



Anchored: Hope for the Soul

Featuring
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Session 1: All Aboard

Session 2: Clear the Deck

Session 3: Man Overboard

→ Session 4: Hoist the Mainsail

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Sailing—it's a sport that promises the sailor an enchanted experience. There's nothing better than when the breeze catches the sail and fills it. Today we're going to discover the key to living a spirit-filled life. We'll plunge into the truth of what Jesus said about the Holy Spirit and why knowing Him is our greatest life advantage. No lesson is more important than this one! You'll leave equipped to abound in hope.

1. What would you identify as your greatest life advantage?

2. How well do you understand the Holy Spirit and the way He works in our lives?

I know little about the Holy Spirit or what He means to a follower of Christ.



I am well-acquainted with the Holy Spirit and His workings in my life.

God is Father, Son, and Holy Spirit. All the divine attributes ascribed to the Father and the Son are equally ascribed to the Holy Spirit. When a person believes Jesus Christ and accepts Him as their Savior, God resides in that person through the Holy Spirit. As we journey through life, the Holy Spirit is the wind in our sails, moving us forward with power toward spiritual maturity.

3. Read several translations of **John 14:26**. Jesus is talking with his disciples. What are the names given to the Holy Spirit in these translations? Circle who sends the Holy Spirit to us. Underline on whose behalf the Holy Spirit is sent.

(ESV) John 14:26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

(NLT) John 14:26 But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

(ASV) John 14:26 But the Comforter, *even* the Holy Spirit, whom the Father will send in my name, he shall teach you all things, and bring to your remembrance all that I said unto you.

(MSG) John 14:26 The Friend, the Holy Spirit whom the Father will send at my request, will make everything plain to you. He will remind you of all the things I have told you.

*Which of us doesn't need the Holy Spirit to get us from one day to the next? We desire a **helper** when the chaos of life squeezes our joy or when burdens seem too big to bear. We long for an **advocate** when we face opposition and trials. We want a **comforter** when our emotions are frazzled from parenting, or when we wrestle with disappointment. And we could use a **friend** to listen and offer wise counsel when we face the unknown. The Holy Spirit, Jesus' representation and sent from God the Father, resides in us to teach and remind us of truth.*

4. Read **John 16:13-15**. Again, Jesus is teaching His disciples about the Holy Spirit that is to come when He leaves. On whose authority does He speak?

John 16:13-15 When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

As followers of Christ, we've all felt that inner "nudge" toward spiritual awareness. From the beginning, it's the Holy Spirit who reveals our sinful nature and invites us to a redeemed life with Christ. The Holy Spirit is the continual force drawing us God. He speaks truth to us and leads us in all that is to come.

Let's look specifically at other workings of the Holy Spirit. As you study His attributes consider how each is evident in your own life.

The Holy Spirit convicts of us sin. *The Holy Spirit makes us aware of our sin and reveals our need for a Savior. He does not bring condemnation, but instead He is gentle in His correction and calls us to repentance so that we may be more like Christ.*

5. When have you experienced the Holy Spirit's conviction?

John 16:8 And when he comes, he will convict the world concerning sin and righteousness and judgment.

***The Holy Spirit gives life.** We can do nothing to earn the salvation that is freely given for those who believe in Christ. It is the Holy Spirit working in us to bring about change. He causes the Word of God to come alive and take root in our hearts.*

6. Describe how the Spirit gives you life as a result of choosing to accept Christ.

John 6:63 It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.

John 3:5-8 Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, ‘You must be born again.’ The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

Romans 8:11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

***The Holy Spirit makes us more like Christ.** Developing our relationship with Christ is a life-long process. The Holy Spirit comes alongside to change us from the inside out and transform us into the likeness of Jesus.*

7. Reflect on some changes you’ve experienced since becoming a follower of Christ.

2 Corinthians 3:18 And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

***The Holy Spirit gives us spiritual gifts.** God has designed each of us with gifts and abilities for the purpose of equipping the body of Christ to glorify God. Read the passages below and note some of the spiritual gifts recorded in these verses. (There are others in scripture.)*

8. In your own words, write why spiritual gifts are given to believers.

1 Corinthians 12:4-11 Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good. For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.

Ephesians 4:12-16 *[The gifts of the Spirit were given]* to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

***The Holy Spirit intercedes for us.** Have you ever found yourself trying to pray, but you can't form the words to speak to God? Perhaps the weight of sin is too heavy or the burden you're bearing for a child is too great. Scripture tells us the Holy Spirit sees the deep parts of our heart. He knows the longings, laments, and convictions. When we are without physical words, He speaks on our behalf.*

9. Read the passage in **Romans 8:26-27**. How does this encourage you? Can you remember a time when you experienced the intercessory power of the Holy Spirit?

Romans 8:26-27 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

***The Holy Spirit speaks to us.** As we covered in week 2, “Clear the Deck,” God desires a relationship with us—one in which we speak and listen and He does the same. Jesus is no longer with us as a man walking the earth, but His spirit is alive and working in the lives of His followers. We must have ears to hear as He directs our steps.*

10. Read the following scriptures. How can you prepare your heart to recognize the Holy Spirit’s voice in your life?

John 16:13-15 When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

John 10:27 My sheep hear my voice, and I know them, and they follow me.

***The Holy Spirit sends us.** The last command Jesus gave on earth was to go and share the gospel, making disciples, and teaching people to obey God (Matthew 28:18-20). Jesus has called us to take the message of hope to all the world. The Holy Spirit gives us the capacity to bear witness to the life-changing power of the cross. If He calls us, then we can be assured He also equips us.*

11. In what way does the Holy Spirit “send you” to share the Good News? With whom are you sharing it?

Acts 1:8 But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.

The Holy Spirit has many other attributes not covered in this lesson. Spend some time studying about other characteristics to gain an even better understanding of how He leads and guides us.

*Read John 14:26 once again. The Greek word for “helper” as used in John 14:26 is **paraclete**. It means “the one who comes alongside, the one who comes to one’s aid to comfort and console.” How many of us would welcome someone to comfort and console us when life gets difficult?*

John 14:26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

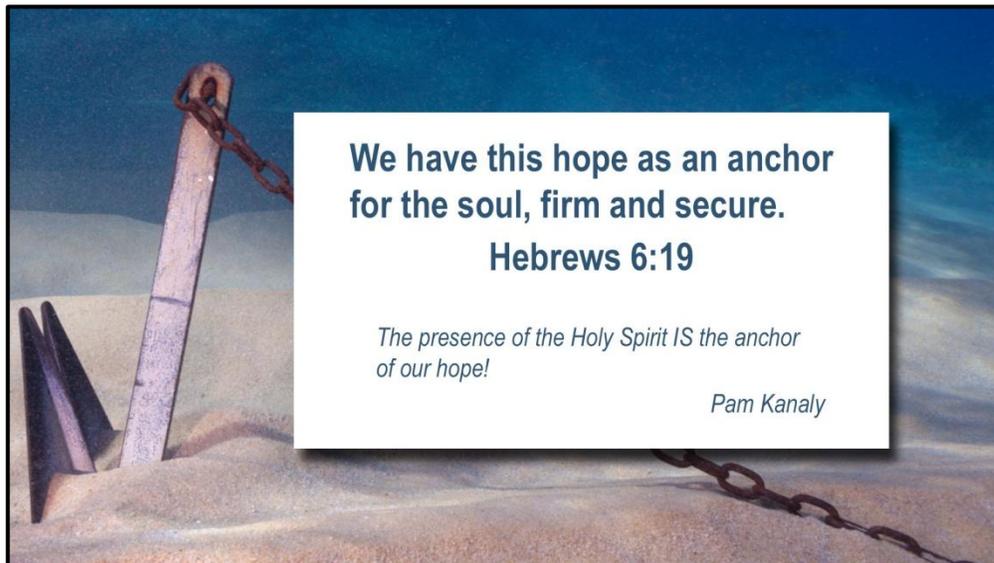
Weary mom, help is on the way. Jesus sees your struggles, and He knows your heart. He is aware of your intricate life, tossed about by circumstances and trials. Anchor yourself to Him because He is your Helper. The Holy Spirit is the steady wind in your mainsail. He will teach you, remind you of the truth, and guide you.

In closing this series, we've finally come to shore. When we first set sail we learned what it means to have a well-crafted anchor in Jesus. Week 2 we explored the importance of clearing our life of distractions so we can be prepared for an encounter with God. In the third session we opened our eyes to the majesty of God and embraced gratitude as a prerequisite for coming before His throne in prayer. And this week, we behold the power of the Holy Spirit. Let's close with two key passages to encourage you as you become anchored to Christ.

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Hebrews 6:19 We have this hope as an anchor to the soul, firm and secure.

12. Close this session in prayer. Ask the Father to help you anchor to Him, through the power of the Holy Spirit. Invite Him to deepen your faith and trust in Him.



Notes for Small Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Share with your group a choice you need to make that will honor God.
4. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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