

# BE WITH JESUS

## FOLLOW THE HOLY SPIRIT

**Releasing my way and will so I can follow the leading of the Holy Spirit.  
This involves humility, teachability, and vulnerability.**

- Welcome, Review
- Group Check-In
- Message
- Group Study
- Practice the Practice
- Closing Prayer

This Week's Key Verse to Think About, Soak in, and Memorize:

*So I say, walk by the Spirit, and you will not gratify the flesh...*

*Since we live by the Spirit, let us keep in step with the Spirit. **Galatians 5:16, 25***

More Resources to Explore!

See the Spiritual Growth Section of the Twin Cities Church website:

[www.twincities.church/spiritual-growth-be2](http://www.twincities.church/spiritual-growth-be2)

Click on the "Follow the Holy Spirit" picture to find many helpful resources.

# FOLLOW THE HOLY SPIRIT

The Holy Spirit is at the very center of our lives as believers. Jesus promised that after He returned to the Father, the Holy Spirit would come to live within His followers. That means we're not on our own - God is with us in a real and personal way, guiding, teaching, strengthening, and helping us live the life Jesus calls us to live.

Following the Holy Spirit is learning to recognize His presence within you and growing to trust His voice. It's choosing, day by day, to surrender to His leadership. The Spirit doesn't just give us truth - He leads us. And as we follow, He begins to shape who we are, guide our decisions, and form the life of Jesus within us. Over time, this becomes a relationship of trust - learning to walk with God in the middle of our everyday lives.

## What the Bible Says About Following the Holy Spirit

Throughout Scripture, we see that God leads His people through the Holy Spirit - not just occasionally, but as an ongoing way of life.

- **Galatians 5:25** *Since we live by the Spirit, let us keep in step with the Spirit.*

This verse reminds us that the Christian life is meant to be lived in ongoing alignment with the Spirit, like walking in rhythm with Him.

- **Romans 8:14** *For those who are led by the Spirit of God are the children of God.*

Our identity as children of God is reflected in a growing desire to follow His lead - to trust Him, surrender our way, and walk in His.

- **Galatians 5:16** *So I say, walk by the Spirit, and you will not gratify the desires of the flesh.*

Following the Spirit leads us away from selfish sinful patterns and into a transformed way of life.

## A Biblical Example - Jesus' Life Led by the Spirit

Jesus was connected to and dependent on the Holy Spirit throughout His life and ministry. A good example of this is - after Jesus was baptized, He followed the Spirit into the wilderness.

- **Luke 4:1-2** *Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.*

In this time of testing, Jesus fasted, in complete dependence on the Spirit for strength. From that place, He began His ministry "in the power of the Spirit" and continued to rely on the Spirit in all that He did - teaching, healing, and serving others.

- **Acts 10:38** *God anointed Jesus of Nazareth with the Holy Spirit and power and he went around doing good and healing all who were under the power of the devil, because God was with him.*

And here is where it connects to us. The same Spirit who empowered Jesus has been given to us - to lead us, strengthen us, and transform the way we live every day.

### **Why Following the Holy Spirit Matters**

Apart from the Spirit, our old nature attempts to pull us away from God and toward a life of sin and selfishness. God doesn't just call us out of this old life - He shows us how to live a new life: by walking in step with His Spirit.

• **Galatians 5:16** *So I say, walk by the Spirit, and you will not gratify the desires of the flesh.*

Through the Holy Spirit, we are connected to Jesus and empowered to live the life God designed for us. Scripture reveals how the Spirit is actively at work in us:

- He teaches us truth through the Word and reveals God's heart (John 14:26; 16:13–15).
- He equips us with spiritual gifts to serve others (1 Corinthians 12:7–11).
- He comforts and helps us in our weakness (Romans 8:26–27).
- He empowers us to be witnesses for Jesus (Acts 1:8).

And as we follow the Spirit, He forms the life and character of Jesus in us.

• **Galatians 5:22-23** *...the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.*

### **What It Looks Like to Practice Following the Holy Spirit**

What would your life look like if you began to truly follow the Holy Spirit - not just in big moments, but in the ordinary rhythms of your day? It might look like starting your morning with a simple awareness: *"God, You're with me today - lead me."* And then, as your day unfolds, beginning to notice His gentle nudges. A thought to reach out to someone. A pause when you're about to respond in frustration. A quiet prompting to pray, to encourage, to step toward someone in love.

Following the Spirit can look like choosing patience when everything in you wants to react. It can look like offering kindness when it's not deserved. It can look like trusting God with a decision instead of rushing ahead. Over time, you begin to recognize His voice more clearly - not as pressure, but as a steady, faithful leading.

And slowly, something begins to change. You find that you're not just trying harder - you're becoming different. Your reactions soften. Your heart becomes more open. Love, joy, and peace start showing up in places they didn't before. Not because you forced them, but because the Spirit is forming the life of Jesus in you.

Today we begin the practice **"Following the Holy Spirit"**. This is the path toward what Jesus called an abundant life. Let's start the journey together!

## GROUP STUDY: Follow the Holy Spirit

### Begin with Prayer and Silence

*Gather as a group and say a quick prayer to invite the Holy Spirit to guide your time together. Then spend a moment in silence, expressing a desire to hear from God.*

### Explore the Scriptures

1. Let's read Acts 6:1–10. Stephen is described as someone full of the Holy Spirit. What do you think made that so evident to others? Why was being filled with the Spirit so important in what he was doing?
2. Stephen seemed completely available for God to use - and God did. What do you think his perspective was on his purpose in life? How did God work through that?
3. Now let's read Acts 7:54–60. This is a sobering but powerful moment in Stephen's life. Having shared the gospel, the religious leaders sought to kill him. As he faced death, Stephen saw Jesus standing in heaven. How did being full of the Holy Spirit help him in that moment? How might the Holy Spirit help you in difficult times?

### Read Through the Practice Together

Read through the practice on the next page together, and then answer these questions:

- Do you feel you understand the practice? Do you have any questions about it?
- How do you feel about practicing this, any concerns?

### Share Your Personal Action Plan with the Group

*Jesus replied, "...blessed are all who hear the word of God and put it into practice." - Luke 11:28*

I will practice Following the Holy Spirit on (day and time) \_\_\_\_\_

in this place (location) \_\_\_\_\_

### Close in Prayer

## **PRACTICE: Follow the Holy Spirit**

Following the Holy Spirit doesn't have to be complicated. It begins with a simple, daily posture of walking with Him - learning to surrender, to listen, and to respond.

### **1. Surrender — Start Your Day Open**

Before anything else, begin with surrender. You cannot be led until you are willing to follow. You might begin your day with a simple prayer like:

*“Holy Spirit, I’m available to You today. Lead me, guide me, and shape me.”*

Sometimes it helps to do this physically - by opening your hands and offering your day to Him. You can even name an area you tend to hold tightly - your schedule, your responsibilities, a relationship - and simply say, *“I trust You with this today.”*

If you struggle with surrender, you might try fasting, extended solitude, confession or repentance.

### **2. Listen — Stay Aware of His Voice**

As you go through your day, begin to pay attention. The Holy Spirit speaks in gentle, quiet ways:

- A nudge to reach out to someone
- A check in your spirit before you say something
- A thought to pause and pray
- A sense to encourage, help, or step in

He's not usually loud - but He is faithful. One of the best ways to recognize His voice is through Scripture. The Spirit will always lead in a way that reflects the heart and character of Jesus.

You might choose a passage for the day and pray, *“Holy Spirit, show me how to live this today.”*

Over time, you begin to notice that He's been speaking more than you realized.

### **3. Respond — Take the Next Step**

When you sense His leading, respond. Send the text. Offer the encouragement. Pause and pray. Apologize or confess. Often, the most powerful moments happen in very ordinary situations.

And here's the key: don't overthink it. If it aligns with Scripture, reflects the heart of Jesus, and leads toward love - step into it. As you respond, something begins to grow in you. You become more sensitive to His voice. More confident in following Him. More aware of His presence.

### **A Simple Way to Begin**

- Morning: *“Holy Spirit, lead me today...”*
- Throughout the day: Pay attention to nudges and respond to them
- Evening: Take a moment to recall God's promptings and presence that day and thank Him.  
*Note: The fruit of the Spirit (Galatians 5:22-23) is the clearest evidence you're walking with the Spirit – and when it's missing, it's an invitation to surrender and be filled again.*

