

Session #5: Identity in Christ and The Holy Spirit

Welcome, Opening Prayer & Review Homework: 10 minutes

What did you find out about your Identity in Christ?

How does that apply to your marriage?

Talk about communion. Do you have a better understanding?

Group Discussion: The Holy Spirit: 15 minutes

God gives us what we need to obey His commands!

- ***God wants us to be equipped to do what He has called us to do, and of all God wants from us, what could be more important than our relationships with our spouses? As we've mentioned before, your marriage covenant is a reflection of Christ and the church.***

Does God want the world to witness Christian marriages that wonderfully represent Christ's relationship with the church? YES!!

*To do so, God has given us the Holy Spirit to help make that happen. When we become discouraged in our marriages, these are the Truths that we need to remember. The standard God has set for husbands and wives is high, but you do not have to do this alone, **the Holy Spirit will help you.***

Questions about the Holy Spirit:

- ***Who is the Holy Spirit?***
- ***How do we GET Him?***
- ***Can we GREIVE Him?***
- ***Can we QUENCH Him?***
- ***Can we LOSE Him?***
- ***What does He DO?***

Who is the Holy Spirit?

We find the Holy Spirit all through the OLD Testament.

- We see the Holy Spirit mentioned in Genesis 1:2 at the beginning.
- He was prophesied about in Ezekiel 36:26, and Joel 2:28-29.

The Holy Spirit is part of the TRINITY. What is the TRINITY?

- God the Father
- God the Son
- God the Holy Spirit

How do we GET the Holy Spirit?

In the NEW Testament, John the baptist said (in Matthew 3:11).

- **11** “I baptize you with water for repentance. But after me comes one who is more powerful than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.

Also see John 20:22:

- **22** And with that he breathed on them and said, “Receive the Holy Spirit.

Also see John 14:15-18:

- **15** “If you love me, keep my commands. **16** And I will ask the Father, and he will give you another advocate to help you and be with you forever— **17** the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. **18** I will not leave you as orphans; I will come to you.

Also see Acts 2:38:

- **38** Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.

Also see Ephesians 1:13:

- **13** And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit,

Where does He LIVE?

Read 1 Corinthians 6:19:

- **19** Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

Can we QUENCH Him?

Read 1 Thessalonians 5:19:

- **19** Do not quench the Spirit.

Can we GREIVE Him?

Read Ephesians 4:30:

- **30** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

What does He DO?

As children of God, we are SEALED. Read Romans 8:14-17:

- **14** For those who are led by the Spirit of God are the children of God. **15** The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” **16** The Spirit himself testifies with our spirit that we are God’s children. **17** Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

The Holy Spirit CONVICTS us. Read John 16:8-11:

- **8** And He, when He comes, will convict the world concerning sin and righteousness and judgment; **9** concerning sin, because they do not believe in Me; **10** and concerning righteousness, because I go to the Father and you no longer see Me; **11** and concerning judgment, because the ruler of this world has been judged.

The Holy Spirit TEACHES us. Read John 14:26:

- **26** But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Also see Luke 12:12:

- **12** for the Holy Spirit will teach you at that time what you should say.”

The Holy Spirit HELPS us. Read John 16:13-14:

- **13** But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. **14** He will glorify me because it is from me that he will receive what he will make known to you.

Also see Romans 8:26-27:

- **26** In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. **27** And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.

The Holy Spirit COMFORTS us. Read 2 Corinthians 1:3-4:

- **Praise to the God of All Comfort** - **3** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **4** who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

The Holy Spirit gives us POWER. Read 2 Luke 24:49:

- **49** I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.”

Also see Acts 1:8:

- **8** But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

Also see Philippians 4:13:

- **13** I can do all this through him who gives me strength.

Couple's Breakout: 15 minutes**Re-Read John 14:16, 26, and 16:7:**

- **16** *And I will ask the Father, and he will give you another advocate to help you and be with you forever—*
- **26** *But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.*
- **7** *But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you.*

- ✓ **What three areas of your marriage most need the Holy Spirit's help?**
- ✓ **Provide three practical examples of how the Holy Spirit might be prompting you to treat your spouse better.**
- ✓ **Since it's so important to verbalize your appreciation as your spouse begins to change their behavior, talk about positive ways your spouse has tried to change in the past and how it would make you FEEL to have them change in the future.**

Group Discussion: Encourage One Another: 5 minutes

Each spouse would do well to verbalize his or her appreciation for changed behavior as we allow the Holy Spirit to work in us. Look for ways to encourage one another in your daily life and be submissive and receptive to the Holy Spirit's guidance.

Read 1 Thessalonians 5:11

- **11** *Therefore encourage one another and build each other up, just as in fact you are doing.*

Homework Review & Closing Prayer: 5 minutes

You can't lose your salvation, but...

Read 1 John 3:4

- **4** *Everyone who sins breaks the law; in fact, sin is lawlessness.*

HOMEWORK: The Holy Spirit in YOUR Marriage:

We need the Holy Spirit to overcome our flesh and to live with the gifts that God wants us to experience. There is NO better place to start living out these gifts than YOUR MARRIAGE!

Together, read the following verses:

Romans 8:5-9 and 1 Peter 4:3 out loud:

- **5** Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **6** The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. **7** The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. **8** Those who are in the realm of the flesh cannot please God.
- **9** You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.

1 Peter 4:3:

- **21** For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, **22** adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. **23** All these evils come from inside and defile a person.”

Now INDIVIDUALLY Read Galatians 5:16-21 and focus on “the acts of the flesh” in verses 19-21 and circle the one's you struggle with for discussion:

- **16** So I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. **18** But if you are led by the Spirit, you are not under the law.
- **19** The acts of the flesh are obvious:
 - sexual immorality,.....Sexual expression outside marriage: [Link here](#)
 - impurity and debauchery;Indulgence of lust: [Link here](#)
 - **20** idolatry and witchcraft;Excessive devotion to a person or thing: [Link here](#)
 - hatred, discord,Hateful thoughts are an act of murder: [Link here](#)
 - jealousy,Being controlled by our own desires: [Link here](#)
 - fits of rage,Giving in to one's temper is a sin: [Link here](#)
 - selfish ambition,Elevate oneself over others: [Link here](#)
 - dissensions,Lack of agreement or harmony: [Link here](#)
 - factions,Group that is self-seeking : clique: [Link here](#)
 - **21** and envy;To want what belongs to someone else.: [Link here](#)
 - drunkenness,Christians should avoid drunkenness: [Link here](#)
 - orgies, and the like.Groups defiling the marriage bed: [Link here](#)

I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Now, discuss the one's you circled with your spouse.

Now INDIVIDUALLY Read Galatians 5:22-24 and focus on “the fruit of the Spirit” and circle the one’s you want the Holy Spirit to empower you to improve:

22 But the fruit of the Spirit is:

- love,Everything God does is by His love: [Link here](#)
- joy,Joy verses happiness: [Link here](#)
- peace,God’s gift of rest and tranquility: [Link here](#)
- forbearance,A godly character trait: [Link here](#)
- kindness,Being tender, and useful to others: [Link here](#)
- goodness,Goodness is virtue and holiness in action: [Link here](#)
- faithfulness,Being reliable, steadfast and unwavering: [Link here](#)
- **23** gentleness andHumility and thankfulness toward God: [Link here](#)
- self-control.The ability to control oneself: [Link here](#)

Against such things there is no law. **24** Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Talk about places you have trouble living out the “fruit of the Spirit” mentioned above?

Do you, also, have a strong desire in your heart to live a a more pure life for Jesus?

- Discuss as a couple what needs to change to do so.

What do you need to walk away from and how can the Holy Spirit help you say, “NO!” to temptation?

- Discuss and pray TOGETHER for the Holy Spirit and He will give you the power to resist like you’ve never experienced before.