



SHORELINE.CHURCH

WALKING WITH JESUS

*Be Filled with
the Holy Spirit*

Month One | September 2022

INTRO

According to [National Geographic](#), the air pressure at the top of Mt. Everest is only one-third of that at sea level, limiting the amount of oxygen a climber receives in each breath. It is impossible to remain at the altitude of the summit indefinitely and live.

Most climbers begin acclimatizing their bodies at basecamp in late March and don't reach the summit until June. That's over two months for one trek! What's more, the Nepalese guides are the ones to summit the mountain first, preparing the route for the rest of the climbers. Statistically, every climber who attempts to summit Mt. Everest has a 1 in 100 chance of dying on the mountain.

Now, imagine you are given the assignment to climb to the top of Mt. Everest. On this 2-month trek, you won't be given a guide, food, or an oxygen tank. What do you think, can you do it? Can you climb this 29,032 ft. mountain covered in snow and ice, prone to storms and wind?



No matter what your climbing ability, this feat would be impossible to do alone and without food or oxygen.

As those who would follow Jesus, we also are given impossible tasks. Our righteousness is to surpass that of the Pharisees ([Matthew 5:20](#)), we are to love others as we love ourselves ([Matthew 22:39](#)), we are to love the LORD our God with all our hearts, souls, and minds ([Matthew 22:37](#)), and we are to do greater miracles than Jesus did ([John 14:12](#)).

If we attempt to follow Jesus in our own strength, we will be like one climbing Mt. Everest alone with no food or oxygen. We can't do it.

The good news is, we don't have to do it on our own. We have access to the Holy Spirit of God, who provides direction, guidance, and power to live this impossible life we are all called to.

READ **JOHN 3:1-21** (NIV)

1 Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. 2 He came to Jesus at night and said, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him."

3 Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again." 4 "How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!" 5 Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. 6 Flesh gives birth to flesh, but the Spirit gives birth to spirit. 7 You should not be surprised at my saying, 'You must be born again.' 8 The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit." 9 "How can this be?" Nicodemus asked.

10 "You are Israel's teacher," said Jesus, "and do you not understand these things? 11 Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. 12 I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? 13 No one has ever gone into heaven except the one who came from heaven--the Son of Man.

14 Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, 15 that everyone who believes may have eternal life in him." 16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him. 18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

19 This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. 20 Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. 21 But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

When used elsewhere in the New Testament, the word translated to “again” in John 3:3 is translated to “from above.” What Jesus was speaking about in John 3:3–13 is being born again of the Spirit of God. He even says that we cannot enter the kingdom of God unless we are born of the Spirit (John 3:5). Jesus makes it very clear that this needs to take place for us to enter His kingdom.

During these 9 months, we will be looking at what it means to be a disciple of Jesus, learning from His way of life. Our starting point will be the Gospel of John, and we will look to Scripture as a whole to help us understand what is written in John. This month, we are focused on being filled with the Holy Spirit because, without God’s help, we cannot live lives that resemble Christ.

Now that we know what Jesus said about being born of the Spirit, let’s take a look at how He lived. So, grab your Bible and a journal, and let’s learn together!

JESUS' EXAMPLE

Romans 8:29

For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

Just as Adam was the firstborn among men of the flesh ([Genesis 1:26, 2:7](#)), Jesus was the firstborn among those born of the Spirit.

Consider His conception in [Luke 1:35](#).

The angel answered (Mary), “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.”

So, Jesus wasn’t born *again*, but He was born “from above.” When He came into the world in the form of a human child, fully God and fully man, He was both the oldest among His brothers (all believers) and completely superior (in His deity) to all who would come after Him.

Jesus modeled a life filled with the power of the Holy Spirit. Let’s look together at one instance where it is mentioned that Jesus was “full of the Holy Spirit.”



READ **LUKE 4:1-13** IN YOUR BIBLE.

Then write down Jesus' responses to the devil's temptation:

V. 4

V. 8

V. 12

Do you see any common themes in Jesus' answers?
How did Jesus relate to God the Father?

Continue reading **Luke 4:14-21**.

What did the Spirit of the Lord anoint Jesus to do?

We will explore more aspects of Jesus' life in future months, but for now, meditate on Jesus' example of dependence on the Holy Spirit of God in every facet of His life.

Reflect on the life of Christ, how He was born of God, how He called us to be born again of the Spirit, and how He modeled dependency on the Father.

SNACK BREAK

Half-Baked Harvest Recipe:

<https://www.halfbakedharvest.com/blueberry-yogurt-granola-bars/>

Ingredients

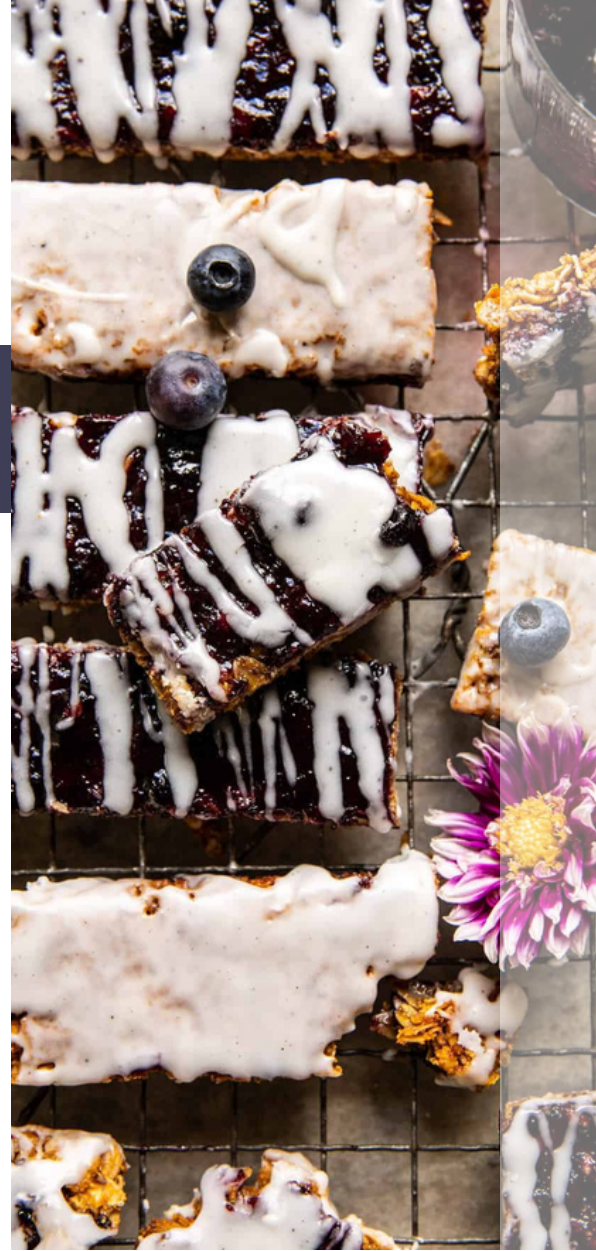
- 1 1/2 cups old-fashioned oats
- 1/2 cup brown rice crisps
- 3 tablespoons cornmeal
- 1/2 teaspoon kosher salt
- 1/4 teaspoon baking soda
- 1 tablespoon ground flax (optional)
- 1/4 cup honey
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract
- 1/2 cup blueberry jam

Yogurt Glaze

- 3 tablespoons plain Greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla
- 1 1/4 cups powdered sugar
- 2 teaspoons meringue powder (optional)

Instructions

1. Preheat oven to 350 F. Line a 9x9 inch square pan with parchment paper
2. In a bowl, mix the oats, brown rice crisps, cornmeal, salt, baking soda, and flax, if using.
3. In a small pot melt together the honey and coconut oil over medium heat. Bring to a boil. Boil 30 seconds. Remove from the heat. Stir in the vanilla. Pour over the oats. Mix well to coat.
4. Dump the oats into the prepared pan. Using the back of a 1/2 cup measuring spoon, firmly press the mix into an even layer, really packing it tight.
5. Bake 15 minutes. Remove from the oven and carefully spread the jam over the bars. Bake another 10 minutes. Let the bars cool 10 minutes then remove from the pan. Let cool another 30 minutes, then cut into the bars.
6. To make the glaze. Warm the yogurt and honey together for 15 seconds in the microwave. Add the vanilla, then whisk in the powdered sugar and meringue powder, if using.
7. Dip or drizzle each bar with the glaze. Let dry at least 1 hour, ideally overnight. The bars will be sticky if you don't let them really dry. Store in an air-tight container.





OUR WALK

READ **GALATIANS 5:13–26** IN YOUR BIBLE.

Relying on our own impulses and human nature is like trying to climb Mt. Everest in flip flops and a t-shirt. After a few steps, we would slide back to the bottom with a nasty snow-burn.

But, Paul is teaching us in Galatians 5 that the Spirit gives us the ability to do that which is impossible without Him. Verses 19–20 make it clear what we are like without the indwelling of the Holy Spirit, and it isn't pretty. But, when we invite God to lead our lives and we live by His Spirit, we can live as we never thought possible.

LIST OUT THE **FRUITS OF THE SPIRIT:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

**MEMORY
CHALLENGE**

**GALATIANS
5:22–23**

READ **LUKE 11:9-13** IN YOUR BIBLE.

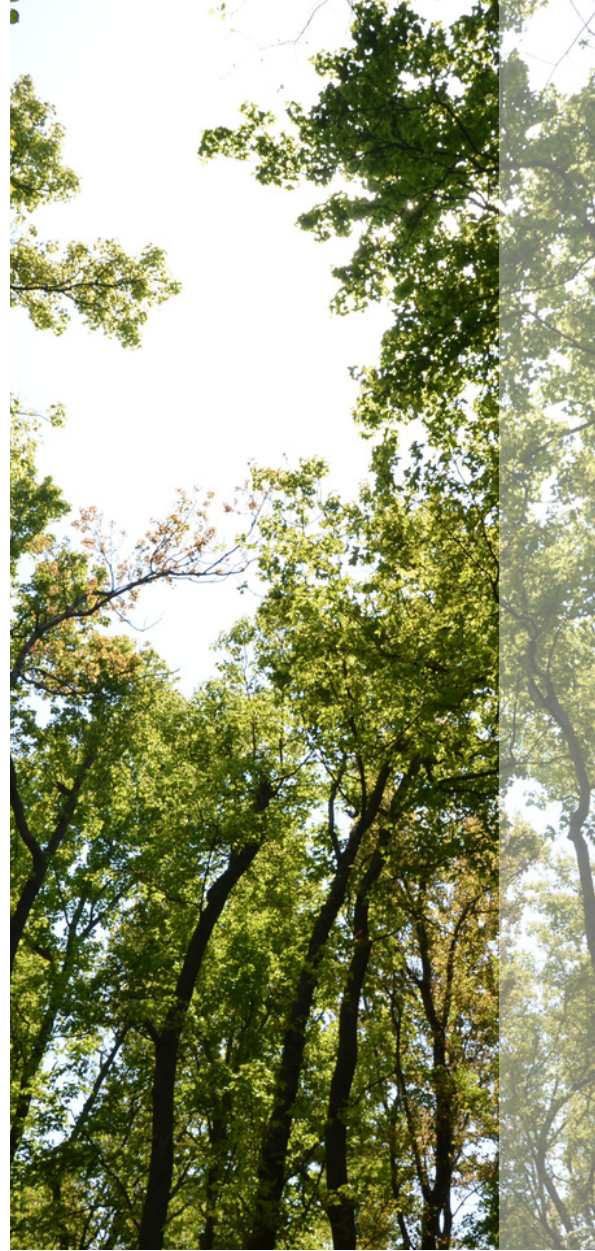
The Holy Spirit is not just for a few who behave perfectly. The Holy Spirit is a free gift of God for those who put their faith in Jesus Christ, and He empowers us to live for Christ. And, for those who have been filled with the Spirit, it's important to continually choose to live by the Spirit, as Paul urged in Ephesians.

He is our oxygen tank, He is our daily bread, and He is our guide leading us in Christlikeness to the holy mountain of God (Psalm 48).

READ **JOHN 3:8**.

"Just as people cannot see where the wind comes from or where it is going but can hear its sound, so too people cannot understand how they are born of the Spirit but nevertheless experience its reality in their lives."

– Colin G. Kruse,
John: An Introduction and Commentary



QUESTIONS TO JOURNAL:

- In which areas do you struggle to trust God's leading?
- How can you daily invite God's Holy Spirit to guide you?
- What do you want to learn about God's Holy Spirit? What will you do to pursue that learning?
- Think back to Galatians 5:13-26. How have you seen the fruit of the Spirit in your own life?

[illegible]

Click the link above for a curated worship playlist to listen to while doing your devotional, making dinner, or just living life!

Playlist includes:

- Raise a Hallelujah
- Way Maker
- Build My Life
- And many more songs!



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