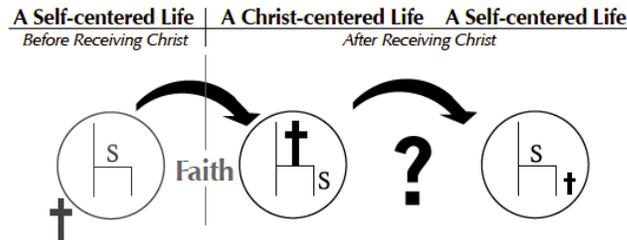


**Living by the Holy Spirit**  
*Essentials for Following Jesus - Lesson 4*

**Read** Galatians 5:16-25. **Discuss:** What can we learn about living by the Holy Spirit?

**3 Types of Lives:**

<b>1. Natural Man</b> - One who has not received Christ.	<b>2. Spirit-filled Man</b> - One who is directed and empowered by the Holy Spirit.	<b>3. Worldly Man</b> - One who has received Christ, but who lives in defeat because he is not empowered by the Holy Spirit.
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*What do you think about these circles? How have you seen them to be true?*

**3 Truths about Being Filled with the Holy Spirit**

**1. God commands us to be filled with the Spirit.**

*“Do not get drunk on wine which leads to debauchery, instead, be filled with the Holy Spirit.” Eph 5:18*

What are some similarities between being drunk and being filled with the Holy Spirit?

**2. God promises that he will fill you with the Spirit**

1 John 5:14-15 says, *“This is the confidence we have in approaching God; that if we ask for anything according to his will, he hears us, and if we know that he hears us, we know that we have what we asked of him.”*

Is it God’s will for you to be filled with the Holy Spirit? Then, according to this verse, what should you do?

**3. You can be filled with the Holy Spirit moment by moment as a way of life through spiritual breathing.**

**Exhale:** Confess your sin to God the moment you realize that you have sinned.

*“If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.” 1 John 1:9*

Why do you think we need to confess our sins in order to be filled with the Spirit?

**Inhale:** Ask to be filled with the Holy Spirit right after you confess your sin.

What are some similarities between physical breathing and spiritual breathing?

**Action Step:** Practice spiritually breathing throughout your week.

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