

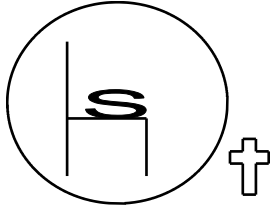
# The Spirit-Filled Life

**The Bible tells us that there are two kinds of people  
(I Corinthians 2:14-15)**

## **Natural Man**

*(One who has not received Christ)*

“But a natural man does not accept the things of the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually appraised” (I Corinthians 2:14).

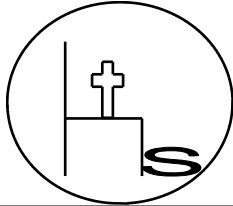


**What characteristics are true of the natural man?**

## **Spiritual Man**

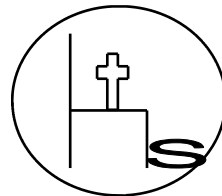
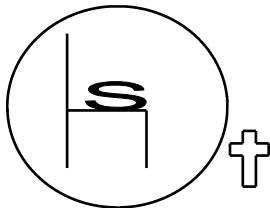
*(One who has received Christ and is directed and empowered by the Holy Spirit)*

“But he who is spiritual appraises all things, yet he himself is appraised by no man.” (I Corinthians 2:15).



**What characteristics are true of the spiritual man?**

**How would a person move from being a natural man to being a spiritual man?**



**Can a spiritual man ever move back to being a natural man?**

The spiritual man's relationship with God is secure because he has Christ (I John 5:11-13) and it is not based on his performance (Ephesians 2:8-9).

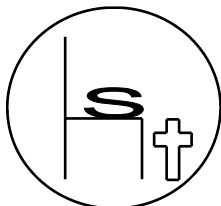
**The Bible also tells us that some Christians fail to live as the spiritual men God desires them to be (I Corinthians 3:1-3).**

## **Carnal Man**

*(One who has received Christ but who lives in defeat because he trusts in his own efforts to live the Christian life).*

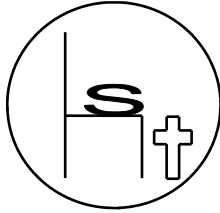
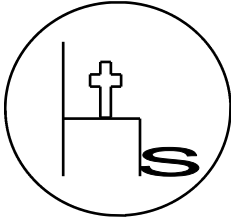
“And I brethren could not speak to you as to spiritual men, but as to carnal men, as to babes in Christ.

I gave you milk to drink, not solid food for you were not able to receive it. Indeed, even now you are not yet able, for you are still carnal. For since there is jealousy and strife among you are you not walking like mere men?” (I Corinthians 3:1-3).



**What characteristics are true of a carnal man?**

## What went wrong? How would someone who has received Christ begin to live like a carnal man?



Which circle best represents your life?

## How to experience the Spirit-filled life

The Spirit-filled life is the Christ-directed life by which Christ lives His life in and through us in the power of the Holy Spirit. The triune God is represented as the Father, Son, and Holy Spirit. God the Holy Spirit indwells all Christians (Romans 8:9). However, He does not fill us without our 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, you must:

### Repent of sin (Ephesians 5:3-5)

"But among you there **must not be** even a hint of sexual immorality, or of any kind of greed, because these are improper for God's holy people. **Nor should there be** obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: No immoral, impure or greedy person...has any inheritance in the kingdom of Christ and of God."

1. Turn to God and away from your sin.
2. Confess your sins to God (1 John 1:9)

### Recognize your new identity (Ephesians 5:8-12)

"For you were once in darkness, but now you are light in the Lord. Live **as children of light** (for the fruit of the light consists in goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them."

### Resolve...

**...To follow Gods will** by yielding the control of your life to God (Ephesians 5:17).  
"Therefore do not be foolish, but understand what **the will of the Lord is**."

**...To be controlled by the Spirit** by faith through prayer (Ephesians 5:18).  
"Do not get drunk on wine, which leads to debauchery. Instead **be filled with the Spirit**."

## Spiritual Breathing

We are filled with the Spirit when we yield our control and by faith allow Him to empower us for obedience. If you retake the throne of your life through sin, a willful act of disobedience, then **breath spiritually**. Just as you exhale impure air and inhale pure air physically, **spiritual breathing** enables you to be cleansed from your sin and once again be filled with the Holy Spirit.

**Exhale: Call it sin.  
Call it forgiven.**

Confess and agree with God concerning your sin and repent.  
Thank God for His forgiveness because of Christ's death for you.

**Inhale: Call yourself free.  
Call on God for Change.**

Remember that you are free from sin's rule and free to obey God.  
Present yourself to God for obedience as you depend on His Spirit.