

Lent at



Rhythms of Grace

Life Group/Personal Study Notes

Rhythm 2...I will be open to the presence, guidance and power of the Holy Spirit.

Read... Acts Ch1 v 1-8 and John Ch 14 v 15-17 and Ch16 v 5-16

(If you are taking part via a life group you might find it useful to have read these passages ahead of your gathering - jot down from the readings; links with the topic of thought for the week; anything new you have learnt; anything that you don't understand or disagree with or anything the Holy Spirit speaks to you about and personal thoughts. If you are using this study on your own, then your thoughts on the readings will feed into the study and reflections below)

Open to the Spirit

"The Holy Spirit does not draw attention to the Spirit, but to the Father and to Jesus. He makes God the Father and Jesus the Son real to us. As St Paul says, it is the Holy Spirit who assures us that we are loved and accepted by God. The Holy Spirit is nothing less than God within us. Being open to His presence is saying "Yes Please" wanting and asking God to let His influence change us"

(John Lloyd & Lynsey Hall: The Community of St Chad. Five Rhythms of Grace. Becoming Disciples of Christ)

"Paul also encourages the Ephesians to 'be filled with the spirit' (Ephesians 5:18). Here, in the original Greek, the sense is not a one-off filling by the Spirit, but the idea of a continual filling - constantly and repeatedly - 'go on being filled with the Spirit'. As we live lives full of the Spirit, we live in such a way that we 'overflow' God's spirit to others and so we need to be continually refilled and 'topped up'. In addition, as we grow in Christ our 'capacity' for Him increases!"

(J. Byron Smith & L Grayball: A Spiritual Formation Workbook)

For Reflection.....(20 mins)

With the quotes on the previous page in mind

- How does the Holy Spirit drawing attention to the Father and the Son help us to become better disciples?
- How often do you ask the Holy Spirit to come and fill you afresh? What impact does this have (either way depending on your response) on our Christian journey?

What does scripture say?...(30 mins)

In Rhythm 1 we have already talked about how the Holy Spirit makes us more like Jesus and brings out in our lives the fruit of the Spirit (Galatians 5:22-23). In this session we will look at some other ways in which the Spirit works.

Look up the following passages. What do they say about the Holy Spirit - who is He for and what does the Spirit do?

John Ch14 v16-17 & 26-27; John Ch16 v7-15; Joel Ch2 v28-29

After Jesus had risen from the dead, he promised the disciples the ability and the courage to speak and act for him. He said it would happen when the Holy Spirit came to them. In Acts 1:8 Jesus says to his disciples, "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."

Look up the following passages. How and what is the Holy Spirit empowering the disciples for? What is the physical evidence of the Holy Spirit's work?

Acts Ch2 v1-11; Acts Ch11 v12; Acts Ch4 v29-31; Acts ch19 v11-12

Chat...(10 mins)... If somebody asked you about what the Holy Spirit had done for you, what one-word answers would you give? Share how you got on with your 'Live it Out' exercise from last time.

Live it Out and Pray...(30mins)

Look at the "Live it Out 2" exercises and encourage one another to select one (or something of your own choice) to commit to for the next week. Be open to the Spirit now and pray for everyone to be filled afresh with the Holy Spirit. Remember that whilst sometimes the Spirit's work is dramatic and instant, more often than not the Spirit's transformation in us is a much quieter transformation which over time shapes our thoughts, desires and actions.