- Do I only keep my promises when it's convenient? Do I lie?
- Do I lash out and cause strife?
- Am I gratifying my every desire?

Look Forward – Set goals & pray for goals

- What are you doing well? What do you need to change?
 - Who needs to hear this? Who will you teach this?
- Read *Revival is Simple* daily this week
- Set Goal: Observe how often you are in the Spirit this week.
 - Take notes daily on how often you are in the Spirit.
- Prayer Focus: God's Forgiveness - Matthew 6:12
 - Father, forgive me and help me forgive others.