

## **CONTENTS**

Beginning Your New Life in the Spirit.....	2
Three Kinds of People.....	4
Carnal Christians Cannot Experience the Abundant and Fruitful Christian Life.....	6
Spiritual Christians Experience the Abundant and Fruitful Life as the Result of Being Filled with the Spirit.....	8
We are Filled With the Holy Spirit by Faith.....	11
How to Pray in Faith to be Filled with the Holy Spirit.....	14
How to Know That You Are Filled with the Holy Spirit.....	16
How to Walk in the Spirit.....	17
Spiritual Breathing.....	18
Action Point.....	20
Answers.....	21

## BEGINNING YOUR NEW LIFE IN THE SPIRIT

*Note: It time will not allow you to complete the booklet during one appointment. read pages 5 -15. Continue the booklet at your next appointment*

***"And I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not behold Him or know Him, but you know Him because He abides with you, and will be in you. I will not leave you as orphans; I will come to you. -"***

***Jesus to His disciples  
(John 14:16-18)***

For three years the disciples had walked, worked, and talked with Jesus. They knew Him, trusted Him, and loved Him. On one particular night, however, Jesus told His disciples some very upsetting news: He would soon die.

Put yourself in the disciples' place. How would you feel? Confused? Frightened? Helpless? They probably did, too.

But then, imagine hearing Jesus tell you that as a result of His going to be with God the Father, another friend would come one who would be with you; one who would be in you.

## PAGE 20

### ACTION POINT

Sincerely desire to be directed and empowered by the Holy Spirit; confess your sins; surrender the throne of your life to Christ; and, by faith, claim the fulness of the Holy Spirit, according to God's command and promise.

## **PAGE 15**

(Your own personal answer)

## **PAGE 17**

The train diagram shows that feelings do not determine whether we are filled with the Holy Spirit. Our basis for knowing that we are filled is what God's Word has said and the fact that we have placed our faith in His promise. If you have been depending on feelings, it may be a relief to know that you can depend on facts.

## **PAGE 19**

1. We need to breathe spiritually whenever we willfully take control of our lives and reject God's direction and involvement.
2. Sins accumulate in our lives and affect the closeness of our relationship with the Lord. This grieves God and causes us to live again as carnal people.
3. No. When we learn to breathe spiritually, as a way of life, we need never fall into a life of carnality. Instead, we can continue in our daily fellowship with the Lord and continue to grow to maturity in Him.

The friend who was to come was the Holy Spirit. An amazing thing that Jesus told His followers was that the Holy Spirit would reside in them. Even better, He would be with them forever. Imagine the encouragement this offered to these individuals: God would make His home within the lives of those people who would love and receive Him. In this way, the disciples would not be left with the impossible tasks of trying to imitate the character of Christ and attempting to continue His mission. Instead, through the Holy Spirit, the very life of Christ with *all* His character, authority and strength could be lived through their individual lives and personalities. .

Twenty centuries later, Christ's promise offers hope to those today who are trying to live as Christ would live. Anyone who has sincerely attempted to reach that goal knows that, worthy as it is, it is a hopeless ideal. Only Jesus Christ can act like Jesus Christ.

And that, of course, is the uniqueness of Christianity. Instead of frustrating us with the inevitable failure of attempting to live up to impossibly high ethical, moral and spiritual standards, the only person who ever perfectly fulfilled all those standards offers to do it again, through each of us. Once Jesus has entered into a life, He is available to live out His life in and through that person.

This is available to anyone!

### THREE KINDS OF PEOPLE

Every day can be an exciting adventure for the Christian who knows the reality of being filled with the Holy Spirit and who lives constantly, moment by moment, under His gracious direction. But not every Christian lives this exciting adventure. Some live in frustration and defeat. How can this be?

The Bible tells us that there are three kinds of people

**NATURAL MAN** (one who has not received Christ)

"But a natural man does not accept the things of the Spirit of God; for they are foolishness to him, and he cannot understand them, because they are spiritually appraised" (1 Corinthians 2:14).

### SELF-DIRECTED LIFE

S - Ego or finite self is on the throne

† - Christ is outside the life

• - Interests are directed by self, often resulting in discord and frustration



B2. We thank God that He has forgiven us because He has already paid in full the entire debt of our sin on the cross. When we confess, we are applying the forgiveness which is already ours. We need not beg God for something that is already ours.

C. Surrendering the throne of one's life to Christ means letting Christ, through the Holy Spirit, control one's life. One follows God's will rather than self-will.

### PAGE 13

D1. If we ask God to do something that is in His will, He will do it.

### PAGE 14

D2. Since Ephesians 5:18 is a command, we know it is God's will for us to be filled with the Holy Spirit.

D3. Our basis for knowing God will fill us with His Spirit is His promise to answer when we pray according to His will. Ephesians 5:18 tells us that it is His will that we be filled with His Spirit, so we can know confidently that He will answer our request.

C1. The Spirit-filled life is the Christ-controlled life by which Christ lives His life in and through us in the power of the Holy Spirit. It is a life which does not rely on mere human resources, but instead embraces the sufficiency of Christ for all the situations of life.

#### PAGE 11

C2. The Holy Spirit empowers us to be Christ's witnesses.

C3. It is the Holy Spirit's responsibility, not ours, to provide the power for us to be effective witnesses.

A. God does not force Himself on anyone. If we want to be filled with the Holy Spirit, we must desire God and His life qualities. If we do not, then there is no need to play games with God. He knows our hearts and won't act against the true desires within us.

#### PAGE 12

B1. Individual acts of sin show that we have been going our own ways, living lives of self-effort, independent of God's power. Until we reject this kind of life and again choose to let Christ direct us, God cannot fill us. He will not force Himself on a person who wants to direct his own.

**SPIRITUAL MAN** (one who is directed and empowered by the Holy Spirit)

"But he who is spiritual appraises all things..." (1 Corinthians 2:15).

#### CHRIST-DIRECTED LIFE

✚ - Christ is in the life and on the throne

S - Self is yielding to Christ

- - Interests are directed by Christ, resulting in harmony with God's Plan



**CARNAL MAN** (one who has received Christ, but who lives in defeat because he trusts in his own efforts to live the Christian life)

#### SELF-DIRECTED LIFE

S - Self is on the throne

✚ - Christ is dethroned and is not allowed to direct the Life

- - Interests are directed by self, often resulting in discord and frustration



"And I, brethren, could not speak to you as to spiritual men, but as to men of flesh [carnal men], as to babes in Christ. I gave you milk to drink, not solid food; for you were

not yet able to receive it. Indeed, even now you are not yet able, for you are still fleshly [carnal]. For since there is jealousy and strife among you, are you not fleshly, and are you not walking like mere men?"

(1 Corinthians 3:1,2)

### **CARNAL CHRISTIANS CANNOT EXPERIENCE THE ABUNDANT AND FRUITFUL CHRISTIAN LIFE**

The carnal man trusts in his own efforts to live the Christian life.

- A. He is either uninformed about, or has forgotten, God's love (Romans 5:6-8), forgiveness (Romans 5:8-11) and power (Acts 1:8).
- B. He fails to draw consistently upon the power of the Holy Spirit to live the Christian life (Galatians 5:16-18). The result of this is:
  - 1. He has an up-and-down spiritual experience.
  - 2. He cannot understand himself. He Wants to do what is right but often cannot (Romans 7: 14-24).

**THE CARNAL MAN** - Some or all of the following traits may characterize the Christian who does not fully trust God:

## **ANSWERS**

### **PAGE 7**

A1. A Carnal Christian is one who trusts in his own efforts to live the Christian life.

A2. Not fully trusting God each day with our lives would result in our attempting to work out our problems through our own self-efforts. It would also involve attempting to reach, in our own strength, the high spiritual standards set by our Lord.

### **PAGE 9**

B1. Just as a newborn child does not grow up overnight, neither does a spiritual "baby" grow to adulthood overnight. These qualities take time to develop. As you involve God in every aspect of your life, these qualities will become true of your life.

### **PAGE 10**

B2. It helps to realize that it takes **time** to grow to spiritual maturity. Therefore, we should . . . not expect to experience every characteristic perfectly right away. God simply wants us to trust His timing, let Him work and be patient with ourselves.

The Spirit-filled life is a practical concept. As you let Him, God's Spirit will make these principles more and more a part of your daily life. You can expect Him to make a difference .

The Bible tells us that God has established two ways to help us experience this life consistently, Booklet 4, "Beginning Your New Life in God's Word," presents the first way.

### **ACTION POINT**

Write a brief summary of how to be filled with the Spirit.

---

---

---

---

---

---

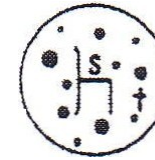
---

---

---

---

Ignorance of his  
spiritual heritage  
Unbelief  
Disobedience  
Loss of love for  
God and for others  
Poor prayer life  
No desire for Bible study



Legalistic attitude  
Impure thoughts  
Jealousy  
Guilt  
Worry  
Discouragement  
Critical spirit  
Frustration  
Aimlessness

(The individual who professes to be a Christian but who continues to practice sin should realize that he may not be a Christian at all...according to

1 John 2:3; 3:6,9; Ephesians 5:5.)

A1. What is a carnal Christian?

---

A2. How would not fully trusting God affect one's everyday life?

---



---

**SPIRITUAL CHRISTIANS EXPERIENCE THE  
ABUNDANT AND FRUITFUL LIFE AS THE  
RESULT OF BEING FILLED WITH THE  
SPIRIT**

The Spirit-filled life is the Christ-directed life by which Christ lives His life in and through us in the power of the Holy Spirit (John 15; Galatians 2:20).

One becomes a Christian through the ministry of the Holy Spirit, according to John 3:1-8. From the moment of spiritual birth, the Christian is indwelt by the Holy Spirit at all times (John 1:12; John 14:16,17). Though all Christians are indwelt by the Holy Spirit, not all Christians are filled with (directed and empowered by) the Holy Spirit. The Holy Spirit is the source of the overflowing life (John 7:37-39).

\*The answers to this question and those on the following pages begin on page 21 .

**Exhale** – confess your sin – agree with God concerning your sin and thank Him for His forgiveness of it, according to I John 1:9 and Hebrews 10:1-25. Confession involves repentance – a change in attitude and action.

**Inhale** – surrender the control of your life to Christ and appropriate (receive) the fulness of the Holy Spirit by faith. Trust that He now directs and empowers you, according to the **command** of Ephesians 5: 18 and the **promise** of I John 5:14, 15,

1. How often do we need to breathe spiritually?

---

---

2. What happens when we need to breathe spiritually but fail to do so?

---

---

3. If we consistently breathe spiritually, do we need to live carnal lives?

---



D. You will be prepared for spiritual

Conflict against the world (I John 2:15-17); against the flesh (Galatians 5:16, 17); and against Satan (I Peter 5:7-9; Ephesians 6:10-13).

E. You will experience His power to resist temptation and sin (I Corinthians 10: 13; Philippians 4 :13; Ephesians 6:10; Romans 6: 1-16).

By faith you can continue to experience God's love and forgiveness.

As you walk with the Lord and sincerely desire to please Him, the Holy Spirit will continue to show you areas of your life that He desires to change. When you first become aware that an attitude or an action displeases God, simply thank God that He has forgiven your sins — past, present and future — on the basis of Christ's death on the cross. Claim His love and forgiveness by faith and continue to have fellowship with Him.

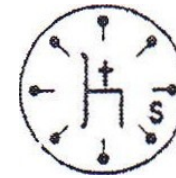
### **SPIRITUAL BREATHING**

If you retake the throne of your life through sin — a definite act of disobedience — breathe spiritually,

Spiritual breathing (exhaling the impure and inhaling the pure) is an exercise in faith that enables you to continue to experience God's

**THE SPIRITUAL MAN** - Some personal traits which result from trusting God:

Christ-centered  
Empowered by  
the Holy Spirit  
Introduces others  
to Christ  
Effective prayer  
life Understands  
God's Word  
Trusts God  
Obeys God



Love  
Joy, Peace,  
& Patience  
Kindness  
Faithfulness  
Goodness

The degree to which these traits are manifest in the life depends upon the extent to which the Christian trusts the Lord with every detail of his life, and upon his maturity in Christ. One who is only beginning to understand the ministry of the Holy Spirit should not be discouraged if he is not as fruitful as more mature Christians who have known and experienced this truth for a longer period.

B1. Write in your own words what you think the above paragraph means.

---

---

---

B2. How can you apply this truth to your spiritual growth?

---

---

The Holy Spirit came to glorify Christ (John 16:7-15). When one is filled with the Holy Spirit, he is a true disciple of Christ.

In His last command before His ascension, Christ promised the power of the Holy Spirit to enable us to be witnesses for Him (Acts 1:1-9).

C1. How would you describe the Spirit-filled life?

---

---

*"But you shall receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest parts of the earth."* (Acts 1:8)

emotions, but we place our faith (trust) in the trustworthiness of God and the promises of His Word.

What are some practical ways that not depending on feelings applies to you?

---

---

---

### HOW TO WALK IN THE SPIRIT

Faith (trusting God and in His promises) is the only means by which a Christian can live the Spirit-directed life. As you continue to trust Christ moment by moment:

- A. Your life will demonstrate more and more of the fruit of the Spirit (Galatians 5:22,23) and will be more and more conformed to the image of Christ (Romans 12:2; 2 Corinthians 3:18).
- B. Your prayer life and study of God's Word will become more meaningful.
- C. You will experience His power in witnessing (Acts 1:8).

## HOW TO KNOW THAT YOU ARE FILLED WITH (DIRECTED AND EMPOWERED BY) THE HOLY SPIRIT

Did you ask God to fill you with the Holy Spirit? Do you know that you are now filled with the Holy Spirit? On what authority? (On the trustworthiness of God Himself and His Word: Hebrews 11:6; Matthew 5:18.)

Do not depend upon feelings. The praise of God's Word, not our feelings, is our authority. The Christian lives by faith (trust) in the trustworthiness of God Himself and His Word. This train diagram illustrates the relationship between **tact** (God and His Word), **faith** (our trust in God and His Word), and **feeling** (the result of our faith and obedience) (John 14:21).



The train will run with or without the caboose. However, it would be futile to attempt to pull the train by the caboose. In the same way, we, as Christians do not depend upon feelings or

C2. Who gives us the power to be Christ's witnesses?

---

C3. Often the idea of sharing their faith with other people frighten individuals. This is usually because they think they need to provide the power. Who should be our source of power according Acts 1:8?

---

## WE ARE FILLED WITH FAITH (DIRECTED AND EMPOWERED BY THE HOLY SPIRIT BY FAITH; THEN WE CAN EXPERIENCE THE ABUNDANT AND FRUITFUL LIFE WHICH CHRIST PROMISED TO EACH CHRISTIAN

You can appropriate the filling of the Holy Spirit **right now** if you:

A. Sincerely desire to be directed and empowered by the Holy Spirit (Matthew 5:6).

Why is *it* necessary to **desire** to be filled with God's Spirit?

---

B. Confess your sins (I John 1:5-10).

By **faith** thank God that He **has** forgiven all of your sins - past, present and future - because Christ died for you.

(Colossians 2:13-15; 1 John 1; 2:1-3; Hebrews 10:1-7)

1. Why do we need to confess our sins before we can be filled with the Holy Spirit?

---

---

2. Look up Colossians 2:13,14. In light of these verses, when we confess sin, why do we thank God that He has forgiven us already, rather than begging Him to forgive us?

---

---

C. Surrender the throne of your life to Christ (Romans 12:1,2).

What would surrendering the throne of your life to Christ involve?

---

---

to take His place again on the throne of my life. Fill me with the Holy Spirit as You

**commanded** me to be filled, and as You **promised** in Your Word that You would do if I asked in faith. I pray this in the name of Jesus. As an expression of my faith, I now thank You for directing my life and for filling me with the Holy Spirit."

How would you express the ideas found in the prayer suggested above?

---

---

---

---

---

Does this prayer express the desire of your heart? If so, bow in prayer and trust God to till you are with the Holy Spirit **right now**.

2. Does Ephesians 5:18 tell us that it is God's will for us to be filled with His Spirit?

---

---

3. When we pray and ask God to fill us, what is our basis for knowing that He will?

---

---

### HOW TO PRAY IN FAITH TO BE FILLED WITH THE HOLY SPIRIT

We are filled with the Holy Spirit by **faith** alone. However, true prayer is one way of expressing your faith. The following is a suggested prayer:

"Dear Father, I need You. I acknowledge that I have been directing my own life and that, as a result, I have sinned against You. I thank You that You have forgiven my sins through Christ's death on the cross for me. I now invite Christ

- D. By **faith** claim the fullness of the Holy Spirit, according to:

**His command** – Be filled with the Spirit. "And do not get drunk with wine, for that is dissipation, but be filled with the Spirit.

(Ephesians 5:18)

**His promise** – He will always answer when we pray according to His will. "And this is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask we know that we have the requests which we have asked from Him" (1 John 5:14-15).

1. Does Ephesians 5:18 tell us that it is God's will for us to be filled with His Spirit?

---

---