

ADULT BIBLE STUDY IN SIMPLIFIED ENGLISH

STUDY GUIDE

Living in the Spirit

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Adult Bible Study in Simplified English Study Guide

Living in the Spirit

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Living in the Spirit

Introduction

Has anyone ever promised to send you something special? You surely waited with great hope to receive that gift! Receiving a special gift that is perfectly chosen for you is a wonderful joy.

Jesus promised His followers that His Father would send them a special gift, too. This gift was the Spirit of God. The Spirit would teach them everything and help them remember all that Jesus had taught them. The Spirit would never leave them and would always be there for them.

The Comforter is another name for the Spirit of God. In the Bible, we can find other names for the Spirit of God:

The Holy Spirit

The Spirit of Truth

The Spirit of Promise

The Spirit of Glory

The Helper

The Counselor

Jesus' promise is still the same for us today. The Spirit of God is our comforter, our helper, and our teacher. The Spirit helps believers to be more like Jesus every day. The Spirit reminds us to show the Fruit of the Spirit to people around us: love, joy, peace,

patience (not giving up), being kind, being good, having faith, being gentle, and self-control (being the boss over our own desires). Paul wrote about this in Galatians 5:22-23, and we will study it more in Lesson 13.

Are you ready to unwrap the gift that God has for you? In this 13-week study, we will all learn important lessons about the Holy Spirit. Living in the Spirit is the key to true joy in the Christian life.

About the Writers

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Phyllis Merritt wrote lessons 9-13. She has taught ESL since 1970 in the U.S. and has taught English in China for 12 summers. She and her husband are active members of Columbus Avenue Baptist Church in Waco.

Adult Bible Study in Simplified English Study Guide

Living in the Spirit

Lesson Overview

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Living in the Spirit

Word List

Lesson 1

baptize, baptism: to put something in a liquid so that all parts are completely covered

confess: to admit that you did something wrong or illegal

Messiah: a person who is expected to save people from a very bad situation. Messiah and Christ have the same meaning.

repent: to feel or show that you are sorry for something bad or wrong that you did and that you want to do what is right

Lesson 2

curse: to say words that are believed to have power to cause trouble for someone or something

disrespect: speech or actions which shows that you do not think someone or something is valuable or important

sacrifice: to kill an animal in a religious ceremony as an offering to please God

Lesson 3

eternal: having no beginning and no end in time; lasting forever; living at all times

exist: to be real; to continue to be or to live

permanent: lasting forever; not temporary

symbol: something that represents or expresses a particular idea

Lesson 4

equip: to prepare someone for a particular activity

distract: to cause someone to stop thinking about or paying attention to someone or something and to think about or pay attention to someone or something else instead

take turns: to do or use something by doing or using it one after another in order to share the responsibility or opportunity of doing or using it

Lesson 5

consequence: result, something that follows from an action or condition

experience: (noun) something you have done or that has happened to you

experience: (verb) to have something happen to you

guilty: responsible for something wrong, deserving punishment

transform: to change completely, in a good way

Living in the Spirit

Word List

Lesson 6

content: pleased and satisfied, not needing more

overindulge: to have too much of something enjoyable; to yield too much to something

relationship: the way two or more people are connected

yield: to stop trying to resist or oppose

Lesson 7

filter: (noun) a device used to keep something unwanted from passing through

filter: (verb) to pass something through a filter to remove something unwanted

idiom: a saying that cannot be understood from the meanings of its separate words but that has a separate meaning of its own

intercede: to make a request on behalf of others

Lesson 8

argue: to disagree or fight by using angry words

celebrate: to do something special or enjoyable for a reason

righteousness: moral goodness that comes from a relationship with God

Lesson 9

Good News: the message that God has made a way for people to have their sins forgiven and live with God through faith in Jesus

mark (seal or stamp): the Holy Spirit is given to each believer to show we belong to God

salvation: rescue from the punishment and power of sin

Lesson 10

grieve: to make sad or sorrowful; to cause sorrow, pain, or distress

Lesson 11

singspiration: a song service with the group singing of hymns

Lesson 12

suffer: to feel what is painful to the mind or body; can come from what others do

Lesson 13

fruit: things to eat like apples or oranges; or in this lesson, good results

proverb: a short well-known saying containing a wise thought

Living in the Spirit

Word List in Alphabetical Order

These vocabulary words can found in the lesson listed in each definition; “L8” means Lesson 8.

argue: to disagree or fight by using angry words (L8)

baptize, baptism: to put something in a liquid so that all parts are completely covered (L1)

celebrate: to do something special or enjoyable for a reason (L8)

confess: to admit that you did something wrong or illegal (L1)

consequence: result, something that follows from an action or condition (L5)

content: pleased and satisfied, not needing more (L6)

curse: to say words that are believed to have power to cause trouble for someone or something (L2)

disrespect: speech or actions which shows that you do not think someone or something is valuable or important (L2)

distract: to cause someone to stop thinking about or paying attention to someone or something and to think about or pay attention to someone or something else instead (L4)

equip: to prepare someone for a particular activity (L4)

eternal: having no beginning and no end in time; lasting forever; living at all times (L3)

exist: to be real; to continue to be or to live (L3)

experience: (noun) something you have done or that has happened to you (L5)

experience: (verb) to have something happen to you (L5)

filter: (noun) a device used to keep something unwanted from passing through (L7)

filter: (verb) to pass something through a filter to remove something unwanted (L7)

fruit: things to eat like apples or oranges; or in this lesson, good results (L13)

Good News: the message that God has made a way for people to have their sins forgiven and live with God through faith in Jesus (L9)

grieve: to make sad or sorrowful; to cause sorrow, pain, or distress (L10)

guilty: responsible for something wrong, deserving punishment (L5)

idiom: a saying that cannot be understood from the meanings of its separate words but that has a separate meaning of its own (L7)

intercede: to make a request on behalf of others (L7)

mark (seal or stamp): the Holy Spirit is given to each believer to show we belong to God (L9)

Messiah: a person who is expected to save people from a very bad situation. Messiah and Christ have the same meaning. (L1)

overindulge: to have too much of something enjoyable; to yield too much to something (L6)

permanent: lasting forever; not temporary (L3)

proverb: a short well-known saying containing a wise thought (L13)

relationship: the way two or more people are connected (L6)

repent: to feel or show that you are sorry for something bad or wrong that you did and that you want to do what is right (L1)

righteousness: moral goodness that comes from a relationship with God (L8)

sacrifice: to kill an animal in a religious ceremony as an offering to please God (L2)

salvation: rescue from the punishment and power of sin (L9)

singspiration: a song service with the group singing of hymns (L11)

suffer: to feel what is painful to the mind or body; can come from what others do (L13)

symbol: something that represents or expresses a particular idea (L3)

take turns: to do or use something by doing or using it one after another in order to share the responsibility or opportunity of doing or using it (L4)

transform: to change completely, in a good way (L5)

yield: to stop trying to resist or oppose (L6)

Living in the Spirit

Memory Verses

Lesson 1

“I have baptized you with water. But He will baptize you with the Holy Spirit.” (Mark 1:8)

Lesson 2

“He taught them saying, ‘Is it not written, ‘My house is to be called a house of prayer for all the nations’? You have made it a place of robbers.’” (Mark 11:17)

Lesson 3

“The next day John the Baptist saw Jesus coming to him. He said, ‘See! The Lamb of God Who takes away the sin of the world!’” (John 1:29)

Lesson 4

“But you will receive power when the Holy Spirit comes into your life....” (Acts 1:8a)

Lesson 5

“Christ made us free. Stay that way. Do not get chained all over again in the Law and its kind of religious worship.” (Galatians 5:1)

Lesson 6

“The secret is this: Christ in you brings hope of all the great things to come.” (Colossians 1:27b)

Lesson 7

“Never stop praying.” (1 Thessalonians 5:17)

Lesson 8

“Be full of joy always because you belong to the Lord. Again, I say, be full of joy!” (Philippians 4:4)

Lesson 9

“God's Spirit will be with us until God finishes His work of making us complete.” (Ephesians 1:14b)

Lesson 10

“Do not make God's Holy Spirit have sorrow for the way you live. The Holy Spirit has put a mark on you for the day you will be set free.” (Ephesians 4:30)

Lesson 11

“Tell of your joy to each other by singing the Songs of David and church songs. Sing in your heart to the Lord.” (Ephesians 5:19)

Lesson 12

“... the Good News did not come to you by word only, but with power and through the Holy Spirit.” (1 Thessalonians 1:5b)

Lesson 13

“If the Holy Spirit is living in us, let us be led by Him in all things.” (Galatians 5:25)

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 1: The Baptism of the Holy Spirit

Bible Text

Mark 1:1-8

Memory Verse

"I have baptized you with water. But He will baptize you with the Holy Spirit." (Mark 1:8)

Word List

baptize, baptism: to put something in a liquid so that all parts are completely covered

confess: to admit that you did something wrong or illegal

Messiah: a person who is expected to save people from a very bad situation. Messiah and Christ have the same meaning.

repent: to feel or show that you are sorry for something bad or wrong that you did and that you want to do what is right

When I was a young girl at summer camp, I sat by the side of a beautiful lake. The weather was hot. I splashed myself to try to stay cool, but it did not help much. Some of the other kids were in the water, laughing and playing. I was too afraid to join them. After a long time, I became brave enough to jump in the lake with the others. It felt great to be in

the cool water. I was able to do many things I could not do on the land. I could swim and float and play water games. I was almost a different person when I was fully in the water.

I cooled off only when I got fully wet. The splashing was not enough.

As Christians, new believers are covered in water in **baptism**. But Christian baptism is much more than just getting wet. Christian baptism means being changed by God's Holy Spirit.

In the Gospel of Mark, we read about the first Christian baptisms. We learn about the coming Savior who would **baptize** with the Holy Spirit, not just with water.

The Coming Good News (Mark 1:1-3)

1 The Good News of Jesus Christ, the Son of God,

2 begins with the words of the early preachers:
"Listen! I will send My helper to carry the news ahead of you. He will make the way ready.

3 His voice calls out in the desert, 'Make the way ready for the Lord. Make the road straight for Him!'"

Life was hard 2,000 years ago in Judea, the land that is now called Israel. Most people were very poor. The great Roman Empire was in charge of the government. The Roman rulers made the people pay unfair amounts of

taxes. They did not seem to care about people. They did not honor God as the Jewish people did.

The people of Judea knew that their land had once been very powerful and blessed by God. They hoped and dreamed that God would bless them and let Israel be an important nation again.

Some people remembered what was written in their holy scrolls. These are the books we call the Old Testament. About 700 years earlier, Isaiah was one of the great preachers. He wrote that God would send a very special person who would save the people. This special one would be the Messiah — the Christ, God’s chosen person.

About 300 years after Isaiah, Malachi was another great preacher. Malachi, wrote that before the Messiah or Christ came, God would send a helper. This helper would bring the news of the Messiah who was to come.

The Book of Mark began with these promises from hundreds of years earlier. There was Good News coming, and God was telling the people to get ready.

John’s Preaching (Mark 1:4-6)

4 John the Baptist preached in the desert. He preached that people should be baptized because they were sorry for their sins and had turned from them. And they would be forgiven.

5 People from over all the country of Judea and from Jerusalem came to him. They told of their sins and were baptized by John in the Jordan River.

6 John wore clothes made of hair from camels. He had a leather belt around him. His food was locusts and wild honey.

The helper who was bringing the Good News was named John. John knew his job was to help the people of Israel get ready for the Messiah.

John lived in the desert, far away from the towns where the people lived. He stayed by the Jordan River and people came to him. He lived a very simple life and wore rough clothes and ate wild food.

Many people knew that one of the old holy preachers, Elijah, also wore rough clothes and ate wild food. Many people thought that John was just like Elijah because he told the people to **confess** their sins and **repent**. John also taught the people that God would forgive their sins when they confessed and repented.

John stood in the water of the Jordan River. When the people confessed their sin, they would go to John. He would help them go under the water and then come back out. This was called baptizing. John baptized them so everyone could understand that they had

changed their hearts and minds.

The water did not clean away their sins. The water only helped them and other people understand that they had changed their minds and hearts. The baptism helped them remember that God forgave them.

Jesus and the Baptism of the Holy Spirit

(Mark 1:7-8)

7 He preached, saying, “One is coming after me Who is greater than I. I am not good enough to get down and help Him take off His shoes.

8 I have baptized you with water. But He will baptize you with the Holy Spirit.”

Many people came to John to be baptized. They were excited to confess their sins and repent. They were glad to be forgiven and baptized.

He knew that the Messiah was coming. He knew that the Messiah would be much more important than he was. John knew that

he was just the preacher to help the people get ready for the Messiah.

When John preached, he made sure the people knew there was someone much more important who was coming soon. The people thought John was a holy man and an important preacher. But he told them he was not even good enough to be a servant to the Messiah. He was not good enough to get down and help the Messiah take off His shoes.

John told the people that the Messiah would have much greater power from God. John said, “I have baptized you with water. But He will baptize you with the Holy Spirit.”

The Messiah would not baptize with water. He would not just get people wet so they could dry off again. When the Messiah came, the people would also confess their sins and repent. But there would be a different kind of change than just getting wet in baptism. The Messiah would bring God’s Spirit to the people.

The Jewish people knew a little bit about the Holy Spirit. They knew the story of creation in their Scriptures. “The Spirit of God was moving over the top of the waters” (Genesis 1:2) when God created the heavens and the earth.

They knew the Holy Spirit came on people such as Moses, King David, and Daniel to help them do great and powerful

Things to Think About

1. Why do you think Mark began his Gospel with words from the old preachers?
2. What does it mean to confess your sin and repent? What does that have to do with being forgiven?
3. How did John prepare the way for the coming Messiah?
4. Why do you think Christians are baptized? Do you think baptism makes someone a Christian? Why or why not?

works. What they did not know was that when the Messiah came, the Holy Spirit would come to them, too. The Holy Spirit would stay with them forever.

The baptism with the Holy Spirit would not be something people could see or feel. The baptism with the Holy Spirit would be something that happened between each person and God. It would change them on the inside. It would change them forever.

Things to Remember

The people who lived in Israel 2,000 years ago knew a lot about their past. They knew that their nation had once been great and blessed by God. They knew that the old preachers spoke of God's promise that they would be blessed again someday. When John began to preach in the desert, they remembered what they had learned from the old preachers. They were excited that John was helping them confess their sins, repent, and be forgiven. They were excited to be baptized as a way to remember their new commitment to God.

The people also knew something about the Holy Spirit. They knew that the Holy Spirit was sent by God. It was a powerful force that helped people do God's work.

When John said the coming Messiah would baptize them with the Holy Spirit, they knew this was Good News.

Mark 1:1-8

1 The Good News of Jesus Christ, the Son of God,

2 begins with the words of the early preachers: "Listen! I will send My helper to carry the news ahead of you. He will make the way ready.

3 His voice calls out in the desert, 'Make the way ready for the Lord. Make the road straight for Him!'"

4 John the Baptist preached in the desert. He preached that people should be baptized because they were sorry for their sins and had turned from them. And they would be forgiven.

5 People from over all the country of Judea and from Jerusalem came to him. They told of their sins and were baptized by John in the Jordan River.

6 John wore clothes made of hair from camels. He had a leather belt around him. His food was locusts and wild honey.

7 He preached, saying, "One is coming after me Who is greater than I. I am not good enough to get down and help Him take off His shoes.

8 I have baptized you with water. But He will baptize you with the Holy Spirit."

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 2: God's Temple

Bible Text

Mark 11:11-19

Memory Verse

“He taught them saying, ‘Is it not written, “My house is to be called a house of prayer for all the nations”? You have made it a place of robbers.’”
(Mark 11:17)

Word List

curse: to say words that are believed to have power; to cause trouble for someone or something

disrespect: speech or actions which shows that you do not think someone or something is valuable, or important.

sacrifice: to kill a person or animal in a religious ceremony as an offering to please God

Almost all people take history classes in school. The classes teach facts, dates, and names. Often, people learn the facts, dates, and names just long enough to pass the class. They do not really remember or understand the history lessons they have studied.

Many great movies tell people about history, too. Good historic movies are a great way to really learn and understand history.

Jesus taught His followers in many different ways. Sometimes He preached sermons, and sometimes He told stories or just talked to people. Jesus taught with actions, too. When people saw Jesus' actions and heard what He said, they could learn and remember important truths.

In this passage from Mark's Gospel, Jesus shows us how God wants His people to live lives that honor His Holy Spirit.

Jesus Arrives (Mark 11:11)

11 Jesus came to Jerusalem and went into the house of God. He looked around at everything. Then He went with the twelve followers to the town of Bethany because it was late.

Jesus spent about three years traveling with His followers all around the country of Judea. In the last week of His earthly life, He came to the capital city of Jerusalem. A large group of people came with Him.

People were excited that Jesus was coming. Many thought He was going to become king. Some thought He would lead the poor people into a war to get their country back from Roman rule.

By going to the Temple first, Jesus showed that worshiping God was the most important thing for Him. It is still the most important thing for us, too.

A Fig Tree with No Fruit

(Mark 11:12-14)

12 They came from Bethany the next morning.

Jesus was hungry.

13 Along the road He saw a fig tree with leaves on it. He went over to see if it had any fruit. He saw nothing but leaves. It was not the right time for figs.

14 Jesus said to the tree, “Let no one ever again eat fruit from you.” His followers heard Him say it.

Fig trees are common in the Middle East. The fig’s fruit is good to eat, but the leaves are not much good for anything.

Jesus wanted fruit because He was hungry. But this fig tree had none. Jesus **cursed** the fig tree. He said, “Let no one ever again eat fruit from you.”

Jesus cursed the fig tree for a deeper meaning than His hunger. In the Bible, the fig tree is sometimes used as a picture for the people of Israel. A fig tree gives shade from the hot sun. In the same way, God wanted to shelter His chosen people from danger. God wanted to care for His chosen people and provide for their needs.

Jesus saw this fig tree with no fruit. It was not as beautiful and as useful as it could have been. In the same way, the people of Israel were not as beautiful and useful as they could have been. People were not worshipping

God as fully as they should. The religious leaders were not the good people they should have been. When Jesus cursed the fig tree with no fruit, He was acting out God’s disappointment with the people of Israel.

In Mark 11:20, we read the rest of the story about the fig tree: “In the morning they passed by the fig tree. They saw it was dried up from the roots.” This was a miracle. Trees do not wither and die overnight.

In this way, Jesus showed what could happen to a nation that does not repent from its sins. It will wither and die.

A Temple with No Worship

(Mark 11:15-19)

15 Then they came to Jerusalem. Jesus went into the house of God. He began to make the people leave who were selling and buying in the house of God. He turned over the tables of the men who changed money. He turned over the seats of those who sold doves.

16 He would not allow anyone to carry a pot or pan through the house of God.

17 He taught them saying, “Is it not written, ‘My house is to be called a house of prayer for all the nations’? You have made it a place of robbers.”

18 The teachers of the Law and the religious leaders of the Jews heard it. They tried to find some way to put Jesus to death. But they were

afraid of Him because all the people were surprised and wondered about His teaching.

19 When evening came, Jesus and His followers went out of the city.

In those days, the Jewish people met in small groups in their hometowns to study the Bible and pray. But the Temple in Jerusalem was different. Since the time of Moses, God told His people that He would meet with them in a holy place. They brought their special offerings to honor God. They brought **sacrifices** to show they were sorry for their sins. They came to worship and pray to God.

But when Jesus went to the Temple, it was not a place where people could easily worship God. The religious leaders had rules about how people must worship. They had to buy special animals, such as doves, for their sacrifices. They had to use special coins for their offerings. The only place to get these animals or coins was inside the Temple.

The people selling the animals and

coins were getting rich by taking money from poor people who came to worship. When Jesus saw the people buying and selling, He became angry. This was not the way God wanted people to do things in His Temple!

At the same time, people were walking through the Temple with pots, pans, and other items. It was a shortcut from one part of the city to another. This foot traffic was **disrespecting** God's holy Temple.

Jesus could not allow these things to keep happening. He pushed their work tables over. He let the doves loose from their cages. He chased away the people making money. Then Jesus spoke words that were written by the prophet Isaiah in Isaiah 56:7: "Is it not written, 'My house is to be called a house of prayer for all the nations'? You have made it a place of robbers."

Jesus got rid of the people who were not doing what God wanted in the Temple. This should have made religious leaders happy, but instead, they wanted to kill Him! The religious leaders were afraid, though, because many people loved Jesus and wondered about His teaching. By the end of that week, the religious leaders found a way to kill Jesus anyway.

Things to Think About

1. Why do you think Jesus cursed the fig tree for not having fruit when it was not the season for fruit?
2. Why do you think the teachers of the Law and the religious leaders wanted to kill Jesus after He cleared out the Temple?
3. What are some ways that people disrespect God's church today?
4. What should you do with and for your body if it is a temple for God's Holy Spirit?

Things to Remember

Jesus cursed the fig tree to show He was disappointed that it did not have figs as it

was supposed to. He was angry that the Temple was not being used for prayer. The Temple was not being honored as a place for God's Holy Spirit.

Today, we have churches instead of the Temple. Our church buildings are where God's people come together to worship and pray. We are to use our church buildings in ways that honor God, not disrespect Him.

In 1 Corinthians 6:19-20, Paul wrote, "Do you not know that your body is a house of God where the Holy Spirit lives? God gave you His Holy Spirit. Now you belong to God. You do not belong to yourselves. God bought you with a great price. So honor God with your body. You belong to Him."

In Jesus' day, the Temple was to be a holy place of worship and prayer. In our day, our bodies are to be holy and filled with worship and prayer. Let us not be like the disappointing fig tree that did not produce fruit as it should have. Let us respect God's church and His people. Let us be filled with God's Holy Spirit, following His commands, loving and serving one another.

Mark 11:11-19

11 Jesus came to Jerusalem and went into the house of God. He looked around at everything. Then He went with the twelve followers to the town of Bethany because it was late.

12 They came from Bethany the next morning. Jesus was hungry.

13 Along the road He saw a fig tree with leaves on it. He went over to see if it had any fruit. He saw nothing but leaves. It was not the right time for figs.

14 Jesus said to the tree, "Let no one ever again eat fruit from you." His followers heard Him say it.

15 Then they came to Jerusalem. Jesus went into the house of God. He began to make the people leave who were selling and buying in the house of God. He turned over the tables of the men who changed money. He turned over the seats of those who sold doves.

16 He would not allow anyone to carry a pot or pan through the house of God.

17 He taught them saying, "Is it not written, 'My house is to be called a house of prayer for all the nations'? You have made it a place of robbers."

18 The teachers of the Law and the religious leaders of the Jews heard it. They tried to find some way to put Jesus to death. But they were afraid of Him because all the people were surprised and wondered about His teaching.

19 When evening came, Jesus and His followers went out of the city.

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 3: More than Just a Good Man

Bible Text

John 1:29-34

Memory Verse

“The next day John the Baptist saw Jesus coming to him. He said, ‘See! The Lamb of God Who takes away the sin of the world!’” (John 1:29)

Word List

eternal: having no beginning and no end in time; lasting forever; living at all times

exist: to be real; to continue to be or to live

permanent: lasting forever; not temporary

symbol: something that represents or expresses a particular idea

In times past, most people in America believed in God. They did not all worship or honor God. But they did believe that He exists. Now times have changed. Many people today say that they have no religion at all. Some people do not believe that God exists. And many others just do not care whether He does or does not exist. They live their lives with no relationship with God.

So, God does not get a lot of respect in our country today. But Jesus still does. Many people celebrate Christmas and Easter. People may not read the Bible or know the stories of Jesus’ life, but they know His name. They know that He did good things. Even people who do not know much about Jesus say that He was a good man.

People are right to respect Jesus for what He did. He did do good things. In fact, He changed the world. But there are much better reasons for respecting Jesus. He is the Son of God. He came to show us the Father and how to live. And He came to sacrifice His life to make us right with God. Jesus was far more than just a good man.

The Lamb of God (John 1:29-31)

29 The next day John the Baptist saw Jesus coming to him. He said, “See! The Lamb of God Who takes away the sin of the world!

30 I have been talking about Him. I said, ‘One is coming after me Who is more important than I, because He lived before I was born.’

31 I did not know who He was, but I have come to baptize with water so the Jews might know about Him.”

The Book of John gives the story of Jesus’ life. It was written by John, one of Jesus’ followers. He began his story with another John: Jesus’ cousin, John the Baptist.

John led a strange life. He lived far from people. He dressed simply and ate strange food. He lived for God and not himself. Then he began preaching about the One who was coming. He told people to prepare their hearts for God. And he baptized people who wanted to give up their sins.

Then Jesus came to John to be baptized. The Book of Matthew tells that John was surprised that Jesus asked to be baptized. John knew that Jesus had no sin in His life. But John did as Jesus asked. The Book of Mark tells us what happened next: “As soon as Jesus came up out of the water, He saw heaven open up. The Holy Spirit came down on Him like a dove. A voice came from heaven and said, ‘You are My much-loved Son. I am very happy with You’” (Mark 1:9-11).

John saw these things happen to Jesus. And he did what he was born to do – he pointed people to Jesus. He became a witness to the truth about Jesus. He said, “See! The Lamb of God Who takes away the sin of the world!” (v.29).

Why did John call Jesus the Lamb of God? Maybe John was thinking about what the old preachers said about the Chosen One. He would go to His death gently, like a lamb. Maybe John was thinking about God’s Temple in Jerusalem. The priests in the Temple sacrificed two lambs every day to

pay for the sins of the people. Or maybe John was thinking about the Passover celebration. The people would sacrifice a lamb for this holiday every year. This holiday helped them to remember when God rescued His people from slavery. God’s people had marked their doors with the blood of a lamb so that death would not come to their homes. Both the lambs in the Temple and the Passover lamb were **symbols** of the cost of sin. The payment for sin is death. Now Jesus had come to take the place of the lambs. Now He would die to pay for sin once and for all.

Notice that John said that Jesus takes away the sin of the world. Jesus came for all people and all time. Past, present, and future sins are covered by Jesus’ sacrifice. Notice also that John said that Jesus takes away the sin of the world. He did not say “sins.” He did not say “a sin.” Jesus’ sacrifice counts for all sin as a whole.

John knew that God had a plan to save us from the slavery and death that sin brings. John knew that he was sent to prepare people for the Savior. Then John saw what God did when Jesus was baptized. Now he knew that Jesus was the One sent by God. Now he knew that Jesus was not just his cousin, a good guy. John pointed to Jesus and said, “I have been talking about Him.”

What did John mean when he said that Jesus came after him but lived before him?

John understood that Jesus was not just a man with a normal life. Jesus was far more than a man. Jesus existed before anything was made, and He is **eternal**. Jesus is both God and man.

John understood why Jesus came. He did not come just to do some good things and leave us with some good thoughts. He came to give up His life for us. He was the sacrifice that would end all other sacrifices. He would take care of our sin problem once and for all. Jesus was the One that God had promised to send back in the garden when Adam and Eve first sinned. Jesus was *not* just a good man.

The Spirit of God (John 1:32-34)

32 Then John said, “I saw the Holy Spirit come down on Jesus as a dove from heaven. The Holy Spirit stayed on Him.

33 I did not know Him then. But God sent me to baptize with water. God said to me, ‘The Holy Spirit will come down and stay on Him. He is the One Who baptizes with the Holy Spirit.’

Things to Think About

1. What have you been taught about the Holy Spirit?
2. When have you felt the Holy Spirit giving you strength or direction in your life?
3. Have you ever felt like God was far away?
4. In what areas of your life do you need the Spirit to guide you? Are there areas where you need to listen more closely for the Holy Spirit?
5. What would you say to someone who said that Jesus was a good man but not God?

34 I saw this happen. I am now saying that Jesus is the Son of God.”

Jesus obeyed God by asking John to baptize Him. Then God sent Jesus a sign to show that He was happy with Jesus. Jesus was getting ready to start His mission. He had been living and working and taking care of His family. He had been reading God’s Word and asking questions. Now it was time to do what He came to do. But He knew that He could not do it in just His strength as a man. He needed God’s help to stay true to His mission. So God sent the Holy Spirit to Jesus.

In other times, God had sent the Holy Spirit to help His servants do special work. But the Holy Spirit did not always stay with each person. He would only come for a while. Now, John saw and understood that the dove was a symbol of the Spirit coming to stay with Jesus.

John also understood that God was changing how the Holy Spirit would work. The Holy Spirit would no longer come and go in a person’s life. Now the Spirit would come and live in a person’s life. John called this a new kind of baptism.

John put people down into water as a symbol of a life change. John’s baptism was about giving up sin and changing how you live. It was a picture of sin being washed away. But Jesus’ baptism would be different.

It would be a change from the inside. A person's life would change on the outside because his heart was changed on the inside. And the change would be **permanent** because the Holy Spirit would come to live inside the person.

John was the one who baptized Jesus. He saw all that happened with his own eyes. He became a witness of Who Jesus was because he was there to see it for himself. And he told the truth openly for all to hear and understand.

Things to Remember

Jesus changed our world. Some things changed for all people. We count our years by His life. He taught us how to treat one another. So now we have hospitals and orphanages and organizations that do good work. We have great music and art because of Him. But Jesus was more than a good man who made our world better.

Jesus lived His life in obedience to God. He lived with the Holy Spirit. And He made it possible for us to do the same. He showed us how to live. But more importantly, Jesus gave His life to take away our sin. And He gave us the Holy Spirit to help us live as He lived. No, Jesus was much more than just a good man. Jesus is the Lamb of God Who takes away the sin of the world!

John 1:29-34

29 The next day John the Baptist saw Jesus coming to him. He said, "See! The Lamb of God Who takes away the sin of the world!

30 I have been talking about Him. I said, 'One is coming after me Who is more important than I, because He lived before I was born.'

31 I did not know who He was, but I have come to baptize with water so the Jews might know about Him."

32 Then John said, "I saw the Holy Spirit come down on Jesus as a dove from heaven. The Holy Spirit stayed on Him.

33 I did not know Him then. But God sent me to baptize with water. God said to me, 'The Holy Spirit will come down and stay on Him. He is the One Who baptizes with the Holy Spirit.'

34 I saw this happen. I am now saying that Jesus is the Son of God."

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 4: It's Our Turn

Bible Text

Acts 1:8

Memory Verse

“But you will receive power when the Holy Spirit comes into your life. ...” (Acts 1:8a)

Word List

equip: to prepare someone for a particular activity

distract: to cause someone to stop thinking about or paying attention to someone or something and to think about or pay attention to someone or something else instead

take turns: to do or use something by doing or using it one after another in order to share the responsibility or opportunity of doing or using it

We teach young children to “**take turns.**” On the playground, one child swings for a while. Then we ask that child to get off the swing and allow another child to swing. In school, one person speaks at a time. We ask children to raise their hands to show that they want to speak. Children take turns in their games when each child has a chance to play.

Why do we do this? We want to teach our children to be kind to one another. We want everyone to have a turn. And we want to keep order. When everyone tries to swing, no one gets to swing. When everyone speaks, no one can hear.

The Old Testament tells the story of God’s relationship with His children. God made man and woman and put them in a perfect garden. They walked with God. And then they sinned. They brought death to the beautiful world that God had made. But God made a promise. He would send Someone to fix the sin problem and end the death.

Then God began to take turns giving the message of His promise to one person at a time. We find this promise repeated again and again throughout the Old Testament. God gave pieces of the picture to different people at different times. He sent the Holy Spirit to give them power and wisdom. And with the Spirit’s help, they shared the message with others. Their message was, “Someone is coming Who will save us.”

Finally, God sent John the Baptist to prepare people for Jesus. John knew Who Jesus was, and he told others. He said, “Look! There He is! That is the One I have been talking about.” And John pointed to Jesus. It was John’s turn to be a witness.

And now it is our turn. But our message is a bit different. We do not say,

“Someone is coming.” Instead, we say, “Jesus has come.” Now we get to tell what Jesus has done for the world. Each of us has our own story to tell about what Jesus has done for us. And we, too, have the Holy Spirit to help us. The Holy Spirit gives us the power to tell what we know. And He sends us to speak the truth to our world. Now it is our turn to be the witnesses.

The Witness of the Spirit

God promised to send Someone to save us from our sins. Then Jesus came. And Jesus did everything that God said He would do. Then Jesus made a new promise. He promised to send Someone in His place. Jesus said, “The Helper (Holy Spirit) will tell about Me when He comes. I will send Him to you from the Father. He is the Spirit of Truth and comes from the Father” (John 15:26). The Holy Spirit is a witness to the truth about Jesus. He is like a bridge between us and God. He tells us what God wants us to know.

But listening to the Spirit is different from listen to another person. We do not hear Him through our ears. We hear Him through our hearts. We must make special efforts to listen closely. How do we do that? We pray. We ask God to speak to us. And then we listen by turning our minds and hearts toward Him. We turn off the noises around us. These might be noises to our eyes and ears like the

radio, the TV, our phones, or the internet. Or these might be noises in our minds like thoughts that **distract** us or worry us.

Listening to the Holy Spirit is different from what we are used to. We must practice to learn how to listen. But the Spirit rewards our efforts by speaking to us in power and love.

The Power of the Spirit (Acts 1:8a) 8a “But you will receive power when the Holy Spirit comes into your life....”

We know that God has power. The Bible is full of stories that show God’s power to do amazing things. We know that Jesus has power. We have the stories of the many great works that Jesus did. But what kind of power does the Spirit have?

The Holy Spirit is one with God. So He was with God in the very beginning. Genesis 1:2 says that the Spirit helped to create the world. The word that the Bible uses for the Holy Spirit can be translated to mean “energy.” The Spirit was the energy that caused life to begin. Yes, the Holy Spirit is very powerful. He has the power to create life.

He also has the power to bring life back from the dead. The Spirit gave Jesus the power to heal people who were sick and dying. And it was the Spirit who raised Jesus after three days in the grave. Only a very great power can do something like that!

And now that same Spirit lives in us. Romans 8:11 says, “The Holy Spirit raised Jesus from the dead. If the same Holy Spirit lives in you, He will give life to your bodies in the same way.” The Holy Spirit gives us life. Romans 8:5 tells us that “those who let the Holy Spirit tell them what to do are under His power.” The Holy Spirit gives us the power to change. He changes us from the inside out. He makes our hearts tender toward God so that we will obey Him. He makes our hearts tender toward other people so that we will love them. We grow in qualities of love, peace, and joy. We call these qualities the fruits of the Spirit.

The changes in our hearts lead to changes in our actions. The Holy Spirit gives us the power to serve God in obedience. And He gives us the power to serve God’s church. The Spirit **equips** us by giving each of us different abilities. Some people become good leaders with the help of the Holy Spirit.

Things to Think About

1. How has the Spirit changed you to make you more like Jesus? What fruits of the Spirit are growing in your life?
2. How has the Spirit equipped you to serve God through His church?
3. What truth do you have to tell about what Jesus has done in your life?
4. How do you feel about telling your story? What do you need to do to be ready when your turn comes?

Others become good teachers. Some are given special wisdom about the future. And others are good at speaking words of comfort. We call all of these different abilities “gifts.” They are gifts of the Spirit because the power to do them comes from Him.

The Sending of the Spirit (Acts 1:8b)
8b “...You will tell about Me in the city of Jerusalem and over all the countries of Judea and Samaria and to the ends of the earth.”

The Holy Spirit changes us and gives us gifts for a special purpose. We have a job to do. The Spirit is a witness to the truth about Jesus. And so are we. Jesus said to His followers, “You are to tell what you have seen” (Luke 24:48). The Holy Spirit sends us out to do the same thing.

What do we tell? We tell what Jesus has done for us. He came and showed us how to live with the Spirit. Then He died to save us from our sins. And He sent the Spirit to guide us through our lives. We each have a story of the special way Jesus has touched our lives. We all have something to tell.

Why do we go? We go because we love Jesus. We are thankful for what He has done for us. We go because we love other people. Others need to know what Jesus can do for them. They need the chance to hear the truth. And we go because the Spirit tells us to

go. We obey the Spirit because He speaks for God. We obey the Spirit because He gives us the power to do it.

Things to Remember

The Holy Spirit lives in everyone who is a follower of Jesus. The Spirit is a witness of the truth about Jesus. He speaks to us through our hearts. He tells us the truth we need to hear about Jesus and about ourselves.

Jesus sent the Holy Spirit to live in us and to give us power. The Spirit has the power to create life, to bring life back from the dead, to change us, and to equip us. We should all want that power in our lives!

And now it is our turn to tell the story. The story began long ago when sin entered the world. Many people have gone before us telling of God's plan to save us. Now we get to take a turn. We have a story to tell that the world needs to hear. Let us do our part well. The Spirit will give us the power to go and tell. We must simply listen and obey.

Acts 1:8

8 "But you will receive power when the Holy Spirit comes into your life. You will tell about Me in the city of Jerusalem and over all the countries of Judea and Samaria and to the ends of the earth."

Genesis 1:1-2

1 In the beginning God made from nothing the heavens and the earth.

2 The earth was an empty waste and darkness was over the deep waters. And the Spirit of God was moving over the top of the waters.

Philippians 3:10-11

10 I want to know Him. I want to have the same power in my life that raised Jesus from the dead. I want to understand and have a share in His sufferings and be like Christ in His death.

11 Then I may be raised up from among the dead.

Galatians 5:22-23

22 But the fruit that comes from having the Holy Spirit in our lives is: love, joy, peace, not giving up, being kind, being good, having faith,

23 being gentle, and being the boss over our own desires. The Law is not against these things.

Romans 12:6

6 We all have different gifts that God has given to us by His loving-favor. We are to use them.

1 Corinthians 12:4

4 There are different kinds of gifts. But it is the same Holy Spirit Who gives them.

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 5: Set Free by the Spirit

Bible Text

Romans 8:1-4

Memory Verse

“Christ made us free. Stay that way. Do not get chained all over again in the Law and its kind of religious worship.” (Galatians 5:1)

Word List

consequence: result, something that follows from an action or condition

experience: (noun) something you have done or that has happened to you

experience: (verb) to have something happen to you

guilty: responsible for something wrong, deserving punishment

transform: to change completely, in a good way

Imagine that you constantly chose to do wrong. You grew more and more evil every day. You were arrested and tried in court. The jury found you **guilty**. The judge said that you were not fit to live among people anymore. You should live the rest of your life in prison. You should die in prison. But someone who

had never done a crime came forward. He went to prison in your place. He set you free.

Now you have a choice. You can refuse this free gift and go to prison because you know you did wrong. Or you can choose to take this gift of freedom and live for good from now on.

All of us have had this **experience**. We have two forces pulling at us – sin and freedom in Christ. We all live under the pull of sin. It pulls us to choose to live for ourselves and not for God. We feel like we are in chains to sin. Then we meet Jesus.

Experience Freedom

(Romans 8:1-2)

1 Now, because of this, those who belong to Christ will not suffer the punishment of sin.

2 The power of the Holy Spirit has made me free from the power of sin and death. This power is mine because I belong to Christ Jesus.

Romans 8:1 begins, “Now, because of this....” Because of what? Paul is continuing a thought he had started in Romans 7:22-25. In these verses, he explains that there are two laws pulling at us. The Law of God leads to life, and the law of sin leads to death. He says that he agrees with the law of God in his mind. But the power of sin pulls at him to go

against God's law. The law is like an arrow pointing to the right way. The arrow shows the way, but it cannot make us choose to go there. We all want to choose our own way even when we know the right way.

But the power of the Holy Spirit makes Paul overflow with joy as he ends chapter 7. "I thank God I can be free through Jesus Christ our Lord" (Romans 7:25). Paul knows this joy because he has **experienced** being rescued by Christ Jesus. Then he continues in Romans 8:1, "Those who belong to Christ will not suffer the punishment of sin." Praise God! We are set free and can never be taken back to those chains of sin!

This does not mean we will not suffer the **consequences** of our sin here on earth. When we abuse our bodies, we will get sick. When we sin, we will pay a price in this life. But Christ came to rescue us from the worst consequence of sin. Sin can never come into the presence of God. It makes us unfit to be with God. This separation from God lasts forever! After our bodies die, we cannot change our minds and say we want a relationship with Him. We have to make that choice here in this life. Separation from God is death to our spirits that lasts forever.

God sent His Son to die on the cross and rise again so that we could be rescued from the punishment for our sin. In Christ, God welcomes us into His kingdom. He sees

us as fit to come into His presence. So, we do not have to stay locked in a prison of sin and guilt. If we accept Christ's gift of freedom, our hearts and minds are set free from the power of sin.

Experience Being Transformed (Romans 8:3)

3 The Law could not make me free from the power of sin and death. It was weak because it had to work with weak human beings. But God sent His own Son. He came to earth in a body of flesh which could be tempted to sin as we in our bodies can be. He gave Himself to take away sin. By doing that, He took away the power sin had over us.

God's Spirit **transforms** us. He cleans our hearts and minds and gives us the power to better understand God. His Holy Spirit is the constant power of God in us. We carry Him everywhere we go if we belong to Christ. Our lives are changed. Our habits become His ways. Our minds and hearts seek to understand and know Christ. The old life of selfish desires and pride is gone. The new life is under the power of the Holy Spirit. He forms new desires in our hearts.

God gave the Law to Moses for His people. Think of these laws as lines that connect us to God. Leaders of the Jews added

many more rules and ways of thinking about God. They taught these new laws to the people as if they had come from God. All these manmade laws made it hard for the people to find God. The leaders did not follow the laws to draw closer to God. They followed these laws to make themselves look more important. Paul had tried to live by all those laws. He said that no one could say anything bad about the way he kept the law. (See Philippians 3:2-8.) Yet all that law-keeping had not set him free from sin.

Paul's transformed heart and mind taught him that the law can point to God, but it cannot draw us to Him. All people are pulled away from God into sin. The law cannot change our hearts. But God's Spirit can. So, God sent His only Son to be one of us. Jesus can understand our struggle against sin because He experienced it Himself. But Christ never gave into sin. And now His Spirit gives us the power to defeat sin, too.

Things to Think About

1. How is life *near* the Spirit different from life *in* the Spirit?
2. What has Christ rescued you from? How joyful and thankful are you for His saving grace?
3. How has Christ transformed you? How do you think and act differently today than you did before meeting Christ?
4. If you have not experienced the change and peace of Christ, what is holding you back from trusting Him now so that you can be set free?

In Jeremiah 31:33-34, God promised to write His law in our hearts and minds. This makes it possible for us to want what God wants. God promised that no one would have to teach us His law because it is written on our hearts by His Spirit.

Experience Growing in Christ

(Romans 8:4)

4 In that way, Jesus did for us what the Law said had to be done. We do not do what our sinful old selves tell us to do anymore. Now we do what the Holy Spirit wants us to do.

The Law demanded blood to cover sin. God wanted the Jews to see that we pay a high price for our sin. The Jews offered the blood of animals for their sin. But they had to do this over and over again because they kept sinning. The blood of animals gave them no power over sin.

Jesus paid the high price for our sin when He died one time for all our sin. He puts the Holy Spirit in us to set us free from the power of sin. His Spirit in us gives us the power to experience and better understand God's ways.

But God always gives us a choice. He never forces His ways on us. We can choose to walk in sin. Or we can choose to walk with the Holy Spirit. When we do, we find the freedom to enjoy a growing relationship with

God. We learn to trust Him more and more. When we trust Him, we do things that please Him. We grow more like Christ Jesus as we live in the Spirit and practice His ways. His ways grow stronger in us the longer we walk with Him.

Things to Remember

This passage teaches us three things.

1. We can be set free from sin by the grace of God through Jesus Christ. We know that only God can save us.
2. We can be transformed by the Holy Spirit. We learn to walk in step with Him. He helps us understand God's ways and His purpose for our lives.
3. And we can grow to be more like Christ as the years go by. We rejoice because we are not forced to stay the way He found us. We grow over time as we follow Him. This growth will bring overflowing joy and Christ-like ways as we live our lives in the power of the Holy Spirit.

Romans 8:1-4

1 Now, because of this, those who belong to Christ will not suffer the punishment of sin.

2 The power of the Holy Spirit has made me free from the power of sin and death. This

power is mine because I belong to Christ Jesus.

3 The Law could not make me free from the power of sin and death. It was weak because it had to work with weak human beings. But God sent His own Son. He came to earth in a body of flesh which could be tempted to sin as we in our bodies can be. He gave Himself to take away sin. By doing that, He took away the power sin had over us.

4 In that way, Jesus did for us what the Law said had to be done. We do not do what our sinful old selves tell us to do anymore. Now we do what the Holy Spirit wants us to do.

Jeremiah 31:33-34

33 "This is the New Way of Worship that I will give to the Jews. When that day comes," says the Lord, "I will put My Law into their minds. And I will write it on their hearts. I will be their God, and they will be My people.

34 No one will need to teach his neighbor or his brother to know the Lord. All of them will already know Me from the least to the greatest," says the Lord. "I will forgive their sins. I will remember their sins no more."

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 6: Christ in You

Bible Text

Romans 8:5-11

Memory Verse

“The secret is this: Christ in you brings hope of all the great things to come.” (Colossians 1:27b)

Word List

content: pleased and satisfied, not needing more

overindulge: to have too much of something enjoyable; to yield too much to something

relationship: the way two or more people are connected

yield: to stop trying to resist or oppose

Vivian was told she was sick and would live only a few more weeks. There was no cure. But she could take some new medicines they were testing. Then she might live a few more months. She spent the night in the hospital praying for God to tell her what to do. The next morning, Vivian said, “I’ve prayed about this all night. If God is calling me home now, I want to go.”

What gives a person this peace to face

death? How can we have such a close relationship with God that we understand what He wants us to do? How can we have hope of life beyond death? How can we know for sure that we belong to Christ?

Christ in you is the secret. Vivian faced death bravely because she had a relationship with God. She was not afraid to die. She trusted God to keep His promises. She trusted His timing and His ways. She had always tried to do things the way God led her to do them. What is the secret of living and dying with such peace and hope?

The Spirit Gives Life and Peace

(Romans 8:5-6)

5 Those who let their sinful old selves tell them what to do live under that power of their sinful old selves. But those who let the Holy Spirit tell them what to do are under His power.

6 If your sinful old self is the boss over your mind, it leads to death. But if the Holy Spirit is the boss over your mind, it leads to life and peace.

The sinful old self is sometimes called “the flesh.” This does not mean that the flesh of our bodies is sinful. To live in the flesh means to live under the power of sin. The person who lives in the flesh is selfish.

Living under the power of sin always

leads to death. That is because the flesh is constantly demanding something. It causes us to **overindulge**. We are never **content** or at peace. We always want more and more. The sinful old self does not put up a fight against these evil thoughts. Instead, the flesh gives in to sins that lead to more sin.

The Spirit-led person is under the power of the Holy Spirit of God. When we obey Him, we find peace. We have God's power helping us to be more like Christ. We see how blessed we are. The Spirit in us is never demanding. Instead, He gives us the choice to follow Him or not. When we **yield** to Him, we become thankful for what we have. We seek God's glory and not our own. We love others with a godly love. Those under the Spirit are free instead of living in a prison of self.

The Spirit does what God's Law could not do. When a person is in prison, the law cannot set them free. Knowing the law or even obeying the law will not get a person out of prison. Only someone who has the power to unlock the doors can set a prisoner free. We are like that. We will not ever be set free simply by knowing God's Law and following it. Only God has the power to unlock the hold that sin has on our lives. The Spirit gives us a new way of thinking that leads to peace. We are not only set free from the prison of sin, but our sins are forgiven.

Our guilt is removed by Christ. We walk out of prison free and forgiven.

The Spirit Is Proof of a Relationship with God (Romans 8:7-9)

7 The mind that thinks only of ways to please the sinful old self is fighting against God. It is not able to obey God's Laws. It never can.

8 Those who do what their sinful old selves want to do cannot please God.

9 But you are not doing what your sinful old selves want you to do. You are doing what the Holy Spirit tells you to do, if you have God's Spirit living in you. No one belongs to Christ if he does not have Christ's Spirit in him.

When sin entered the world, it made a wall between us and God. Adam and Eve chose selfish ways because they wanted to be more like God. Their sin broke their **relationship** with God. And now, the selfish flesh in us fights against God. People who live under the power of sin cannot hear the truth of God or feel His love.

Some people living in the flesh sound smart. They sound like they know about spiritual things. But the truth they claim is not truth at all. They say God's truth is "out of date." They think that the truth of God is foolishness (See 1 Corinthians 2:14).

The Spirit of God in us is proof of our

relationship with God. Those living in the flesh do not belong to Him. Either we belong to God and have His Spirit in our lives, or we are ruled by sin and have no relationship with God. If we belong to God, the Holy Spirit lives in us all the time. He does not come and go. We live in a world that tempts us to sin. Sometimes children of God yield to sin. Our sin always brings pain and sadness. But we can always hear Him calling us back because the Holy Spirit never leaves us. When we confess our sin, He forgives us and puts us back on the right track (See 1 John 1:9). His love never fails.

A person cannot have Christ without having the Spirit. A person who has the Spirit belongs to God. This is because the Father, Christ, and the Holy Spirit are all God. God's Spirit and Son were present with the Father as He created the heavens and the earth. When Jesus died and was buried, the Father and the Spirit raised Him back to life again. The Father, the Son, and the Spirit work together to bring us peace and hope. All of God wants

a relationship with all of us. The Spirit calls us to Himself. The Father welcomes us into His family. The Son died and rose again to prove God's love for us.

The Secret to Hope Is Christ in You (Romans 8:10-11)

10 If Christ is in you, your spirit lives because you are right with God, and yet your body is dead because of sin.

11 The Holy Spirit raised Jesus from the dead. If the same Holy Spirit lives in you, He will give life to your bodies in the same way.

In the flesh, we are constantly pulled by sin. If we seek to live for ourselves, our spirits die a little more every day. Finally, the day comes when we can no longer hear the Spirit of God calling us to Himself. We grow cold and argue with Him. We are chained to our sinful ways and sinful thoughts. All of us will face the death of this body because death entered the world when sin entered.

But through Christ, God made our spirits to be alive in Him. All our bodies grow old, decay, and die. God's gift of life begins the moment we accept His Son. We are made alive in Christ here in this life and forever. We have the mind of Christ, so we think differently (see 1 Corinthians 2:16). Our new heart longs to please Him. His life in us goes

Things to Think About

1. How are the desires of the flesh at war with God?
2. How might guilt, shame, or fear cause us to do things we know are wrong?
3. What are some attitudes or actions we might see in someone who is "in the flesh?"
4. What are some attitudes or actions we might see in someone who is "in the Spirit?"

on even when these bodies die. He fills our spirits full of His Spirit so that we can resist sin. He even covers us in His right ways. Just like the Spirit raised Jesus from the dead, He will also raise us. The hope of life that lasts forever never fails even when we face the death of this body.

Things to Remember

When we have a relationship with Christ, we have a relationship with the Father and the Spirit. In fact, the Spirit lives in us as proof of our relationship. He gives us power over sin. His peace pours into our lives, making us thankful and content. We are sure that God loves us. We live with a hope that those in the flesh do not have. We do not fear death because we understand it is a doorway to a closer relationship with God and life that lasts forever.

Romans 8:5-11

5 Those who let their sinful old selves tell them what to do live under that power of their sinful old selves. But those who let the Holy Spirit tell them what to do are under His power.

6 If your sinful old self is the boss over your mind, it leads to death. But if the Holy Spirit is the boss over your mind, it leads to life and peace.

7 The mind that thinks only of ways to please the sinful old self is fighting against God. It is not able to obey God's Laws. It never can.

8 Those who do what their sinful old selves want to do cannot please God.

9 But you are not doing what your sinful old selves want you to do. You are doing what the Holy Spirit tells you to do, if you have God's Spirit living in you. No one belongs to Christ if he does not have Christ's Spirit in him.

10 If Christ is in you, your spirit lives because you are right with God, and yet your body is dead because of sin.

11 The Holy Spirit raised Jesus from the dead. If the same Holy Spirit lives in you, He will give life to your bodies in the same way.

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 7: Praying in the Spirit

Bible Text

Romans 8:26-27

Memory Verse

“Never stop praying.” (1 Thessalonians 5:17)

Word List

filter: (noun) a device used to keep something unwanted from passing through

filter: (verb) to pass something through a filter to remove something unwanted

idiom: a saying that cannot be understood from the meanings of its separate words but that has a separate meaning of its own

intercede: to make a request on behalf of others

My husband “cannot carry a tune in a bucket.” This saying is an **idiom** that means that he cannot sing the melody of a song. His voice wanders onto the wrong notes or off key. He is aware of this weakness. Sometimes in church he just listens while others sing. But there are times when he sings along very quietly so no one can hear him. He says that there is a **filter** between heaven and earth. His

poor singing passes through that filter to sound beautiful to the Father’s ears in heaven.

Prayer is like that. Many of us feel that we do not know how to pray. We feel helpless to say the right things. Maybe we feel like God already knows, and our words are unnecessary. But there is a filter that all our prayers pass through. The Holy Spirit helps us pray. He searches our hearts to make it clear in heaven what we need or want. He helps us to understand God’s heart.

We Are Weak, But He Is Strong (Romans 8:26)

26 In the same way, the Holy Spirit helps us where we are weak. We do not know how to pray or what we should pray for, but the Holy Spirit prays to God for us with sounds that cannot be put into words.

Once again, we start reading in the middle of Paul’s thought. He says, “In the same way...” In the same way as what? In Romans 8:20, Paul said that “Everything that has been made in the world is weak. It is not that the world wanted it to be that way. God allowed it to be that way. Yet there is hope.”

All of creation is weak. Paul includes himself among weak people. We all struggle with prayer. It seems hard to know exactly how to pray. We think about wrong things or pray in ways that do not fit with our Father’s

will. Many of us only pray when something really bad happens. We try to handle our lives on our own. When something bad happens, we realize that we need God to help us. The Holy Spirit is right there to help us when we are weak. When we do not know how to pray, He does. When we do not have the right words, He sighs or groans or cries for us so the Father understands.

First John 5:14-15 tells us, “We are sure that if we ask anything that He wants us to have, He will hear us. If we are sure He hears us when we ask, we can be sure He will give us what we ask for.”

God wants us to pray. He wants to hear our feelings, our needs, and our requests. But some people say that these verses mean that God should give us *anything* we ask for. Others say that our prayers are not answered like we want because we do not pray right. They say that there are special things we should do or say to have our prayers answered as we want. Then there are those who give up on prayer. They say that it is too hard to understand what our Father wants. So, they just stop praying completely.

Sometimes when we pray, we just get it wrong. We pray for something that is not what God wants at all. Paul had that happen in his life one time. In 2 Corinthians 12:7-9, Paul wrote that Satan had given him trouble

in his body. We do not know what that trouble was, but Paul wanted it to go away. So, he prayed three times for God to take it away. But God did not remove the trouble.

We have all had times when we prayed for something that seemed like the right way to solve our problem. But God did not answer our prayer the way we wanted. God told Paul, “I am all you need. I give you My loving-favor. My power works best in weak people” (2 Corinthians 12:9). The Holy Spirit helped Paul understand God’s heart. Then Paul was happy to be weak so that God could show His strength.

Then there are times in life that are so difficult that we cannot pray. Our hearts may be broken. Our bodies may be in such pain that we cannot think of what to pray. Maybe things are happening in our world that we do not understand. The Holy Spirit **intercedes** for us. He searches our hearts and tells God what we need. The Holy Spirit uses “sounds that cannot be put into words.” This might be a sigh or a groan or a cry.

Once, I heard my friend sit down and sigh very deeply. I could tell that something was wrong, but I did not know what it was. So, I asked, “What’s wrong?” She sighed, “Oh, nothing.” I knew that was not true. Something was wrong, but she could not put it into words. I could not “read her mind” or understand her heart. But God can.

God Knows Our Hearts

(Romans 8:27)

27 God knows the hearts of men. He knows what the Holy Spirit is thinking. The Holy Spirit prays for those who belong to Christ the way God wants Him to pray.

The Holy Spirit does not have my weakness to understand. He searches our hearts and takes our needs right to the Father who understands. He intercedes on our behalf with sounds that do not need language.

Psalm 139:1-6 gives a beautiful picture of how well God knows us. He knows our words before they are fully formed. God knows what we need even when we cannot put it into words. The Holy Spirit knows the heart of God. He shares the loving heart of God with us. He also searches our hearts and shares our needs and desires with God. He always filters our prayers to make them fit with the will of the Father.

Things to Think About

1. What makes prayer hard for you?
2. What steps will you take to make your prayer life stronger?
3. Have you ever been in such a stressful place that you could not find the words to pray?
4. Whose life can you bless by being faithful to pray for them?
5. Imagine what God could do in our world if we were faithful to pray.

Things to Remember

It is important to notice that the Holy Spirit only works on behalf of believers. Those who do not believe that God is their Father do not have this gift of the Holy Spirit's help.

This wonderful help only happens when believers pray. God never comes into our lives uninvited. He waits for us to ask, even if our prayer is only, "God, help me." We must not give up just because we do not know how to pray. We must not stop praying if we do not get the answers we want. We can trust our loving Father to do what is best for us. God hears all of our prayers, but He is the Lord. And He always answers us out of His great love for us.

Steps to a Better Prayer Life

- Pray Scripture back to God. See the model prayer of Jesus in Matthew 6:9-13, prayers of Paul in Ephesians 1:15-23, Ephesians 3:14-21 and Philippians 1:9-11, and the prayers of David in Psalm 103:1-5, and Psalm 104:1-2.
- Set aside a time and place where you can pray and not be bothered.
- Never stop praying. If you stop, start again!
- Pray as you walk. Pray for your city and your neighborhood.
- Pray as you drive. Pray for others on the road with you.

Romans 8:26-27

26 In the same way, the Holy Spirit helps us where we are weak. We do not know how to pray or what we should pray for, but the Holy Spirit prays to God for us with sounds that cannot be put into words.

27 God knows the hearts of men. He knows what the Holy Spirit is thinking. The Holy Spirit prays for those who belong to Christ the way God wants Him to pray.

Romans 8:20

20 Everything that has been made in the world is weak. It is not that the world wanted it to be that way. God allowed it to be that way. Yet there is hope.

1 John 5:14-15

14 We are sure that if we ask anything that He wants us to have, He will hear us.

15 If we are sure He hears us when we ask, we can be sure He will give us what we ask for.

2 Corinthians 12:7-9

7 The things God showed me were so great. But to keep me from being too full of pride because of seeing these things, I have been given trouble in my body. It was sent from Satan to hurt me. It keeps me from being proud.

8 I asked the Lord three times to take it away from me.

9 He answered me, "I am all you need. I give you My loving-favor. My power works best in weak people." I am happy to be weak and have troubles so I can have Christ's power in me.

Psalms 139:1-6

1 O Lord, you have looked through me and have known me.

2 You know when I sit down and when I get up. You understand my thoughts from far away.

3 You look over my path and my lying down. You know all my ways very well.

4 Even before I speak a word, O Lord, you know it all.

5 You have closed me in from behind and in front. And You have laid Your hand upon me.

6 All You know is too great for me. It is too much for me to understand.

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 8: Righteousness, Joy, and Peace

Bible Text

Romans 14:17-19; Philippians 4:4-7

Memory Verse

“Be full of joy always because you belong to the Lord. Again, I say, be full of joy!” (Philippians 4:4)

Word List

argue: to disagree or fight by using angry words

celebrate: to do something special or enjoyable for a reason

righteousness: moral goodness that comes from a relationship with God

Imagine with me what Paul’s life must have been like the day he wrote the words to our memory verse. He was in prison in Rome. He was chained to a guard day and night. Maybe he was cold and hungry when he wrote “Be full of joy....” Then his eyes moved across the dirty, damp prison cell. The chains might have pinched his wrist as he added “always.” Maybe Paul thought about how Jesus changed his life. Without Jesus, his life would be very different. Maybe he would have

plenty to eat and drink, but he would not be right with God. Paul was filled with peace and joy that only God can give because he belonged to Christ. So he added, “Again I say, be full of joy!”

As I write this lesson, our world is fighting the Covid-19 virus. I must stay at home away from my friends. We cannot see the virus. So we wonder where we might get it. The stores do not have all the things I want to buy. I can almost hear Paul say, “Be full of joy *always*,” even when we are tempted to be afraid, worried, and unhappy. Happiness depends on what is happening. Peace and joy do not. God gives us joy and peace because we belong to Him.

Be Right with God and Be Filled with Joy

(Romans 14:17; Philippians 4:4)

Romans 14:17

17 For the holy nation of God is not food and drink. It is being right with God. It is peace and joy given by the Holy Spirit.

Philippians 4:4

4 Be full of joy always because you belong to the Lord. Again, I say, be full of joy!

What does it mean to be right with God? How do we become a part of His holy nation? Christ puts His **righteousness** in us

when we believe. We could never be good on our own. But in Christ, we can be good because His Holy Spirit lives in us. We become a part of God's holy nation because He has done all the work. Ephesians 2:8 says, "For by His loving-favor you have been saved from the punishment of sin through faith. It is not by anything you have done. It is a gift of God." We receive God's gift of righteousness by believing in Jesus His Son and accepting His forgiveness.

God warned the people what would happen if they did not live right before Him. The land, the people, the rulers, and families would all suffer. God explained that all these bad things happened because they did not serve the Lord their God with joy and a glad heart because of all He had given them (see Deuteronomy 28:47). Being right with God is something to **celebrate**.

All the trouble for God's people came because they were sinning and were not celebrating God and His blessings. They had all the feasts God called for. They came together to eat and drink. But they were not thinking about God. When we celebrate God's goodness to us, we are filled with joy. This joy comes from what God has done. The food, drink, music, and fellowship are just ways to show our joy. God's Word talks about joy almost 1,000 times. Be filled with joy and celebrate that you belong to Him.

Live Right and Have Peace with Others (Romans 14:18; Philippians 4:5)

Romans 14:18

18 If you follow Christ in these things, God will be happy with you. Men will think well of you also.

Philippians 4:5

5 Let all people see how gentle you are. The Lord is coming again soon.

Being right with God makes us want to live right. It is not natural for us to be filled with joy, kindness, and gentleness. But the Holy Spirit makes it possible for us to be like Christ. 2 Peter 1:3a says, "He gives us everything we need for life and for holy living." We can be forgiven only because God does all the work. And we can be gentle, joyful, and peaceful only because God's Holy Spirit works in us.

Sometimes it is hard to get along with other people, even in the church. Some people try to live right without letting God change their hearts. They think they know the right way to live. They make up their own rules. They **argue** against God's ways. They judge others and use angry words and ways. The religious leaders who met Jesus thought this way. They could not see the good that Jesus did because He did not follow their rules.

They argued with Jesus. Their anger with Him led them to think that killing Him was right!

My mother often asked me, “Would you want Jesus to find you doing that when He comes again?” Paul used the same reasoning. We should be found being gentle when Jesus returns. Believers should never argue and be harsh with one another. We all have the same Lord. We are all saved by His work and not ours. We all have His Holy Spirit to help us live right and be at peace with each other.

Think Right and Have a Peaceful Heart and Mind

(Romans 14:19; Philippians 4:6-7)

Romans 14:19

19 Work for the things that make peace and help each other become stronger Christians.

Philippians 4:6-7

6 Do not worry. Learn to pray about everything. Give thanks to God as you ask Him for what

Things to Think About

1. What are you doing to become the joyful, gentle, peaceful person God wants you to be?
2. What are you doing to spread joy to others?
3. How can your gentleness change your relationships with others?
4. How well do you count your blessings and practice thanksgiving no matter what is happening in your life?

you need.

7 The peace of God is much greater than the human mind can understand. This peace will keep your hearts and minds through Christ Jesus.

The peace of God comes from a peaceful mind and a heart that works at the things that make peace. It is easy for us to disagree with others. In churches, we disagree over minor things that we allow to get big. We have to gently work to help other Christians become stronger in the Lord.

We can only have this kind of mind when we refuse to worry. When we are worrying, we are not trusting. And when we are trusting God, we are not worried. Instead of worrying, we need to learn to pray about everything. Every little thing in our lives is important to God. He wants us to be thankful even when we face hard times. It is amazing what counting your blessings can do to ease worry and fear. Being thankful gives us a peace the world cannot understand. You might be surprised at the peace you have in the middle of trouble when you count your blessings. God’s peace protects our hearts and minds and keeps us in touch with our Lord, Jesus Christ.

Things to Remember

There are three big blessings that come to us from the Holy Spirit. We are drawn into a relationship with God that makes us right with Him. Our lives are filled with joy, peace, and gentleness because of His work in us. And our minds and hearts have a peace that we cannot even understand. He makes us right with God so that we can know what is right and wrong. When we live by His power, others will see Jesus in us and be blessed by our joy, peace and gentleness.

Romans 14:17-19

17 For the holy nation of God is not food and drink. It is being right with God. It is peace and joy given by the Holy Spirit.

18 If you follow Christ in these things, God will be happy with you. Men will think well of you also.

19 Work for the things that make peace and help each other become stronger Christians.

Philippians 4:4-7

4 Be full of joy always because you belong to the Lord. Again, I say, be full of joy!

5 Let all people see how gentle you are. The Lord is coming again soon.

6 Do not worry. Learn to pray about everything. Give thanks to God as you ask Him for what you need.

7 The peace of God is much greater than the human mind can understand. This peace will keep your hearts and minds through Christ Jesus.

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 9: The Holy Spirit and Salvation

Bible Text

Ephesians 1:13-14

Memory Verse

“God’s Spirit will be with us until God finishes His work of making us complete.” (Ephesians 1:14b)

Word List

Good News: the message that God has made a way for people to have their sins forgiven and live with God through faith in Jesus

mark (seal or stamp): the Holy Spirit is given to each believer to show we belong to God

salvation: rescue from the punishment and power of sin

My mother loved to make all kinds of art. She made pottery, painted pictures, and carved wood. She made quilts, and embroidered pictures and clothes. Every time she made something she put her special **mark** on it. Her name meant “love” in Greek, and because she loved my father, she always placed two hearts on everything she made. When we saw those marks we knew this was something she had made.



This lesson tells us that believers are marked by God’s Holy Spirit to show that we are His.

The Mark and Promise of the Holy Spirit (Ephesians 1:13)

13 The truth is the Good News. When you heard the truth, you put your trust in Christ. Then God marked you by giving you His Holy Spirit as a promise.

Paul had taught the believers in the great city of Ephesus how much God loved them. God sent His Son Jesus to save them from the power of evil and death. The Holy Spirit makes this **salvation** a sure thing. Paul wrote them to remind them what God had done for them.

First, the believers had heard the truth of the **Good News**. It is important for everyone to hear God’s word about Jesus Christ’s birth, death, and that He was raised from the dead. This is the Good News about salvation. In Romans 10:14, Paul asks how can anyone put their trust in Christ if they have not heard of Him.

Second, the believers in Ephesus believed. Hearing leads to faith. They heard the truth. Then they put their trust in Christ. They were made right with God. This is what saves from the punishment of sin. To have

faith means trust in God and in Jesus His Son.

Third, at the same time they became believers, God marked them by giving His Holy Spirit. The Holy Spirit was a promise from God that they would always be His. What is this mark? It can also be called a seal. In Paul's day, seals were used many ways.

Seals, or marks, were sometimes put on letters to show who wrote it. Kings might seal their letters. They marked them with a ring in hot wax. The mark or seal showed it was the real thing and correct. Sometimes today when we buy clothes, we find a piece of paper that tells who looked at it before it was sold. It means it is good.

In the time of Paul, many had their own stamp or mark. They were used to mark things like letters to show that everything inside was true and not false. It was a promise. You could be sure that no one had opened the letter and changed anything inside it.

A seal was also placed on boxes sent from one place to another to show who they belonged to and where they were going. Today we might write names in our books, or on a child's clothes when they go to camp. Ranchers put a brand on their cattle. We put luggage tags on our suitcases when we travel. This mark shows who the owner is.

Another seal was for protection or warning. When Jesus was put in the tomb, Pilate told the soldiers to put his personal seal on the tomb. This was to protect the tomb and warn everyone to stay away and keep out. We seal glass jars of food by heating them and keeping air out so the food stays fresh. We buy medicine that has been sealed to show it has never been opened.

God has placed His Holy Spirit as a seal on us. It means we are for real, that we belong to God. We are right with God, and we are safe and protected. We are God's children. We are His people. Paul wrote the Corinthians the same truth: God "has put His mark on us to show we belong to Him. His Spirit is in our hearts to prove this" (2 Corinthians 1:22).

In the same way that we cannot see the wind, we cannot see this mark. We may not see the wind, but we can see what the wind does. The Holy Spirit is the seal for the Christian. The seal in us is a proof of our faith. The Spirit shows others that our faith is real. The Holy Spirit makes us sure that we have life that lasts forever. It keeps us safe. Because it was God Who did this, no one can break the seal. We will be safe with Jesus. It is for all those who have heard and believed.

God Promises the Holy Spirit to Make Us Complete (Ephesians 1:14)

14 The Holy Spirit was given to us as a promise

that we will receive everything God has for us. God's Spirit will be with us until God finishes His work of making us complete. God does this to show His shining-greatness.

In the time of Paul, when you bought something, you might pay only a part of the whole price. You made a promise that you would pay the rest of the price later. The Holy Spirit is God's promise to all who believe in Him. One day God will make us complete. God does this to show His shining-greatness.

Today when you buy a house, you have to make a "down payment." This is a promise that you will finish paying the rest of the money.

The Holy Spirit is like the "down payment" of heaven. God always keeps His promises. God promises to love us, save us, and give us His power. He also promises to judge those who do not obey. God promised

Things to Think About

1. What does the Holy Spirit want to help you do that will bring honor to Jesus?
2. Since God owns believers, can God disown a believer? Why? Why not?
3. Paul wrote about believers who "heard the word of truth." What do you do to help people hear the word of truth about Christ?
4. How does it help us to know that God has given us the promise of the Holy Spirit?

the Holy Spirit as the mark that we are saved.

Peter also writes, "We will receive the great things that we have been promised. They are being kept safe in heaven for us . . . You are being kept by the power of God because you put your trust in Him and you will be saved from the punishment of sin at the end of the world" (1 Peter 1:4-5).

When we buy a house or car or loaf of bread, we are given proof that we paid for it. Some stores will not let you leave until you show them this paper. The Holy Spirit is our proof of God's promises.

Paul wrote the word "promise" two times in these two verses. First, the promise shows we belong to God. A person who believes in Jesus cannot lose his or her salvation and the seal of the Holy Spirit makes us know that is true. The Spirit comes and we have the promise that this seal cannot be taken away. Second, the promise is to let us know there is more to come in heaven.

As God's people, we should be grateful for what God has done for us. We should let God's Holy Spirit work in our lives so we can help other people. Then our lives will truly bring honor to God, and show His shining-greatness.

Things to Remember

Ephesians 1:13-14 gives praise to God for the blessings He has given. Believers are

blessed because God chose, before creation, to save us. That salvation came at a great cost: the death of Jesus Christ. As children of God, we can be sure that God will give us what He has promised: living with Him forever in heaven. We are in Christ.

Other believers are around us. Respect them and live with them in such a way as it brings honor to God. We are led by the Spirit. Do not be afraid of where the Spirit leads. Let Him be in charge. He has only good planned for us.

We know that God will keep His promises to us. God marked the believers as His own. He sealed the promise by giving each one of us His Holy Spirit. The Holy Spirit will be with every believer until God finishes His work in them. Praise God for His shining-greatness.

Ephesians 1:13-14

13 The truth is the Good News. When you heard the truth, you put your trust in Christ. Then God marked you by giving you His Holy Spirit as a promise.

14 The Holy Spirit was given to us as a promise that we will receive everything God has for us. God's Spirit will be with us until God finishes His work of making us complete. God does this to show His shining-greatness.



Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 10: Do Not Make the Holy Spirit Sad

Bible Text

Ephesians 4:25-32

Memory Verse

“Do not make God's Holy Spirit have sorrow for the way you live. The Holy Spirit has put a mark on you for the day you will be set free.”
(Ephesians 4:30)

Word List

grieve: to make sad or sorrowful; to cause sorrow, pain, or distress

What is the saddest you have ever been? Do you remember what made you sad? Have you ever caused anyone else to be sad?

Paul wrote the believers in Ephesus warning them not to make God's Holy Spirit sad because of the way they lived. He wrote about Christ and how to live the right way with the help of the Holy Spirit.

The Holy Spirit is God's gift to us to make us sure that we are right with God. He gives us power to do the right thing. The Holy Spirit works within us to help us make the

right choices and become more like Jesus. We can choose to not listen and not obey. This is what **grieves** the Holy Spirit. God loves us and wants us to obey His Word and let His Spirit lead us.

A New Person in Christ

(Ephesians 4:25-28)

25 So stop lying to each other. Tell the truth to your neighbor. We all belong to the same body.

26 If you are angry, do not let it become sin.

Get over your anger before the day is finished.

27 Do not let the devil start working in your life.

28 Anyone who steals must stop it! He must

work with his hands so he will have what he

needs and can give to those who need help.

In these verses, Paul answers the question, “What is the new person in Christ like?” Paul gives a list of things that we should stop doing. He also tells us the things we should do.

Paul begins by the way we talk. Our words can hurt others. When we hurt others, we hurt the Holy Spirit who is living in us.

Children learn this old saying, “Sticks and stones will break my bones, but words will never hurt me.” But words do hurt. When Christians lie, they hurt others. Christians belong to one body. They must be honest with one another. Some people do not act as if they even know how to tell the truth. Paul says

stop lying and tell the truth.

Believers are next warned about anger. “Do not let it become a sin.” The early preachers before Jesus’ time were angry when others were not treated right and had no one to speak for them. That kind of anger is not a sin. That kind of anger can help make things right.

People do wrong things to us. They might hurt our pride so we get angry. Paul does not want any kind of anger to carry over to the next day. Anger should end when the sun goes down. If anger is held in the heart, it is not healthy. It is not good for the church, or God’s Holy Nation. The new person in Christ knows when to be angry and when not to be angry. Be at peace and sleep well.

We should never let the devil start working in our lives. We must shut the door to bad thoughts and anger and doing wrong things so the devil cannot enter. The new person in Christ will live to show respect for Christ.

Taking what belonged to others was another problem. “Do not steal” comes from the Ten Great Laws. Does it seem strange to tell church people not to steal? Paul was writing to many new Christians. Whatever their reason for stealing in the past, Paul said to stop it.

After Paul told them not to steal, he had good advice for what they should do. He

said to work with your hands so you can care for your own needs and help others. Serving and sharing is what a believer does.

Live as a Believer (Ephesians 4:29-30)

29 Watch your talk! No bad words should be coming from your mouth. Say what is good.

Your words should help others grow as Christians.

30 Do not make God's Holy Spirit have sorrow for the way you live. The Holy Spirit has put a mark on you for the day you will be set free.

Paul writes again about our words. How we speak is very important. Words have power. Paul calls for us to stop saying bad things. This talk is like rotten food. We should not say anything to hurt others or use words in anger to make others feel bad.

This is what we *should* do. Paul writes of two good uses of speech:

- (1) Say what is good and builds up, or encourages another person.
- (2) Help others grow stronger as followers of Jesus.

Then Paul reminds us not to make God’s Holy Spirit have sorrow for the way we live. How does a person or the church make the Holy Spirit sad? The Holy Spirit is full of sorrow when believers fall back into the old ways of living before they knew what Jesus wanted them to do.

All sin makes God sad. The Holy Spirit is a Person. He is called the Holy Spirit of truth. Anything that is not holy or true will hurt the Spirit of God. He lives in believers.

Paul had written that the Holy Spirit is God's mark on us. He keeps us for the day of freedom. This mark is the promise that we will get all the things God has for us. We are sure that we will have a home in heaven for ever.

Good Fruit (Ephesians 4:31-32)

31 Put out of your life all these things: bad feelings about other people, anger, temper, loud talk, bad talk which hurts other people, and bad feelings which hurt other people.

32 You must be kind to each other. Think of the other person. Forgive other people just as God forgave you because of Christ's death on the cross.

Paul wants us to put out of our lives all

Things to Think About

1. What are ways you make the Holy Spirit sad?
2. What are the most difficult verses in this Scripture for you to obey?
3. Can you name three people you know who show kindness and care in their speech? How about you? Are you careful in your speech?
4. What are some of the things you should be doing that you can start doing this coming week?

those things that will not help us be what God wants us to be. We are to take out the evil things from our lives the way we would carry out the garbage from our house.

What are some of the things that do not belong in the life of a believer that we should put away? Paul writes of these things that the Christian must stop doing:

- (1) Bitterness or keeping bad feelings about other people. This can happen when we are jealous and want what others have.
- (2) Anger that is so strong that it controls us. This anger makes us act like wild people. We are to put this away.
- (3) Having a temper that controls us so that we are angry all the time.
- (4) Loud talk where we scream or shout at others. Angry people shout. They think that everything that they say is right. We must not be angry and shout at people.
- (5) Bad talk about others that is not true. This is when we tell bad things about someone to others. We must not say wrong things and lie about others.
- (6) Evil feelings where we want others to have bad things happen to them. We must not plan evil things against another person.

Paul said to take out of our lives all of these things that make the Spirit sad. Instead we are to do right things. The Holy Spirit helps the believer to be kind. We put our love into action.

Paul says the Holy Spirit wants us to forgive others. We should not keep remembering when another person did something wrong to us. We need to forgive them. We, too, do much that needs to be forgiven. We are able to forgive others because God forgave us when Jesus died on the cross.

When we forgive others our soul is set free and enemies can become friends.

Things to Remember

We need to understand that when we do wrong, it makes the Holy Spirit sad. This happens when we say that we are God's children and then act like children of Satan. God sent the Holy Spirit to come live in us. The Holy Spirit keeps, protects, and makes us sure we belong to God.

The Holy Spirit is a Person. He is the Holy Spirit of truth. Any time we do not live in the right way we hurt the Spirit of God.

The Holy Spirit is God's promise. The Holy Spirit makes us know that we belong to God. It makes us sure that we will have a home in heaven for ever.

We need to think and act in the way that pleases God. Living for Christ can only be done because we have the Holy Spirit living in us. The Holy Spirit gives us strength and wisdom, and leads us to put away all the bad things out of our lives and

put on all the good things.

Ephesians 4:25-32

25 So stop lying to each other. Tell the truth to your neighbor. We all belong to the same body.

26 If you are angry, do not let it become sin. Get over your anger before the day is finished.

27 Do not let the devil start working in your life.

28 Anyone who steals must stop it! He must work with his hands so he will have what he needs and can give to those who need help.

29 Watch your talk! No bad words should be coming from your mouth. Say what is good. Your words should help others grow as Christians.

30 Do not make God's Holy Spirit have sorrow for the way you live. The Holy Spirit has put a mark on you for the day you will be set free.

31 Put out of your life all these things: bad feelings about other people, anger, temper, loud talk, bad talk which hurts other people, and bad feelings which hurt other people.

32 You must be kind to each other. Think of the other person. Forgive other people just as God forgave you because of Christ's death on the cross.

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 11: Be Filled with the Holy Spirit

Bible Text

Ephesians 5:18-19

Memory Verse

“Tell of your joy to each other by singing the Songs of David and church songs. Sing in your heart to the Lord.” (Ephesians 5:19)

Word List

singspiration: a song service with the group singing of hymns

Last year my husband and I walked around the old, beautiful city of Ephesus in what is now Turkey. It was wonderful. There was a grand library. There were old streets and gathering places for thousands of people. There were also temples and statues of many false gods. Many people had worshiped a god by getting drunk as they worshipped.

We thought how Paul walked those same streets. We thought of the new believers who were learning to live their new life controlled by the Holy Spirit.

Live Full of the Holy Spirit

(Ephesians 5:18)

18 Do not get drunk with wine. That leads to wild living. Instead, be filled with the Holy Spirit.

What is controlling your life? Where do you find your joy, your comfort?

Some look for it in a bottle. Work or school gets hard, so it is tempting to take a drink. Or, there is pressure at home, so a few beers to try and forget about the problems. Before long, a person is dependent on the alcohol for inner peace.

It has been said, “A man must fill himself with something.” As believers, what we want is for God to fill us with His Holy Spirit. God is to be our peace in times of trouble. Alcohol is a false way of finding joy or comfort. At first it may seem like an easy way to solve the problems of life. But it soon becomes a habit that cannot be stopped.

Paul warned the new believers about being controlled by alcohol. Turning to alcohol for peace, instead of turning to Jesus, is to fall into sin. Paul told us to be controlled and given power by the Spirit of God. He is the true way of everlasting joy and comfort. This is the way to be truly happy.

Paul wrote about the opposite of being drunk. He wrote about a good thing, “Be

filled with the Spirit.” Just as heavy drinking can cause a person to be controlled by wine, being filled with the Spirit causes a person to be controlled by the Spirit.

People try to forget their cares and worries by drinking a strong drink. They hope it will make them feel good. But the feeling does not last. This leads to a life out of control and hurts you and others. The choice is simple. Choose not to get drunk.

Paul does not want to take away our joys and pleasures. He writes that we should choose to be filled with the Holy Spirit. This is the way to experience a good life the way God planned.

The words “be filled” means to be filled up so much that it is spilling over the sides. We do not have to ask and beg for this filling. When we believe in Jesus, God gives His Spirit. That is how Jesus comes to live inside you. As a believer, He is in you.

Being filled with God’s Spirit depends on how much of our life we give to God for Him to fill, control, and use. Let God have every part of your life, your mind, and thoughts. Let Him give you His love and forgiveness. Let Him fill your ears and eyes to hear and see God at work in your life.

Joy in the Spirit (Ephesians 5:19)

19 Tell of your joy to each other by singing the

Songs of David and church songs. Sing in your heart to the Lord.

When I was a teenager, the young people from churches in our town gathered once a month after Sunday evening church services. My 8th grade math teacher was also our volunteer youth director and youth choir director. He would make sure everyone had a ride going to the different churches. We called this **Singspiration**. It comes from the word “sing” plus “inspire” or “inspiration.” We looked forward to these times with other believers as we sang hymns and songs of praise.

Paul told Christians to sing as they praise God. His words tell of different ways that His followers can do this.

When believers praise God together in song, they tell of God’s goodness to one another. And when we are alone we can use a song to praise God silently, in our hearts.

There are times that we sing with only our voices. Sometimes we use other things like a harp. King David often played this beautiful musical instrument with strings (1 Samuel 16:14-23). The early believers sang the Songs of David, which we call “Psalms.”

Church songs are songs to praise God. In addition to the songs in the Book of Psalms, the early believers probably wrote their own songs to praise God.

Finally, Paul tells of singing in your heart to the Lord. These can be songs that come from the Holy Spirit.

Paul said that believers are to sing to one another and to Jesus. We sing praise to both the Father and the Son through the Spirit.

There are many ways it helps us to sing praises to God. When we sing, we obey what the Bible says. The words of the songs help us remember the truth of the Holy Spirit in our lives. We are helping others as we sing together. It brings us together with other believers as we all sing. The songs also help those who don't yet believe.

Singing also can prepare us for difficult times. We might think that singing is just for when we feel happy, but there are sad times

when singing will help us feel better.

Once, Paul and Silas sang in jail. The other prisoners listened, an earthquake came, and they were set free. Then, the jailer asked them how he could become a believer (Acts 16:23-31).

If you need joy, you should sing. If you have joy, you should sing. God has planned for joy and singing to be part of who we are as we worship Him.

We sing in our heart "to the Lord." He is the reason for our praise. We sing to Him and about Him.

Singing has a special way of bringing heart, soul, mind, and strength together. There are so many things in our world today that try to get us to notice them. Singing helps us so we think only about God.

Things to Think About

1. Some people who drink a lot seem to talk too loud and too much. Have you allowed the Holy Spirit to control you so that you want to make sure you talk about God each day? Why or why not?
2. What kinds of things can you do to put yourself in a better place to "be filled with the Spirit"?
3. What is a song about Jesus that you like to sing, even when no one is around? What are some songs you like to sing in church with others? Do you listen to these kinds of songs when you listen to music?
4. Are you depending upon your own strength to be a better believer each day? Or, are you asking God to fill your life with His power by the Holy Spirit? Which of these two ways do you think will help make you a better follower?

Things to Remember

Anything which has the power to control, harm, or hurt a Christian needs to be handled with extreme care.

Alcohol takes away self-control, wisdom, and good judgment. The Holy Spirit does the opposite. He give us the strength to be better and do more for God and others.

When we are *filled with the Spirit*, we will have a desire to sing praises of worship to God, and to encourage others in their worship of God as we tell of our joy to each other.

Ephesians 5:18-19

18 Do not get drunk with wine. That leads to wild living. Instead, be filled with the Holy Spirit.

19 Tell of your joy to each other by singing the Songs of David and church songs. Sing in your heart to the Lord.



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Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 12: The Power of the Good News

Bible Text

1 Thessalonians 1:2-6

Memory Verse

“... the Good News did not come to you by word only, but with power and through the Holy Spirit.” (1 Thessalonians 1:5b)

Word List

suffer: to feel what is painful to the mind or body; can come from what others do

I really love Thanksgiving. It is wonderful to gather with friends and family. We enjoy eating together and visiting with those we have not seen for a time. Most of all it is good to remember what God has done for us. Thanksgiving is special because we say thank you to God.

Good news. We do not have to wait until the fourth Thursday of November to thank God for others and pray for them. We learn in this lesson that Paul thanked God all the time for the believers in Thessalonica.

Thanksgiving for the Church

(1 Thessalonians 1:2)

2 We thank God for you all the time and pray for you.

The missionary team that Paul led with Silas and Timothy was thankful to God for the new believers in Thessalonica, a city in northern Greece. Many of the church members were those who had not been Jews. Their lives had changed from worshipping idols to worshipping the living and true God. Every time Paul and his friends prayed, they asked God to bless and help the Christians at Thessalonica.

God has saved them from their sins and given them new life as believers. Paul did not need to write and warn this church about any problems. He was able to be thankful for their faith.

Three Reasons to be Thankful

(1 Thessalonians 1:3)

3 While praying to God our Father, we always remember your work of faith and your acts of love and your hope that never gives up in our Lord Jesus Christ.

When Paul and his friends prayed, they remembered three things about these believers: their faith, their love and their hope.

These are three important words for Paul. He tells us more about each of these words.

The *faith* of these new followers was a work that made a difference in the way they lived. Their *love* was not just in words but in actions. They did good things because they loved other people. They were strong and did not give up because they had a *hope* in Jesus.

Paul and his friends spoke about their *faith* in the Good News of Jesus. These believers in Thessalonica had learned it was true. They gave themselves to God and trusted Him for their lives. This changed the way they lived. All the people around them could see that they had changed. They were not the same as they had been before. This change showed others the faith that they had in God.

The new believers loved God for what He had done for them in Jesus. Their love for God showed itself in *love* for other people. Because of this, they wanted to share the love of God with them. So they worked hard. They spread the good news about Jesus. And they did all that they could to help those in need. All this showed others their love both for God and for other people.

Christian *hope* is stronger than wishing. It is to be certain. God says that something will happen. And so we are certain that it will happen. He has promised that Jesus Christ will come again to this

earth. The Christian hope looks forward to that time.

This hope gives strength, courage and patience to live while waiting for Christ to come. This kind of hope keeps on. It never gives up.

Share the Good News with Word and Power (1 Thessalonians 1:4-5)

4 Christian brothers, we know God loves you and that He has chosen you.

5 The Good News did not come to you by word only, but with power and through the Holy Spirit. You knew it was true. You also knew how we lived among you. It was for your good.

God chose these believers at Thessalonica to be His own people. Paul is sure about this because these believers heard the message and trusted in the Lord Jesus. There was a change in them. The new life that comes from God caused this change. Only God can do this.

Paul, Silas and Timothy had preached the Good News of Jesus Christ to the people at Thessalonica. When they spoke, the power of God was working. The Holy Spirit took what they said. The Holy Spirit helped the people know they should be sorry for their sins and trust in the Lord Jesus Christ. When they did this, God forgave them. He gave them the new

life that will never end.

This was power that was much greater than words. This power was the Holy Spirit. The Spirit worked, both in those who told the Good News and in those who heard it.

The power comes from God. The word of the Good News can be spoken or written. It tells what to do to be saved. No one can get this power by what he or she does. This is why Paul and his friends are thanking God for these brothers and sisters. God loved them and chose them. God gave to them a new life so they will never die. God had chosen them to be His own people.

Their faith came by the power of God and not by human work. The Holy Spirit convinced them that the Good News was true. And He helped them to believe that God had given them new life. They knew it was real.

Paul and his friends had lived among the believers in Thessalonica. They had

shown they were telling the truth by the way they lived. No one could say anything bad about them.

They preached the Good News not only in words but also with their lives. How they lived was the same as the message they spoke. The Thessalonians were sure about the truth because they knew the kind of men that Paul, Silas and Timothy were.

Paul, Silas and Timothy did not live for themselves while at Thessalonica. They lived for the good of others. They were there to show them the truth, which is the Good News about Jesus Christ. They wanted these men and women to have the chance to trust Jesus and have new life. God gives this new life to all those who love Jesus.

Believers Share the Good News

(1 Thessalonians 1:6)

6 You followed our way of life and the life of the Lord. You suffered from others because of listening to us. But you had the joy that came from the Holy Spirit.

The believers at Thessalonica had seen how Paul and his friends lived while they were with them. They had heard how Jesus had lived while He was on the earth. They were now followers of Jesus.

They too **suffered** as Jesus, Paul and his friends had. This was for them a normal

Things to Think About

1. How has the life and message of Jesus changed your life? Who else has God reached because of your changed life?
2. What does Jesus want to see in your life? In the lives of your family members?
3. Do you do good things to try to get God to do something for you, or because you love God and are thankful for all that God has done for you?
4. Describe something you have done this last week because of your faith in God that has helped others.

way of life for believers. They were happy to suffer because of the Good News about Jesus Christ. They told others the Good News about Jesus even when it caused trouble for them.

Those who did not believe made them suffer much. Only the Holy Spirit can give joy in difficult times. They overcame in these troubles because their hope in the Lord was strong.

Things to Remember

It is our job to tell others the Good News. Only the Holy Spirit can make people understand their sins.

The message of Jesus Christ is given by the power of the Holy Spirit. Believers receive the message by the power of the Holy Spirit.

Jesus came not only to bring the forgiveness of our sins, but also to make a change in what is important to us and the way we think and act. He saved us, not just to go to Heaven, but to share His message with others.

They too will live for God during this lifetime, and go to heaven for life that lasts forever. New believers tell others and the Holy Spirit changes more lives. The Good News keeps on spreading.

God has a plan for our lives, to save us and change us to be like Jesus. A work of

faith can only happen through the power of the Holy Spirit living in us. God has prepared a good work for each of us to do. This is true joy.

1 Thessalonians 1:2-6

2 We thank God for you all the time and pray for you.

3 While praying to God our Father, we always remember your work of faith and your acts of love and your hope that never gives up in our Lord Jesus Christ.

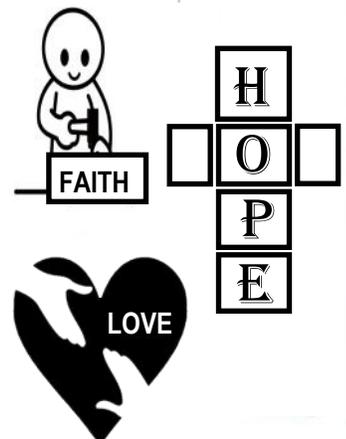
4 Christian brothers, we know God loves you and that He has chosen you.

5 The Good News did not come to you by word only, but with power and through the Holy Spirit. You knew it was true. You also knew how we lived among you. It was for your good.

6 You followed our way of life and the life of the Lord. You suffered from others because of listening to us. But you had the joy that came from the Holy Spirit.

While praying to God our Father, we always remember your work of **faith and your acts of **love** and your **hope** that never gives up in our Lord Jesus Christ.**

1 Thessalonians 1:3



Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 13: The Fruit of the Holy Spirit

Bible Text

Galatians 5:22-25

Memory Verse

“If the Holy Spirit is living in us, let us be led by Him in all things.” (Galatians 5:25)

Word List

fruit: things to eat like apples or oranges; or in this lesson, good results

proverb: a short well-known saying containing a wise thought

The students in my English classes like to learn proverbs. In one lesson, we learned nine important words from what is called “The Fruit of the Spirit.” The class learned how these nine words can be put in groups of three. Group 1 words have 1 syllable (love, joy, peace). Group 2 words have 2 syllables (patience, kindness, goodness). Group 3 words have 3 syllables (gentleness, faithfulness, and self-control).

A class member told me after class that those nine words described her mother-in-law.

She told me that her mother-in-law was a Christian. I was happy that my student knew someone who was a believer.

She then said, “One day, I would like to be like her and have....” She carefully said the words we had practiced in class that day: “Love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control.”

I asked if she would like to know how to become a believer and she said, “Yes.” She became a Jesus follower that very day.

Most people become Christians so that Jesus will forgive their sins and they can go to heaven when they die. But God has even more for us!

Jesus sent the Holy Spirit to live in our lives, to make us new and to give us Godly fruit. The Spirit gives us the power to be free from our old sinful nature. The Spirit lives in us and gives us God’s power so that we have the fruit of God’s Spirit living inside us. We are forgiven of our wrong-doings. We are also given the power to change.

Believers today have some of the same problems as those in Galatia who received Paul’s letter. His words continue to be important for believers.

What the Holy Spirit Does in Our Life (Galatians 5:22-23)

22 But the fruit that comes from having the Holy Spirit in our lives is: love, joy, peace, not

giving up, being kind, being good, having faith,
23 being gentle, and being the boss over our own desires. The Law is not against these things.

The fruit that the Holy Spirit gives shows us what God is like. This fruit does not grow in our lives because we work hard. This comes as we trust Jesus and grow to become more like Him. They are like the good fruit from a tree. The words in these verses describe a person who is living the way the Holy Spirit is teaching them to live.

Believers are to give God's Spirit control of their lives. The Spirit brings this fruit to those who "live by the Spirit." The Holy Spirit takes away our old way of living and makes us like God.

The bad ways we often act are described in Galatians 5:19-21. The fruit that comes from having the Spirit in our lives is the opposite of our natural desires. God wants us to live the right way. This is the fruit that comes from having the Holy Spirit in our lives:

Love means to love in the same way that God loves us. It is something we choose to do. God loves us in an unselfish way. He cares about us. He always wants us to have what is best for us. We may not like some people. But the Holy Spirit helps us to love

them in the same way that God loves them.

Joy that comes from the Spirit is better than being happy. Happiness depends on things like money, food, a home, what we own, or friendships. These things might not last. Joy comes when God forgives our sins and we are right with Him. Sometimes we have troubles and we feel sad. We may feel worried or afraid. But the Holy Spirit can give us joy and calm our spirit.

Peace comes because we know God. The world cannot give us peace because the world does not know God. Having peace is a blessing from God that comes from not having to worry because He is in control.

Patience means not giving up. Patience is not something taught by the world. We want *what we want when we want it and we want it now!* Patience comes from knowing God. God is patient as He waits for us to come to Him. We can show this same patience as we tell others the Good News.

Kindness and Goodness are pictures of what a person does, and what they are like on the inside. We are kind when we have the strength to choose to do right to others. To be good is to be like God.

Faithfulness means people know that we will do what we say we will do. We will obey and be true to God.

Gentleness is shown by a person who has great strength which they use with

kindness. We give up our own rights and are concerned for others.

Self-control is our ability to say no to things we do that are wrong and yes to what the Spirit wants for us. If we do not control ourselves, we do not please God.

The list of the fruit of the Spirit begins with love and ends with self-control. We can do nothing without the Holy Spirit who gives these to us. Other people may cause trouble for us. We do not need always to oppose them. We can remain calm even when we suffer.

God has been kind and good to us. The Holy Spirit helps us to be kind and good to other people. We can do good deeds. We can be generous and helpful.

When a Christian has the fruit of the Holy Spirit, other people can trust him. He is honest. He will do what he says. Gentle people are never cruel. And they are not proud.

Our natural desires are very strong.

Things to Think About

1. What are some changes that God has made in your life since you became a believer in Jesus?
2. What is the difference? Becoming a Christian is: like buying life insurance, or hiring someone to remake your house?
3. Do you try to "be good" all by yourself? Do you believe that goodness comes because the Holy Spirit lives in you? Do you pray daily for the Holy Spirit to lead you?

And they are often selfish. We may control some of them. Or, we may control them for a short time. But we can never completely control them without the Holy Spirit to give us the power over all our wrong desires.

Obedying laws cannot help us to have the fruit of the Spirit. The people who have this fruit have learned the most important law is to love God and love others. There is no law against these things.

Nailed to the Cross (Galatians 5:24)

24 Those of us who belong to Christ have nailed our sinful old selves on His cross. Our sinful desires are now dead.

Paul explains how his old way of life has died with Christ. This is not something we can do for ourselves. It is something Jesus has already done for us. We can say no to wrong and yes to God. Our old sinful way with all its loves and desires has died. We belong to Christ.

The Spirit-Filled Life (Galatians 5:25)

25 If the Holy Spirit is living in us, let us be led by Him in all things.

Believers have God's power to refuse their wrong desires. They can choose to obey the Holy Spirit. This is not easy. This will not happen by itself. It is something we must

choose from day to day. We must often choose minute by minute to let the Holy Spirit lead as we follow after Christ. We can choose to let the Holy Spirit lead us in all things. Journeys are made one step after another. Every day let the Holy Spirit control and change your life. Since we have chosen the life of the Spirit, let us obey the Spirit.

Things to Remember

Spiritual fruit is different from spiritual gifts. Different spiritual gifts are given to different people by God. But the fruit of the Spirit is given to all believers.

The fruit of the Spirit is shown in the life of a person who obeys God. This is what happens when God comes to live within you through the Holy Spirit.

You can have all the fruit. These nine fruit come from God. He makes the fruit grow in your life. Others see what God is like because of the new way you live.

All the Fruit of the Spirit should be seen in believers as we let the Holy Spirit take control of our lives. This is the Holy Spirit's work within a Christian. That work is love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.

Instead of using excuses for wrong doing, we now have the Holy Spirit living in us to lead us to do right.

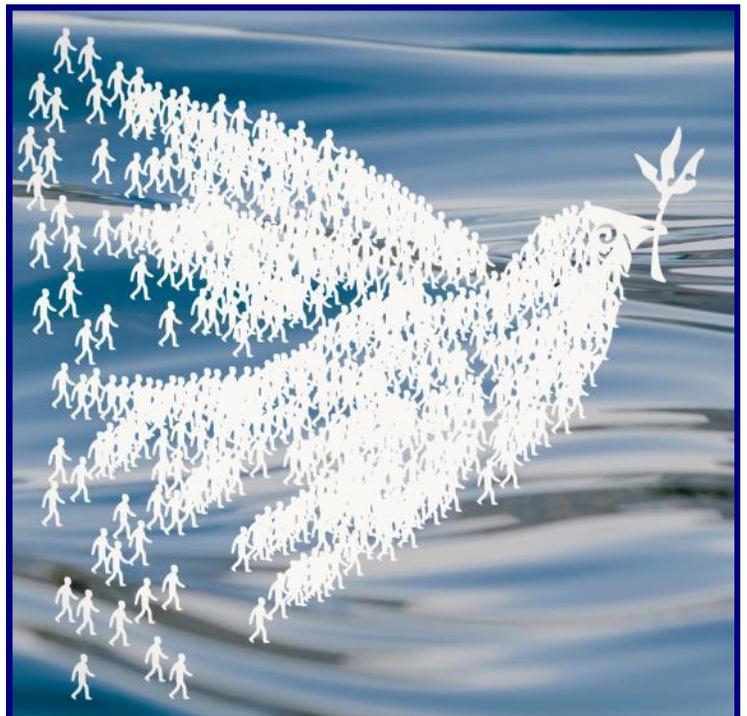
Galatians 5:22-25

22 But the fruit that comes from having the Holy Spirit in our lives is: love, joy, peace, not giving up, being kind, being good, having faith,

23 being gentle, and being the boss over our own desires. The Law is not against these things.

24 Those of us who belong to Christ have nailed our sinful old selves on His cross. Our sinful desires are now dead.

25 If the Holy Spirit is living in us, let us be led by Him in all things.



**If the Holy Spirit
is living in us,
let us be led by Him
in all things.**

Galatians 5:25