

Experiencing Christ's Power

Follow-Up #3



In the second lesson, you learned that as you abide or trust in Christ, He produces His qualities within you. That is how He changes your life.

But even as Christians, there are times that we may not trust Christ. In fact, we may do wrong things or harbor attitudes that are disobedient to God. As a result, our relationship with Christ is hindered and we are not fulfilled. The Bible says these wrong attitudes and actions are called sin.

How can you deal with your sin? Do you just have to work at it on your own strength? Grit your teeth? Try hard?

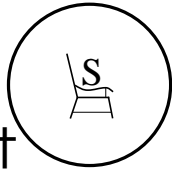
Fortunately, Christ provides the power for us to be obedient.

Would You Like Your Relationship With God To Be More Life-Changing?

HOW DO YOU THINK IT CAN HAPPEN?

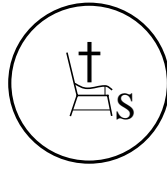
- I don't know. I haven't heard anything yet that seems to work.
- I try as hard as I can to do what God wants me to do.
- Believing in Christ is important, but I live like I want to-- it's my life.

Did you know that the Bible talks about three kinds of people (1 Cor 2:14-3:3)?



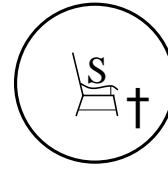
THE PERSON WITHOUT CHRIST

- self enthroned directing the life.
- Christ outside the life.
- person is separated from God.



THE CHRIST-CENTERED CHRISTIAN

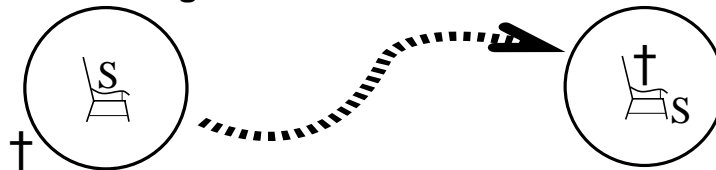
- Christ in the life and on the throne.
- self yielding to Christ's direction.
- person enjoys fellowship with God.



THE SELF-CENTERED CHRISTIAN

- self on the throne directing the life.
- Christ in the life, but not directing.
- person's life has changed little.

How would a person move from being without Christ to being a Christ-centered Christian?



Can a Christian ever move back to being a person without Christ?

The Christian's relationship with God is secure because he has Christ (1 John 5:11-13), not because of his performance (Ephesians 2:8-9).

How would a person move from being a Christ-centered Christian to being a self-centered Christian?



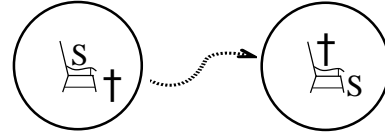
Although there are many ways this can happen to a Christian...

The Bible gives three general causes:

- He may **not know how** to keep from becoming self-centered.
- He may be **trusting in his own efforts** to live the Christian life because he has **forgotten** how to keep from becoming self-centered.
- He may be **rebelling against** Christ from directing his life and he knows it.

When a Christian lives like this, his relationship with Christ cannot glorify God or be life-changing.

How can a Christian move from being self-centered to Christ-centered?



A Christ-centered life is available through the filling (directing and empowering) of the Holy Spirit (John 7:37-39). God the Holy Spirit indwells all Christians, but He does not fill them without their cooperation. We must choose to be filled (directed and empowered) with the Holy Spirit by faith, then we can know the life-changing experience of a Christ-centered life.

When you choose to be filled with the Holy Spirit, the follow things should be observed in you:

- Sincerely desire to be directed and empowered by the Spirit** (Matt. 5:6).
Do you want His direction and empowering?
- Confess your sins to God** (1 John 1:9). If we confess our sins, God will forgive and cleanse us.
Would you like to know that your fellowship with God is not hindered by unconfessed sin?
If so, stop and silently ask God to reveal any sin; then confess it to Him and give thanks.
- Yield the throne of your life to God** (Romans 12:1-2).
Are you willing for Christ to be Lord of your life?
- Ask God to fill you with the Holy Spirit by faith** based on:
 1. HIS COMMAND -- Continue to let the Spirit fill you (Ephesians 5:18).
 2. HIS PROMISE -- We can be sure that He will always answer when we pray according to His will (1 John 5:14, 15).

We are filled with the Holy Spirit by faith alone. However, prayer is a good way to express your faith.

If you want this, you can ask God right now to fill you with the Holy Spirit. Here is a suggested prayer, or you can use your own words.

"Dear Father, I need you. I admit that I have been directing my own life and that, as a result, I have sinned against You. I thank You that You have forgiven my sins through Christ's death on the cross for me. I now invite Christ to again take His place at the center of my life. Fill me with the Holy Spirit as You commanded me to be filled, and as You promised in Your Word that You would do if I asked in faith. I pray this in the name of Jesus. Thank You for directing my life and for filling me with the Holy Spirit."

What if I blow it by sinning again?

Don't worry, the Holy Spirit never leaves the Christian's life. However, you must continue to let Him direct and empower your life. If you retake the throne of your life through sin, a willful act of disobedience, then **BREATHE SPIRITUALLY**. Just as you exhale impure air and inhale pure air physically, **BREATHING SPIRITUALLY** enables you to be cleansed from your sins and once again filled with the Holy Spirit.

EXHALE: Call it sin. Agree with God concerning your sin (1 John 1:9) and repent (change).
Call it forgiven. Thank Him for His forgiveness because of Christ's death for you.

INHALE: Call on God. Ask Jesus to again take the throne of your life (Romans 6:11-13, 19) and claim the fullness of the Holy Spirit by faith. Trust that He now directs and empowers you based on the command of Ephesians 5:18 and the promise of 1 John 5:14-15.

Next week, we are going to learn more about growing in your new relationship with Christ.

Follow-up #3 - Experience HS Power - Teacher's notes:

WRITE ALL YOUR NOTES FROM THIS SHEET ONTO THE STUDENTS GUIDE SO YOU DO NOT READ OFF THIS SHEET DURING THE BIBLE STUDY.

supplies: copies of lesson, teachers guide, pencils, bibles, music/speakers, snacks, cups, pizza, ice, game (pictionary cards, mad gab), list of names of kids in group, conference brochures, camera, index cards, milk illustration stuff - 3 clear cups, spoon, chocolate syrup

optional: red paper for yield signs, markers, PowerBars, PowerAde, Breathe Rights

pass around attendance sheet to know who is there.

Intro Discuss: How long has it been since you trusted Christ? Have you sinned since you trusted Christ?.... Of course! We still struggle with sin.... This lesson we'll talk about how Christ wants to help you live a successful christian life,..... by dealing with sin.

Readthrough the top paragraphs, then ask: When you trusted Christ, if you can remember, did you think that your life would be dynamically different after he came into your life? Didn't you want it to be? Well, let's talk about it! Most christians have never heard what we're going to be talking about today... the key to a dynamic, thriving relationship with God!

BOX 1:

Read the two ?'s in box, and then ask which of the three statements below describes you best? Read the next question.... describe the three circles/ types of people. Emphasize that most christians who struggle with a boring christian life, fall into the "self centered christian" circle, but don't know that there's a way to revive and add spice to their relationship with God!

You could show the chocolate milk illustration - white milk = non-Xn, stirred choc milk = Spirit filled, milk w/ choc in it but on the bottom but unstirred = carnal. Which two look most similar? taste most similar? nonXn and carnal person are a lot alike to the outside world, too.

BOX 2:

Read the next box and questions.... let them answer answers: NO! a person can never move back to being a person without Christ.

BOX 3:

Read the next box and question.... let them answer, even if their answers are incorrect.

BOX 4:

Tell them to flip over, and read through the 3 causes the Bible gives- ---- summarize them:

***1. Ignorance is Bliss

***2. His own efforts... relying on himself

***3. His own choices

Intro to BOX 5: Ask: Who do you think the Holy Spirit is? don't tell them yet, but let them answer- Ask: what does a chainsaw do and how does it work?-- Illustration: manually cutting down a tree with a chain saw that is not plugged in..... would be hard work, lots of effort, and VERY tiring! BUT, if you plugged it in, then it would work fast and easy, with little effort because it has power! It's the same way with the christian life-- God has given us a power source so that we don't have to work soo hard, so long, and be very tired trying to be a "good" christian. That power source is the Holy Spirit!

Read the question and paragraph in box 5:

Stop and ask: how does a sail boat work?-- explain that "filling" of the holy spirit, actually comes from the word that describes a sailboat with the masts up and the wind "filling" the sails to empower it to move. finish reading the paragraph-

A. read, ask them to ask themselves if they really want His direction and empowering

B. read, ... read 1 John 1:9-- ask them how they would define "confess". Define it...= agreeing w/ God on what you did that wasn't pleasing to Him. Be specific when confessing.

Illustration of why it's important to confess to God: if you were to do hurtful things toward a friend over and over and over, but never ask for forgiveness, that relationship would be hurt and not as close as it could be..... the same is true of our relationship with God.... when we continue to sin, it causes US to draw away from Him and that relationship isn't as close as it could be-

Continue reading the paragraph.....At the end, take out index cards for them to write confession list on.... assure them that they will not read them aloud, ... this is between them and God.

C. read, ask... on the road, what does a YIELD sign mean? let them answer-- In the same way, Yielding to God is a choice to let Him be in control. Define repentance = turning in the opposite direction than where you were heading. It's part of yielding-- recognizing sin, and turning the other way and pursuing godliness. At this point you can have them draw a yield sign (upside down triangle) that they'd write 'YIELD' on to put on their mirror at home so that every morning they could remind themselves of their need to yield to the Holy Spirit.

D. read,read Ephesians 5:18--- what happens when someone is drunk? why? because he's filled with alcohol that affects his words, his actions, everything! What would happen if someone was filled with the Holy Spirit?... he would be controlled by the H.S. and all of him would be affected... his words, his actions, his thoughts, everything! It's a command!: Be Filled with the H.S. Secondly,... read 1John 5:14--- explain that because God commands us to be filled with the H.S., it is His Will, so we know that He hears us and will answer us when we ask to be filled! It's a Promise!

It is necessary to be filled with the Spirit in order to live the Christian life. Why would anyone turn their back on an inner life like that?

Read the bottom paragraphs, read the prayer and then give them an opportunity to pray it silently. After, assure them that if they meant it, by faith, then the H.S. will now direct and empower them!

LAST SECTION:

We will blow it and sin after we ask to be filled (Maybe give a personal example). BUT, don't worry!

Read paragraph. Ask how many times they breathe in a day. Ask them how many times in a day they think they sin. Ask them if they could hold their breath all day. In order to be healthy physically you must exhale the carbon dioxide on a regular basis, so that the poison can go out, and the good oxygen can go in. Explain that in the same way, not confessing sin is like trying to hold our breath all week... it's not healthy spiritually. We need to keep short accounts with sin, day by day, hour by hour, maybe even minute by minute, depending on how often we sin.... in our life to keep a vital relationship with God. So, we receive Christ ONCE, but are filled with the spirit NUMEROUS times in a day as we breathe spiritually! You can hand out Breathe Right's here to stick on their yield sign to remind them to breath spiritually throughout the day.

Read through EXHALE and INHALE

Lastly, emphasize that one of satan's major tactics to getting you down in life, will be to throw sin that God has already forgiven back at you. and cause you to feel guilty or unworthy of being able to grow closer with God (read Ps 32:2-5 - forgave the guilt)... You'll need to remember that in the Bible, God says that when we confess our sins, He removes them as far as the east is from the west (Ps 103:12)... and He remembers them no more!!! If He remembers them no more, then you don't need to either!! Call it forgiven, get up, and move on!! You can now pass out PowerBar's while asking them Who their power source is - the HS. A great drink you could have is PowerAde to keep the power theme.

Close in prayer!