



**Glow**



# **Discipleship Course**

**Term Three**



# Welcome to the Discipleship Course!

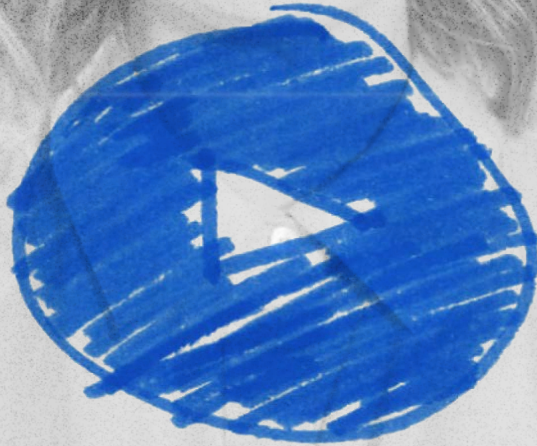
Every study has a short video, study notes and discussion points. Our prayer is that as we study together, we are transformed by His Word and His Spirit, strengthening our relationship with God and one another.

- |               |                                                                                               |
|---------------|-----------------------------------------------------------------------------------------------|
| <b>WEEK 1</b> | <b>Introduction + Father</b><br>The Father Heart of God                                       |
| <b>WEEK 2</b> | <b>Son</b><br>The work of Jesus on the Cross                                                  |
| <b>WEEK 3</b> | <b>Holy Spirit</b><br>The person and power of the Holy Spirit                                 |
| <b>WEEK 4</b> | <b>Community Accountability</b><br>Following Jesus together                                   |
| <b>WEEK 5</b> | <b>Reflective Reading and Persistent Prayer</b><br>'Why' and 'how' we read the Bible and pray |
| <b>WEEK 6</b> | <b>Total Stewardship and Sabbath</b><br>Everything we have from God/ Rhythms of rest          |
| <b>WEEK 7</b> | <b>Praying for the sick + dealing with the demonic</b><br>Continuing Jesus' ministry          |
| <b>WEEK 8</b> | <b>Expanding the Kingdom of God</b><br>Making disciples, serving the poor                     |

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# Week 3: The Person and Power of the Holy Spirit



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**Discipleship  
Course**

# The Person and Power of the Holy Spirit

There is a power that God has given us access to. It's not an ethereal power but a person, who wants to be at work in and through our lives to bring change. This is the person and the power of the Holy Spirit.

"Since then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with Him in glory. 5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. 6 Because of these, the wrath of God is coming. 7 You used to walk in these ways, in the life you once lived. 8 But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. 9 Do not lie to each other, since you have taken off your old self with its practices 10 and have put on the new self, which is being renewed in knowledge in the image of its Creator."

## COLOSSIANS 3: 1-10

The New Living Translation version phrases it like this: "Put on your new nature and be renewed..."

You can change as you learn to know your Creator and become like Him. Knowing leads to becoming. Knowing God leads to becoming more like Him.

LISTEN

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law. 19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit."

## GALATIANS 5: 16-25

In every single person there is a war of the worlds on the inside. When we say yes to Jesus a new desire steps in and it wants to live like Him, but there is also an old desire inside of us that just wants to live for us. These desires are constantly at war. This is why God has sent His Holy Spirit. We need to learn to trust the Holy Spirit in our lives. He is the power to change. Lasting change doesn't happen because you try harder, lasting change happens because you learn to trust better in the person of the Holy Spirit.

We can look like we've changed externally but have we changed on the inside? Have our desires changed? Change doesn't happen from the outside in, it happens from the inside out. Change truly happens when we have new desires.

There is a restlessness within us for change because we are made in the image of God. Our inner desire is to be more like Him. We all want to change, but so often we just don't know how to do it. We get tired trying to keep up with our own desire to change. We work to bring it about by gathering external things we think will bring change, but external things cannot bring change from the inside out. The power to change is within a divine God. Only the Spirit of God can bring internal, lasting change. Change is out of our control!

In Galatians 3, Paul is writing to the church in Galatia because they started by trusting in Jesus and allowed the Holy Spirit to change them, but then went back to trying to change themselves.

"You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. 2 I would like to learn just one thing from you: Did you receive the Spirit by the works of the law, or by believing what you heard? 3 Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh?"

## GALATIANS 3: 1-3

When we say yes to Jesus, the Holy Spirit now lives in us and He is now helping us to transform into the likeness of Jesus. Change does not come through our own strength or through us trying harder. Paul is saying change starts through the Holy Spirit and it continues through the Holy Spirit.

**There are 3 things the Holy Spirit does within you to bring about change to become more like Jesus**



# 1. The Holy Spirit Brings Gradual Change

In Galatians 5:22 Pauls writes, 'But the *fruit* of the Spirit is...'

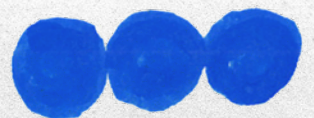
Have you ever watched fruit grow? To watch fruit grow is slow and unseen. That does not mean that growth isn't happening. We want change to be instant. But all great change happens through a gradual process. In a similar way the Holy Spirit is producing change and growth within us. But it is gradual.

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law."

**GALATIANS 5: 22-23**

Just because we can't see it doesn't mean it isn't happening. We need to trust the process.

How do I know if the Holy Spirit is gradually changing me? The greatest way we can know the Holy Spirit is changing us is when we face pressure, problems and hardship. As we grow, we approach our problems and hardships in a different way than we did before. We reveal the fruit that has been produced in us. It is the evidence of an internal change that the Holy Spirit is doing.



# 2. The Holy Spirit Brings Internal Change

Real change is not an external change but it comes from within. The Amplified Bible says it like this:

“22 But the fruit of the Spirit is (the result of His presence within us) ...”

**GALATIANS 5: 22**

When we receive Jesus, the Holy Spirit now lives within us and begins to change our desires. It is this power within us that brings internal change. Our past is not stronger than the Holy Spirit within us. It is the same power within us that raised Christ from the dead. It is an internal change.

There is a difference between religious external change vs Holy Spirit internal change.

We can convince ourselves that we have changed, but what we are often looking to is not internal change, it's religious external change. In other words, we look to our changed external behaviour.

## LET'S TALK:

How have you seen this inward transformation in your life? Discuss examples of religious external change:

1. I go to church on Sundays.
2. I stopped doing some of the things I used to.
3. I've started helping others.

These are all good things but we must be careful we are not just looking at religious external change without looking at the Holy Spirit's internal change. Just because our environment has changed, does not mean that we have changed. Only the Holy Spirit within us can bring internal change.

Religion can reform a person's life, but it can never transform him. Only the Holy Spirit can transform!

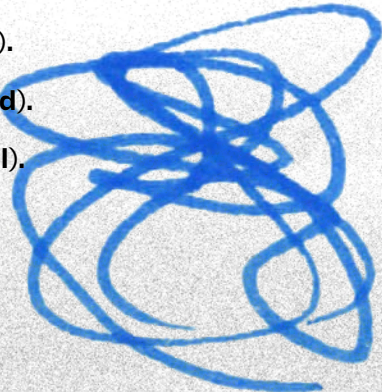
**A. W. TOZER**

As you read this, you might start to wonder, “am I just experiencing religious external change or real internal Holy Spirit change?.” Just relax, take a breath. Assessment is not a bad thing, but let's give our attention to the Holy Spirit and what he wants to do in you and through you.

## IN GALATIANS 5, WE LEARN THAT THE HOLY SPIRIT BRINGS INTERNAL CHANGE:

1. He changes desires (heart).
2. He changes thoughts (mind).
3. He changes emotions (soul).

Change is a promise. If we are not experiencing internal change we need to pray and invite the Holy Spirit to change us. Simply pray, 'Come Holy Spirit!' And trust Him to change us from the inside out. The fruit of the Spirit will become evident in our lives.



# 3. The Holy Spirit Brings Inevitable Change

Inevitable change will happen depending on who you trust. We can say yes to Jesus and yes to the Holy Spirit working in us, but if we are not really trusting in Him we will continue to return to doing things in our own strength and trusting in ourselves to bring change. Inevitable change will happen as we start to trust in the person of the Holy Spirit.

In Galatians 5, Paul says two things:  
"19The acts of the flesh are obvious..."  
"22But the fruit of the Spirit is..."

Notice the difference. The acts vs the fruit. One I 'do', the other I 'receive'. This is a trust thing. If we keep acting in our flesh, our flesh will continue to fail us. Or we can receive the Holy Spirit and just watch the fruit happen. One is doing, one is receiving. One is trusting in our own strength, one is trusting in the Holy Spirit.

Lasting change doesn't happen because you try harder, lasting change happens because you learn to trust better in the Holy Spirit.

YOUR  
CALLING  
GOD'S  
POWER

# 4. The Holy Spirit Leads Me to Spirit Fueled Obedience.

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Obedience has almost become a dirty word in our modern day context, but Jesus said, "If you love me, you will obey my commandments." To follow Jesus is to let Him take the lead, to let Him call the shots. The truth is we struggle with this. Why? We love being in control. But the beautiful part of the Holy Spirit's role in our lives is that He slowly helps us take our hand off the wheel of life and help us to trust Jesus and His way. He helps us understand that:

***Jesus is not following us, we are following Jesus.***

The Holy Spirit is leading us to obedience. How does He lead us? He leads us in many ways, but one of the main ways the Holy Spirit leads us to obedience is through conviction.

Conviction = to convince of truth, to cross examine or correct.

The Holy Spirit helps us determine what are lies and what is truth. The Holy Spirit cross examines our heart and desires to make sure they are healthy and then He corrects, He points out the wrong, the sin that is robbing us of joy and points us back towards abundant life in Jesus.

**To Note:**

There is a difference between conviction and condemnation. Condemnation points out your sin and brings you shame, while conviction points out sin, pulls you back to your feet and points you towards the richness of God's mercy and grace. Romans 8:1 says, "So now there is no condemnation for those who belong to Christ Jesus". Condemnation is not from God, it's from the enemy of your soul, but conviction is from the Holy Spirit. When condemnation comes knocking, don't open the door, but when conviction does, gladly welcome it.

