




SISTERHOOD LOUNGE ROOM


From our lounge room to yours

LIVING BY THE SPIRIT - Part two




Loved part one of our *Living by the Spirit* conversation? Well so did we!


Such a great way to kick off this new year. If you haven't watched part one yet, we encourage you to do so before diving into this episode. In part two Nicola, Julie, Svan, and Nohora further explore living by the Spirit and as you watch this episode, we have highlighted the key scriptures, thoughts as well as a few questions you can use to in discussion with your girls, or in your own time ... enjoy.



Nicola began by asking Svan to share a situation where she had intentionally invited the Holy Spirit into a situation. Svan reflected on a time when one of her children was going through a tough season at school. She went through all the right channels with the teacher and was tempted to remove her child from school. She awoke one night and distinctly heard from God that He was going to teach her son how to overcome diversity and pray through hard situations. Together Swan and her son prayed, invited the Holy Spirit into the midst of the issue and saw a remarkable



turnaround in the situation. Not only is He our advocate but he softens our hearts and provides us with peace in our pain as we operate in the fruits of the Spirit.




Nohora shared advice she received when she was younger: Turn up the volume of the Holy Spirit and turn down the voices of the world around us. Situations and opinions of others can rob us of our peace and time. The Holy Spirit is life giving and we can choose to be tuned to his voice above others.


Q- What difficult situation might you have invited the Holy Spirit into and seen a remarkable turnaround? Remembering this turn around, what situation in your life needs God's intervention now?

Q- Whose voices do you need to turn down in your life?

Q- How can you turn up the Holy Spirit voice in your life?

Nicola asked Julie to share how she hears and knows the voice of God. Julie explained that the voice of God and the word of God will never contradict one another. Our first test for a word is that it lines up with scripture. Julie spoke about the power of a word from God. It is a word given for a purpose and can be a weapon used to overcome. One word from God can sustain you for decades to come, shape your identity, your boldness and conviction and so much more. Julie continued to say that to hear more clearly from God, our posture must be one of active listening, and trust in our ability to hear. If He wants you to hear it,







you will hear it if you listen out not just for the big expressions but cultivate sensitivity to hear the small whispers.

Timothy, my son, I am giving you this command in keeping with the prophecies once made about you, so that by recalling them you may fight the battle well.

-1 Timothy 1:18



Nicola said she took note of how God speaks to her because everyone experiences the presence and voice of God differently. She referred to it like interpreting the sound of each of her children's footsteps. So take note of how you experience God's voice as well as what is being said so you can stay attuned to him.




Nohora reflected to when her and her husband were choosing which country to live in, and she began a lengthy season of fasting and prayer. The peace and clarity she received from being intentional in seeking and listening to God gave her the confidence to settle in a new country and create community.

Q- When was the last time you felt you clearly heard from God?


Q- Julie has collated the words God has spoken to her over the years and stuck them on the back of her bedroom door. How do you remind yourself of God's promises, instructions, encouragements?

Q- Have you given up too easily on waiting for an answer? Is there something you need to recommit to prayer?



"Now to each one the manifestation of the Spirit is given for the common good. ⁸ To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, ⁹ to another faith by the same Spirit, to another gifts of healing by that one Spirit, ¹⁰ to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, ^[a] and to still another the interpretation of tongues.^[b] ¹¹ All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines."

1 Corinthians 12:7



Nicola asked Julie to unpack some thought around speaking in tongues, the gift of heavenly language to pray perfect powerful prayers. Julie shared that tongues is a beautiful gift that is to be desired, thankful for, not to be neglected, and a primary way to walk in the supernatural. It edifies us or makes us better! It can be used in praise, worship, thanksgiving, or when the heart is anguished and does not know what to pray. It expresses a desire and dependency on God, helps you be receptive to God, and be a conduit of grace for those you are praying for. It's a means to engage is spiritual battle and



no doubt people are freed from personal problems and oppressive situations through this wonderful gift.

But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit.

Jude 1:20

Nicola said praying in tongues can be a practice we can cultivate by including our gift every day in prayer or seeking the gift of tongues every time we pray.

Svan concluded this episode with a scripture and encouragement to surround yourself in community so you can have these conversations with friends and learn from one another experiences.

Then those who feared the Lord talked with each other, and the Lord listened and heard. A scroll of remembrance was written in his presence concerning those who feared the Lord and honoured his name.

Malachi 3:16

Q- The gifts of the Holy Spirit are to be desired, thankful for, and not to be neglected. How can you stir up the gift in your life and use it to bless others?

Q- How has this study inspired your understanding of the Holy Spirit?

FINAL THOUGHT AND PRAYER

Father we thank you for your good and perfect gifts, especially the most precious gift of all - that of the Holy Spirit in our lives. We invite you Holy Spirit to fill us again and pray that you would equip us with every good thing to do your will and to work what is pleasing to you in our lives in 2023. May we grow in every increasing depth and intimacy with you.

Amen