

# LESSON 4: DAILY APPLY GOSPEL

**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:** Being Filled with the Spirit. Discuss *Revival is Simple*

- What makes our Cups unclean?
- How do we clean our cups?
- What is the referee's whistle? Col. 3:15
- How often did the peace of God rule in your heart this week?
- Where is the Spirit helping you overcome right now?

**How do you get back in the Spirit after you sin?**

- **Admit** you have sinned (1 John 1:9)
  - Sin blocks God who lives in you from working through you.
  - Confess to others who will encourage you not to sin; who are safe to be transparent with. (Heb 3:13, James 5:16)
- **Believe the Gospel.** Preach the Gospel to Yourself.
  - You are completely forgiven and accepted by God (Romans 8:1; Colossians 1:22, Lam 3:22-23)
  - You are loved by God and he gives you all you need (Matthew 6:33; Ephesians 3:20)
  - You are free from sin; the Spirit in you gives you victory (Romans 6:18; John 8:32, 1 Corinthians 10:13)
- **Choose to obey** God and keep short accounts with sin. Quickly get back up when you stumble. Daily Repentance. (Prov. 24:16)

**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 *Transferable Concept: How to Walk in the Spirit* p. 10-11
- Set Goal: Make the **second discipleship commitment** to daily keeping your life clean from sin and be led by the Spirit.
- Prayer Focus: God's Forgiveness - Matthew 6:12
  - Father, forgive me and fill me with the Spirit.



### Self Directed Life

S Self is on the throne  
 † Christ is outside the life  
 I Interests are directed by self, often resulting in discord and frustration

### Fruitful Abundance

† Christ is on the throne  
 S Self is yielded to Christ  
 I Interests are directed by Christ, resulting in harmony with God's plan

- **Spiritual Breathing** is exhaling (confessing and getting rid of sin through repentance) and inhaling by appropriating the Spirit to help you and fill you.

*Exhale by confession.* God's Word promises in John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness." Confess" means to "agree with."

- **First**, you acknowledge that your sin or sins – which should be named to God specifically – are wrong and are therefore grievous to Him.
- **Second**, you acknowledge that God has already forgiven you through Christ's death on the cross for your sins.
- **Third**, you repent, which means that you change your attitude toward your sin. The power of the Holy Spirit will enable you to change both your attitude and conduct. Instead of doing what your old sinful nature – your flesh – wants to do, you can do what God wants you to do.
- Now **inhale** by appropriating the fullness of God's Spirit by faith. Trust him to control and empower you according to his command in Ephesians 5:18 to "be filled with the Spirit" which actually means to be constantly and continually controlled and empowered with the Holy Spirit.
- According to His **promise**, God hears you and grants your request because you pray according to His will (1 John 5:14-15). I encourage you to continue to claim his love, forgiveness and power by faith and continue to have fellowship with Him.

You can get off your spiritual roller coaster, cease to be a worldly or carnal Christian, and become a Spirit-filled believer by practicing Spiritual Breathing. You become a worldly Christian again when you develop (over time) an attitude of unbelief - when you set your heart against believing the promises of 1 John 1:9 and 1 Corinthians 10:13:

*No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.*

**You do not become carnal simply by committing one sin or a dozen or a hundred sins, provided that you sincerely continue to breathe spiritually. You will become worldly only when you develop an attitude of unbelief and refuse to breathe spiritually.**

You can know right now that you are filled with the Holy Spirit. Through the concept of Spiritual Breathing, you can go through life assured of his fullness. **Simply keep short accounts with God. Do not let sins accumulate.**

Here is His promise in John 14:12-14:

*I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father.*

*And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it.*

Certain basic spiritual truths, when understood and experienced by faith, bring revolutionary spiritual benefits. These proven principles can help you to be more consistent in your walk with God and be more effective in your witness.

The Christian life, properly understood, is not complex nor difficult. As a matter of fact, the Christian life is very simple. It is so simple that we stumble over the very simplicity of it, and yet it is so difficult that no one can live it! This paradox occurs because the Christian life is a supernatural life. The only one who can help us live this abundant life is the Lord Jesus Christ who empowers us with His Holy Spirit.

*Transferable Concept: How to Walk in the Spirit* by Bill Bright

<https://www.cru.org/us/en/train-and-grow/transferable-concepts/walk-in-the-spirit.html>