



# SISTERHOOD LOUNGE ROOM


*From our lounge room to yours*

## LIVING BY THE SPIRIT - Part one



Welcome back to a new year of the Sisterhood Lounge Room. We have an incredible year ahead planned that we cannot wait to share with you, but first we are kicking off 2023 with a conversation around *Living by the Spirit*.

As you watch this episode, we have highlighted the key scriptures, thoughts, as well as a few questions you can use in discussion with your girls, or in your own time ... enjoy.



*"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. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace." - Romans 8 : 5-6*

Nicola began by stating that if we have a fresh understanding of being filled, empowered, and equipped by the Spirit of God, we can face anything 2023 may bring. Every new year has unexpected ups and downs, but nothing is a surprise to God. When we fully grasp what it

means to live by the Spirit, we will be walking through all that this year has to offer with God alongside us.

Svan shared how her upbringing as a Hindu exposed her to many spiritual experiences, but she would always notice they were temporary and ultimately empty. Once she gave her life to Christ and experienced the Holy Spirit for herself, she experienced the Holy Spirit as constant, and never changing. Nicola noted that Svan's exposure to the spirit world growing up is a reason for her strong conviction of the truth of who the Holy Spirit is, and that this same conviction is available to all of us.

*"Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world." - 1 John 4:1*



**Q-** How does starting 2023 remembering that God's presence is constant and nothing is a surprise to him affect your hope and expectation?

**Q-** Have you experienced the spirit world outside of your Christian faith? What can you share about your experience that has helped inform your conviction in the Holy Spirit?


**Q-** What is your understanding of who the Holy Spirit is?

Julie spoke about the gift of baptism in the Holy Spirit and how it fills us with power and passion. Julie likened not






been baptised in the Spirit to owning a Ferrari (in the colour of your choice ;) ) and only knowing how to drive it in first gear, and not knowing it has lights to that allow you to drive at night. We are limited and missing out. Spirit Baptism is a one-off event that is then followed by continued filling as we continue walking in intimacy with God.



*All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.*  
*Acts 2:4*

**Q-** Have you been baptised in the Holy Spirit? What was your experience? If you haven't and this is something you would like to happen, we invite you to pray now in the group you are in, or by yourself.) For more on this, see the end of the notes.

**Q-** What has been your experience of speaking or hearing those speak in tongues?



**Q-** Have you ever felt like your spiritual life is in first gear? If so, what did you do that shifted that position for you?

Nohora explained that getting to know the Holy Spirit is like any other relationship we have in our life, and that it does not have to be complicated. It requires investment and intention. She shared how she discovered who the Holy Spirit was and still does by reading scripture that reveals his character and through prayer. Nohora said she would often ask other people about their


experience as we can learn and be encouraged so much by one another.

Nicola asked Svan to share how she practically engages with the Holy Spirit daily. Swan emphasised too that our interaction with the Holy Spirit is a relationship and likened it to a marriage - a commitment you make that remains through both high and low seasons. It requires nurture, the choice to dwell in it, and to be purposeful. Things like daily prayer and bible reading are important, even when you don't feel like scripture is speaking directly to you, it allows seed to be sewn that He will bring to light when needed, as all scripture is useful.

**Q-** Who can you talk to about growing your relationship with the Holy Spirit? We encourage you to have some Godly conversations this month and learn from those around you.

**Q-** What is your relationship status with the Holy Spirit right now?

**Q-** Have you experienced that delayed revelation of scripture that the girls spoke about in this section? If so, share your experience.



*Which of you fathers, if your son asks for a fish, will give him a snake instead? <sup>12</sup> Or if he asks for an egg, will give him a scorpion? <sup>13</sup> If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!*

Luke 11:11-13



Nicola shared the importance of pursuing the Holy Spirit in all seasons, because there will be times of silence and the bible reflects this. Men and women who cried out to God and continued to pursue in the silence, is part of maturing. Keep going! It's easy to stay at the surface or give in, but there are always new wonderful depths to discover.

Julie shared a few points on the important work of the Holy Spirit in our lives: Conviction and conversion, indwelling and assurance, empowerment, sanctification, and glorification. How amazing!

Nicola ask Nohora to conclude by sharing as aspect of her relationship the Holy Spirit where she experiences him as her helper. Nohora's first language is not English and she looks to the Holy Spirit to give her the right words to speak especially when she is offering Christian counsel, as God knows exactly what the person needs to hear. She explains that when you are constantly checking in with the Holy Spirit to help you frame your thoughts and words, your closeness grows, and he is faithful to use us and provide the right encouragement or counsel for the person

*God is spirit, and his worshipers must worship in the Spirit and in truth.*  
John 4:24

**Q-** Share an empowering aspect of your relationship with the Holy Spirit.

**Q-** We all experience seasons of silence and crying out to God. How can we do these seasons well?

**Q-** What work of the Holy Spirit that Julie shared stood out or was new to you?

**Q-** What can you learn from Nohora's experience that will help you grow your closeness with the Holy Spirit?

## **FINAL THOUGHT AND PRAYER**

If this episode has prompted your desire to be baptised in the Holy Spirit, or filled afresh this is something you can act on right now. If you are in a group, we encourage you to pray for one another, or if you are by yourself, simply start by inviting the Holy Spirit to come and express your desire to be infused with his presence and anointing and wait in a surrendered posture of prayer. People's experiences vary but remember that God does not have favourites, is always so pleased when we come to him, and that he is the faithful giver of good gifts.

*...how much more will your Father in heaven give the Holy Spirit to those who ask him!*

Luke 11:13