

Life
(With the Holy Spirit)



Lesson 5: God lives in you to strengthen you

God lives in you to help you

God lives in you to teach you

God lives in you to direct your steps

God lives in you to purify you

God lives in you to strengthen you

Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. **I will strengthen you** and help you. I will hold you up with my victorious right hand. *New Living Translation-SE*

Philippians 4:10 How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. **11** Not that I was ever in need, for I have learned how to be content with whatever I have. *New Living Translation-SE*

Philippians 4:12 I know how to live on almost nothing or with everything. **I have learned the secret** of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Philippians 4:13 For I can **do everything** through Christ, who **gives me strength**. *New Living Translation-SE*

Philippians 4:23 May the grace of the Lord Jesus Christ be with your spirit. *New Living Translation-SE*

Grace

Traditional meaning: God's unmerited favor

Elbert Crosby: Grace is God's ability working in us and through us, helping us to do what we could not do by and of ourselves

My way of saying it: God's ability that supersedes our ability

2 Corinthians 12:8 Three different times I begged the Lord to take it away. **9** Each time he said, "**My grace is all you need. My power works best in weakness.**" So now I am glad to boast about my weaknesses, **so that the power of Christ can work through me.** **10** That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. **For when I am weak, then I am strong.** *New Living Translation-SE*

Five things we can do to tap into God's grace

1. Settle the fact that God loves you and isn't the source of your problem

Romans 8:35 Can anything ever separate us from Christ's love? **Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?** **36** (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") **37** No, despite all these things, overwhelming victory is ours through Christ, who loved us. *New Living Translation-SE*

Romans 8:38 And **I am convinced that nothing can ever separate us from God's love.** Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. **39** No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. *New Living Translation-SE*

2. Do what you know to do

1 Peter 5:8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. **9** **Resist him,** standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. *New International Version*

3. Ask God to release His grace in you and others

Ephesians 3:16 **I pray** that from his glorious, unlimited resources he **will empower you with inner strength through his Spirit.** *New Living Translation-SE*

4. Expect God to show up

Hebrews 11:32 And what more shall I say? I do not have time to tell about Gideon, Barak, Samson, Jephthah, David, Samuel and the prophets, **33 who through faith** conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, **34** quenched the fury of the flames, and escaped the edge of the sword; **whose weakness was turned to strength**; and who became powerful in battle and routed foreign armies. *New International Version*

5. Saturate yourself with God

Ephesians 5:18 And be not drunk with wine, wherein is excess; but be filled with the Spirit; **19** Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; **20** Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;