

The background is a rich, warm brown color. It features several abstract elements: a large, light pink organic shape in the top right corner with a thin white line drawing of a plant branch extending from it; a dark brown shape in the top left with thin white concentric wavy lines; a vertical band of horizontal white lines on the left side; a light pink shape in the bottom left with thick white concentric wavy lines; and a light pink shape in the bottom right with thin white wavy lines. On the right side, there are faint white line drawings of human faces in profile and three-quarter view.

# ALIVE IN US

STUDY GUIDE

ALIVE  
IN US

# WELCOME TO THE ALIVE IN US STUDY GUIDE

This study tool will be your guide for the next 12 weeks as we discover the majesty and ministry of the Holy Spirit. For many of us, the Holy Spirit may be a confusing and intimidating topic but be assured he wants us to know him and experience his presence in our daily lives. Join us as we explore the power and promise of God's indwelling Spirit - *Alive in Us*.

## STUDY GUIDE USE

This study guide will help you engage with God in a variety of environments. We encourage you to use it in your personal time of devotion, at home with those you share life with every day, and in a small group with other followers of Jesus. To make the most of your experience, be sure to have an open Bible on hand each time you make use of the study guide.

### PERSONAL

All relationships need one-on-one time for greater health. Studying Scripture individually with only the Holy Spirit as your teacher will help you learn to listen to the voice of the Holy Spirit. Psalm 1:2 says this about the blessed man: *"His delight is in the law of the Lord, and on his law he meditates day and night."* (ESV)

### HOME

If there are multiple people in your home, the opportunity to practice your faith together and share the things you're learning from God's Word helps you develop a deep and authentic faith. Deuteronomy 6:7 says, *"... you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."* (ESV)

### GROUP

Gathering together with other followers of Jesus to share life together and apply God's Word to real life situations transforms us in to the image of Jesus. Acts 2:42 reminds us, *"And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers."* (ESV)

## **STUDY GUIDE FORMAT**

Each week's content follows the same format. Each section is meant to help you experience a meaningful encounter with God.

### **CONSIDER**

Begin with a brief introduction to the topic. Consider this a primer as you open your mind and heart to hear, believe and obey God's Word.

### **DISCOVER**

Dive into God's Word and record your answers to the study questions to help you reflect on and believe the things God is teaching you. If you are studying with others, share your initial impressions about the passage before answering the questions.

### **PRAY**

Seeking and listening to God in prayer are vital to our relationship with him. Take time to talk to and hear from God through prayer before you begin your study, and as you conclude your study. If you are studying with others, spend time in prayer with a partner or share with each other what God has revealed through prayer.

### **ACT**

The best thing you can do to grow in your relationship with the Holy Spirit each week is to put into practice the discoveries you've made during your study. Make time each week to apply God's Word and obey his commands. If you are studying with others, include them when appropriate.

### **READ**

Filling our hearts and minds with the Word of God enables us to discern what is right and true. Read the additional Scripture passages at the end of each week as you follow Jesus moment by moment.

# POWER • PROMISE • PRAYER

## THE HOLY WHO

**Power:** Power happens when the Holy Spirit comes.

**Promise:** A relationship with the Holy Spirit results in a vigorous life.

**Prayer:** Empower me.

## COME ALONGSIDE ME

**Power:** Power to face an unsure future.

**Promise:** The Holy Spirit is a helper and mentor. He takes on the role of a coach, perpetually at our side.

**Prayer:** Comfort me.

## CALM DURING TIMES OF CHAOS

**Power:** Power over chaos.

**Promise:** The Holy Spirit comes into our lives as a calming presence, bringing peace and soothing troubled hearts.

**Prayer:** Calm me.

## A SURE SALVATION

**Power:** Power of a sure salvation.

**Promise:** The Holy Spirit is active in the act of salvation. While we are saved by Jesus, we are secured by the Spirit. He “seals” us. He positions us in the family of God as a child of God.

**Prayer:** Seal me.

## ME? HOLY?

**Power:** Power of a consecrated heart.

**Promise:** The Holy Spirit affirms our identity as chosen people of God, consecrated for a holy work.

**Prayer:** Consecrate me.

## HIS WIND BENEATH MY WINGS

**Power:** Power of God's wind at our back.

**Promise:** The Holy Spirit serves as wind to our backs and oxygen in our lungs. Consequently, we can rest from our work.

**Prayer:** Carry me.

## YOUR UNIQUE YOU

**Power:** Power of a clear assignment.

**Promise:** The Holy Spirit determines our spiritual gifts and provides them, as needed, to the glory of God.

**Prayer:** Gifts to me, gifts from me.

## HOW TO HEAR FROM GOD

**Power:** Power to perceive God's direction.

**Promise:** The Holy Spirit guides us through life, helping us make the right choices.

**Prayer:** Guide me.

## UNFORCED INFLUENCE

**Power:** Power to cleanse a culture.

**Promise:** The Holy Spirit creates a life of unforced influence for good.

**Prayer:** Flow out of me.

## THE GROANS OF THE HEART

**Power:** Power to talk with God.

**Promise:** What we pray in weakness is heard in the heavens because of the intercession of the Holy Spirit.

**Prayer:** Pray for me.

## JUST SPEAK

**Power:** Power to articulate the good news.

**Promise:** The Holy Spirit empowers Christ-followers to speak the heart language of the world.

**Prayer:** Speak through me.

## ALIVE IN US

**Power:** Power to live a fruitful life.

**Promise:** The Holy Spirit frees us from the destructive power of sin and enables us to live fruitful lives.

**Prayer:** Fill me.

WEEK 1

# THE HOLY WHO

## POWER

Power happens when the Holy Spirit comes.

## PROMISE

A relationship with the Holy Spirit results in a vigorous life.

## PRAYER

Empower me.

## JOHN 16:7 AMP

*But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper (Comforter, Advocate, Intercessor—Counselor, Strengtheners, Standby) will not come to you; but if I go, I will send Him (the Holy Spirit) to you [to be in close fellowship with you].*

## CONSIDER

Have you ever wondered if it might be easier to be a Christian if Jesus were still here on earth? A reasonable thought, but Jesus himself may beg to differ. In fact, he told his disciples it was to their advantage that he was going away. Jesus was certain that the presence of the Holy Spirit would be the difference maker in the lives of his followers. The same Holy Spirit has been made available to us as followers of Jesus.



## PRAY

Pray silently as we begin the first lesson of *Alive in Us*. Ask the Holy Spirit to reveal himself to you in a new way through this study. Listen, and write down his response.

*Holy Spirit, you are a great mystery and I want to understand you better. Use this study to deepen my understanding of you. Teach me who you are, how you work, how I can experience your power, and how I can show you to others. Amen.*

Response:

## DISCOVER

Read: [Acts 1:1-11](#)

What priority do you give the Holy Spirit in your life? Does that priority align with the instructions Jesus gave his disciples? (verses 4-5)

What did the disciples hope Jesus was coming to do? What did Jesus point them to instead of a restored earthly kingdom?

Is the power that they will receive connected to the coming of his kingdom? If so, how?

What does it mean to be a witness for Jesus? What role does power play in our ability to function as a witness? In what ways can you be a witness?



Take the Holy Spirit Power Assessment to determine what areas in your life need the power of the Holy Spirit. Remember that you are stronger, and the world is better because the Holy Spirit is living in you.

### **HOLY SPIRIT POWER ASSESSMENT**

Fill in the circle on the continuum between “Need This” and “Got This” to denote your current level of need for Holy Spirit power in each area.

**Calm during times of chaos**

need this

got this

**I’m never alone and never without help**

need this

got this

**Complete confidence that I am going to heaven**

need this

got this

**A rock-solid self-esteem**

need this

got this

**A sense of my unique skillset**

need this

got this

**Strength to obey all of God’s commands**

need this

got this

**Discernment of God’s guidance**

need this

got this

**Influence for good without being phony**

need this

got this

**A deeper prayer life**

need this

got this

**The ability to speak words of truth that help people**

need this

got this





## PRAY

Reflect on the results of your assessment and determine what areas in your life need to see the power of the Holy Spirit at work. Ask God to empower you by showing you his resources of divine power made available through the Holy Spirit. Rest in the hope and faith that supernatural strength is within reach.

## READ



YOUVERSION Days 1-7

John 16:7-16

Luke 3:21-22

Luke 4:18-19

Acts 1:1-11

Luke 11:9-13

Judges 3:1-11

Exodus 31:1-5

Exodus 35:30-35

2 Chronicles 24:11-20