



Sabbath School Ministry

Sabbath School Department Inter-European Division

Outline with ideas for group discussion largely taken from the Teachers' Edition of the Sabbath School Lesson prepared by the General Conference SS ministry.

Lesson no.: 12 8-15 September 2017

Title: Living by the Spirit

Key texts: *Galations 5:16-26; Romans 7:14-24; Matteo 22:35-40; Hosea 4:2; Jeremiah 7:9.*

A. Themes to Explore:

1. We are all at the epicentre of a great conflict, taking place in each of us, between two natures: the Spirit and the flesh.
2. The Spirit is the divine, powerful presence who desires to act in us. Love is our response that motivates action.
3. Desires, tendencies, temptations of the flesh can be corrected and regenerated only by the presence of the divine Spirit in us. But all this brings to the life of the believer interior conflict between the Spirit and the flesh, which is not indifferent.
4. The consequences, the fruit of a lifestyle guided by the Spirit are a greater quality of life in every aspect.

B. Learning Objectives*

Know: Describe what it means to live according to the Spirit. What are its implications? What are the essential fruits?

Feel: Recognize that living according to the Spirit means facing a war against our nature.

Do: Choose to live every moment walking with the Spirit, following Jesus.

C. Other possible questions for deeper study, debate, sharing and testimony**

1. *Why is this lesson important to me? (Motivate);*
 - 1a. Do you live this life of conflict between the flesh and the Spirit? How do you deal with it?
 - 1b. Why is there no contradiction between striving to walk correctly and seeking the Holy Spirit and having faith in Him?
2. *What else is there still to learn from God's Word? (Explore);*
 - 2a. In the light of the various texts read this week, what does it mean to walk correctly, worthily, in the Spirit?
3. *How can I practice what I've learned from God's Word? (Apply);*
 - 3a. How can we keep the passions of the flesh that are in revolt against the Spirit under control? How can we walk in the Spirit? What function do the 10 commandments have in all this?
4. *How can I communicate and apply what I've learned from God's Word? (Create).*
 - 4a. How can we make it desirable to those around us to accept the challenge to live with Jesus?

NOTES:

* Copied from the Teachers Edition that adopts active, functional and sharing principles (Know, Feel, Do).

** To compare and use together with the final questions found in the lesson study every Friday.

*** The questions in red are drawn from the Teachers Edition.