

## **Transformed: Transformation through the work of the Holy Spirit**

### **Session Aim**

The purpose of this session is to help us become more aware of the work of the Holy Spirit in our lives as we seek to live transformed lives, and to understand how we can use the presence and power of the Holy Spirit to become what God desires us to be.

### **Preparation**

Study the Bible text below and be prepared to discuss it in detail. Try to be especially aware of the Holy Spirit in your life in the days just before the group meeting.

**Bible Text:** Galatians 5:16 - 26

### **Introduction**

Often misunderstood and rarely studied is the work of the Holy Spirit in our life. Yet, scripture is very clear in that if we are going to be transformed then it will be by the Spirit's power. In Galatians 5, we see one of many passages which deal with the work of the Holy Spirit in our lives. In this passage we are encouraged to live by the Spirit and not by the flesh (physical appetites, needs, desires, sometimes translated as sinful nature). Paul describes two lifestyles. A lifestyle lived according to the rules of the physical person and the world is filled with selfishness, greed, pride and brutality. The lifestyle characterized by the Holy Spirit is consumed with selflessness, love and self-control. Galatians speaks of a continual struggle between the spiritual and the physical—between the Spirit and the flesh. The key to a Spirit-filled life is to live and keep in step with the Spirit. In this lesson, the group will have the opportunity to discuss what it means to live by and keep in step with the Spirit.

### **Welcome/Icebreakers**

If you could change one personality trait in yourself, what would you change?

If you could add one "spiritual" trait, what would it be?

If you could subtract one "fleshly" trait, what would it be?

### **Worship**

Sing songs that focus on the Holy Spirit's work in our life.

Read Psalm 139:7 – 24 together.

### **Bible Study (Read together Galatians 5:16-26)**

1. In your own words describe the conflict between the sinful nature and the Spirit?
2. Describe the lifestyle that is controlled by the Spirit.
3. Describe the lifestyle that is controlled by the sinful nature.
4. What is the connection between God's word and the Holy Spirit?

5. How is your response of faith necessary in order for the Holy Spirit to have victory in your life?
6. What acts of the sinful nature tend to entangle you?
7. How can a person cultivate the character qualities of the Holy Spirit in his or her life?
8. How do you see the character of the Holy Spirit growing in your life?
9. What can you do this week to nurture the character of the Holy Spirit in your life?
10. How can you and the Spirit get rid of the dead wood that stifles your growth?

### **Application**

Keep in step with the Spirit this next week by picking one of the characters of the fruit of the Spirit (Galatians 5:22 – 23) that you need to improve on. Share that with the group and tell why you think you need to improve in that area. Discuss with the group what help you need in order to practice this part of the Spirit's walk and influence in your life. Be accountable to someone in group!

### **Conclusion**

Next month's lesson will focus on the power of Jesus' resurrection as a motivation for our transformation. This is a good time to review some of the factors that are involved in transformation—connecting hearts and lives, the importance of knowing who we are, our connections in a community of faith, the willingness to be accountable to God and other Christians through confession, the place of trials and problems in the development of faith and faithfulness in our lives, and the role of God's Holy Spirit.