

## 4 You can be continually empowered by the Holy Spirit

This week, if you find you have retaken control of your life through sin — any definite act of disobedience — simply “breathe spiritually” (exhale the impure and inhale the pure).

**Exhale:** Confess your sin (1 John 1:9).

Remember the three elements of confession:

1. **Agree** with God that you have sinned.
2. **Thank** God that He has already forgiven you.
3. **Turn away** from sin and trust God to change your wrong attitudes and actions (repentance).

**Inhale:** Claim by faith the direction of the Spirit in your life (Ephesians 5:18).

1. **Surrender** control of your life to Christ.
2. **Trust** that He now directs and empowers you.

This simple exercise of exhaling and inhaling will enable you to continue to experience Christ’s loving direction of your life throughout the day.

To help you grow, continue to spend 15 minutes each day alone with the Lord in Bible reading and prayer. Here are some suggestions:

- **Read Ephesians 5:18-21 and Colossians 3:12-17.** Compare what these two passages say about the Spirit-filled life.
- **Read Ephesians 3:14-21.** This is Paul’s prayer for people in that day and for us. Where does this power come from? What can this power accomplish in your life?
- **Read Mark 4:35-41.** This is the account of Jesus and the disciples in the storm. Why were they afraid? What did they doubt about Jesus?



### SUMMARY

The Spirit-directed life is a practical experience. As you trust Him, God’s Spirit will produce the character of Christ within you and empower you to be His witness.



### LOOKING AHEAD

You can only trust someone as much as you know him. Next time we’ll discover that God has a plan for you to get to know Christ better so you can grow in your Christian life.

Next meeting time is: