

Lesson 4 Worksheet

The Power of Growth – Empowered by the Holy Spirit

Name: _____

Date: _____

Before You Begin

Take a moment to quiet your heart and invite the Holy Spirit to teach you through this lesson.

*"Teach me to do Your will, for You are my God; Your Spirit is good.
Lead me in the land of uprightness."*

— Psalm 143:10 (NKJV)

Remember: The Holy Spirit is not a distant force to be feared or a mystery to be avoided. He is God's presence with you and within you, helping you grow into the person He created you to be.

Part 1: Digging into the Lesson

Fill in the Blanks

Use your lesson notes to complete the statements below.

The Divine Life Force: Who Is the Holy Spirit?

1. The Holy Spirit is the third Person of the _____.
2. The Holy Spirit is fully _____, co-equal with the Father and the Son.

3. The moment you received Christ, the Holy Spirit took up permanent _____ in your heart.
 4. The Holy Spirit serves as our Helper, Counselor, Advocate, Guide, and spiritual _____.
 5. The Holy Spirit confirms that we are truly _____ of God.
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The Fruit of the Spirit: Character Formed from Within

6. True spiritual growth is _____, not manufactured by human effort.
 7. The Fruit of the Spirit is formed through cooperation with God's _____.
 8. Love, joy, and peace provide the internal _____ of a resilient life.
 9. Patience, kindness, and goodness transform the way we interact with our _____.
 10. Faithfulness, gentleness, and self-control provide _____ and integrity for the journey.
 11. Self-control gives us mastery over impulses and destructive _____.
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Spiritual Empowerment: Strength for the Mission

12. The Christian life is impossible to live in our own _____.

13. The Holy Spirit gives us victory over _____.
 14. The Spirit empowers believers with boldness in _____.
 15. Spiritual gifts are given to help us _____ others and strengthen the church.
 16. These gifts are distributed as the Spirit _____.
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Walking in the Spirit: The Daily Choice

17. Walking in the Spirit begins with daily _____.
 18. We are encouraged to listen for the Spirit's quiet _____.
 19. Spiritual sensitivity grows through Scripture and _____.
 20. Victory often comes through submission rather than our _____.
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Part 2: Scripture Memorization

This Week's Memory Verse

"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."

— Galatians 5:22–23 (NKJV)

Write the verse below:

Fill in the Missing Words

"But the fruit of the Spirit is _____, _____, peace, longsuffering, kindness, goodness, faithfulness, gentleness, _____."

— Galatians 5:22–23

Which fruit of the Spirit do you see growing in your life?

Which fruit would you like God to develop more deeply?

Part 3: Reflection Questions

Take your time answering these honestly. There are no "perfect" answers.

1. Before this lesson, how did you view the Holy Spirit?

- ☐ God's personal presence
- ☐ A mysterious force
- ☐ A helper and guide
- ☐ Someone I didn't understand very well
- ☐ Other: _____

How has this lesson changed or deepened your understanding?

2. Which aspect of the Holy Spirit's role encourages you the most?

- ☐ Helper and Counselor
- ☐ Advocate and Guide
- ☐ Spiritual Assurance
- ☐ Empowerment for Witness
- ☐ Spiritual Gifts

Why?

3. Which Fruit of the Spirit would you most like to see flourish in your life right now?

- ☐ Love
- ☐ Joy
- ☐ Peace
- ☐ Patience
- ☐ Kindness
- ☐ Goodness
- ☐ Faithfulness
- ☐ Gentleness
- ☐ Self-Control

Why do you believe God is drawing your attention to this area?

4. Have you ever sensed the Holy Spirit helping, guiding, comforting, or strengthening you?

Describe that experience.

5. In what areas of your life do you find yourself relying on your own strength instead of depending on God's Spirit?

What would daily surrender look like in those areas?

Part 4: Journal & Prayer

Write a prayer inviting the Holy Spirit to work more deeply in your life.

Ask Him to shape your character, strengthen you in weakness, and teach you to walk closely with Him each day.

Part 5: Living It Out

Daily Application Challenge

Discipleship isn't about trying harder—it's about learning to rely on God's power within you.

Choose one way to apply this lesson this week.

☐ Practice Daily Surrender

Begin each morning by praying:

"Holy Spirit, I surrender my plans, fears, desires, and decisions to You. Lead me today."

☐ Focus on One Fruit

Choose one Fruit of the Spirit to intentionally cultivate this week.

Ask God each day to help you display it in your relationships.

☐ Listen for Promptings

Pay attention to moments when you sense the Holy Spirit nudging you to encourage, serve, pray, forgive, or act in obedience.

Record what you notice.

☐ Serve Someone

Use your gifts to bless another person through encouragement, kindness, hospitality, prayer, or practical help.

☐ Share Your Story

Ask the Holy Spirit for boldness and share one thing God has been teaching you with someone you trust.

☐ Choose Faith Over Feelings

When discouragement or spiritual dryness comes, remind yourself:

"God's presence is with me even when my emotions fluctuate."

Continue showing up in Scripture, prayer, and obedience.

Looking Ahead...

The same Spirit who raised Jesus from the dead now lives within you.

You were never meant to walk this journey alone.

The Holy Spirit is your Helper in weakness, your Guide in uncertainty, your Comforter in sorrow, and your Strength in every season.

You won't grow by striving harder.

You will grow by staying connected to the One who lives within you.

As you surrender day by day, God will continue transforming you from the inside out.

"Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty."

— 2 Corinthians 3:17 (NKJV)

See you in Lesson 5 as we continue discovering what it means to live out your new identity and walk faithfully with Christ each day.

