



LESSON 6:

HOLY SPIRIT AND LIFE IN THE SPIRIT

Big Idea: The Holy Spirit empowers us to live free, fruitful, and full of God's presence.

Scripture Anchor: Acts 1:8, Galatians 5:22–25

RUNNING ON EMPTY?



STRUGGLING WITHOUT FUEL

Imagine trying to run a car without fuel. You might push it down the street for a while, but you won't get far. That's how many Christians live—trying to follow Jesus without the power of the Holy Spirit.

The Spirit isn't just a "bonus feature" of Christianity—He's the power source.

The Holy Spirit is not an *it* or an energy—He is a Person: Comforter, Helper, Teacher, and Friend.

"Since we live by the Spirit, let us keep in step with the Spirit." — Galatians 5:25

Here's the truth: You weren't created to grind in your own strength. You were created to walk in the Spirit's power—free, full, and overflowing.



LOW BATTERY, NO POWER

Or consider your phone at 1% battery, desperately searching for a charger. Without that power, it's just a slab of glass and metal. Similarly, Jesus told His disciples in Acts 1:8: "**You will receive power when the Holy Spirit comes upon you; and you will be my witnesses.**"



HAVE YOU EVER LIVED ON 1% BATTERY?

Have you ever tried to use your phone on 1% battery? You're panicking, looking for a charger, praying it doesn't die. That's what it's like trying to live the Christian life without the Holy Spirit—you're constantly running on empty.

The Spirit isn't optional—He's essential. Without Him, it's religion. With Him, it's power, freedom, and life. The question isn't whether you need the Holy Spirit—the question is: Are you plugged in?

THREE WAYS THE SPIRIT TRANSFORMS YOUR LIFE



THE SPIRIT EMPOWERS US

Acts 1:8 – "You will receive power when the Holy Spirit comes on you."

2 Timothy 1:7 – The Spirit gives us power, love, and self-discipline—not fear.



THE SPIRIT PRODUCES FRUIT IN US

Galatians 5:22–23 – Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

John 15:5 – "If you remain in me and I in you, you will bear much fruit."



THE SPIRIT LEADS US DAILY

Romans 8:14 – "For those who are led by the Spirit of God are the children of God."

Galatians 5:25 – "Let us keep in step with the Spirit."



THE SPIRIT EMPOWERS US

Acts 1:8 makes it clear: the Spirit gives us power to live and witness. Power to break sin. Power to love boldly. Power to represent Jesus in a broken world.

Think of plugging in an electric scooter. Without the battery charged, it's useless. But with power, it flies. The Spirit is the battery of our Christian life.

📖 **2 Timothy 1:7:** "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Without the Spirit, you'll burn out. With Him, you'll light up. The Holy Spirit doesn't make you weird—He makes you powerful.

THE SPIRIT PRODUCES FRUIT IN US

The Spirit's work isn't just power—it's character. Galatians 5 describes the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Imagine an apple tree. It doesn't strain or stress to produce apples—it just stays rooted, and fruit comes naturally. The Spirit grows fruit in you as you stay rooted in Him.



John 15:5 says fruit comes from abiding in Christ. You don't grind out fruit—you *grow* it by staying connected. The Spirit doesn't just change what you do—He transforms who you are.

"Gifts show what you can do, but fruit shows who you really are."

THE NINE FRUITS OF THE SPIRIT



LOVE

Unconditional care for others



JOY

Deep gladness in Christ



PEACE

Inner rest and calm



PATIENCE

Endurance and long-suffering



KINDNESS

Gentle, compassionate actions



GOODNESS

Moral excellence and integrity



FAITHFULNESS

Loyalty and reliability



GENTLENESS

Humble strength and meekness



SELF-CONTROL

Mastery over desires



THE SPIRIT LEADS US DAILY

Romans 8:14 says God's children are led by His Spirit. Being led doesn't mean one dramatic moment—it means daily steps, one choice at a time.

Think of Google Maps. It doesn't give you every turn at once—it leads step by step. The Spirit leads like that—daily nudges, whispers, and direction.

Galatians 5:25 tells us to keep in step with the Spirit. It's not a sprint or a race—it's a walk, side by side.

The Spirit isn't just for Sunday services—He's your guide on Mondays at school, Thursdays at work, Fridays at youth group. **He's with you every moment.**

"The Spirit isn't a one-time experience—He's a lifelong companion."

CLEARING UP MISCONCEPTIONS

MYTH: "THE SPIRIT IS JUST GOOSEBUMPS IN WORSHIP"

Truth: He empowers, produces fruit, and leads daily—far beyond emotional moments.

MYTH: "THE SPIRIT IS ONLY FOR PASTORS OR LEADERS"

Truth: The Spirit is for every believer. Every Christian is filled with the Spirit at salvation and called to walk in His power.

MYTH: "WALKING IN THE SPIRIT IS COMPLICATED"

Truth: It's simple: listen, obey, repeat. Stay connected, pay attention, and follow His gentle leading.



LIFE IN THE SPIRIT: THE NORMAL CHRISTIAN LIFE

Life in the Spirit is the normal Christian life. Without Him, you'll live stuck. With Him, you'll live strong. This isn't about striving harder—it's about surrendering more fully to His presence and power.



EMPOWERED BY THE SPIRIT

Bold witness and victory over sin



FRUIT OF THE SPIRIT

Transformed character that reflects Jesus



LED BY THE SPIRIT

Daily direction and purpose in every decision

**LIFE IN THE SPIRIT ISN'T ABOUT
HYPE—IT'S ABOUT POWER, FRUIT,
AND GUIDANCE EVERY SINGLE DAY.**

PRACTICAL EVERYDAY TAKEAWAYS

1 PRAY FOR POWER

Start each day: *"Holy Spirit, fill me with Your power today."* Make this your morning declaration before you check your phone or start your tasks.

2 CHECK THE FRUIT

At the end of the day, ask: *"What fruit did I show today—love, patience, kindness?"* Reflect honestly and celebrate growth.

3 FOLLOW THE NUDGE

Pay attention to small prompts—text that person, stop and pray, speak encouragement. That's the Spirit leading. Don't ignore the whisper.

- 📅 **Weekly Challenge:** Each morning this week, pray "Holy Spirit, fill me." Journal one way you saw Him empower, produce fruit, or lead you each day.



YOUR DECLARATION AND NEXT STEPS

GROUP DECLARATION

"I am filled with the Spirit. I walk in His power, I grow His fruit, and I follow His lead daily."

DISCUSSION PROMPT

"What's one way you've experienced the Spirit leading you or changing you?"

ACTIVITY

1. Split into small groups
2. Share one area you need the Spirit's help in (power, fruit, or guidance)
3. Pray for each other to be filled with the Spirit in that area



Closing Prayer: Pray for a fresh filling of the Spirit, boldness to live empowered, and fruit that shines Jesus to the world. Remember: You were never meant to do this alone.