

WALKING WITH THE SPIRIT

Scripture Companion Guide

Knowing Him. Hearing His Voice. Following His Lead. Becoming Like Jesus.

Primary Texts • Supporting Texts • English Standard Version (ESV)

This companion follows the Leader's Guide exactly. Romans 8:14–16 is included as the designated Memory Passage in Session 2 only.

SESSION 1: MEET THE HOLY SPIRIT

Primary Text

John 14:15–26

- 15 "If you love me, you will keep my commandments.
16 And I will ask the Father, and he will give you another Helper, to be with you forever,
17 even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.
18 "I will not leave you as orphans; I will come to you.
19 Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live.
20 In that day you will know that I am in my Father, and you in me, and I in you.
21 Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him."
22 Judas (not Iscariot) said to him, "Lord, how is it that you will manifest yourself to us, and not to the world?"
23 Jesus answered him, "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.
24 Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father's who sent me.
25 "These things I have spoken to you while I am still with you.
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.

Supporting Texts

Matthew 28:19

- 19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,

1 Corinthians 2:10–12

- 10 these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God.
11 For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God.
12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.

Ephesians 4:30

- 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Romans 8:26–27

- 26 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.
27 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.

Acts 5:3–4

- 3 But Peter said, "Ananias, why has Satan filled your heart to lie to the Holy Spirit and to keep back for yourself part of the proceeds of the land?
4 While it remained unsold, did it not remain your own? And after it was sold, was it not at your disposal? Why is it that you have contrived this deed in your heart? You have not lied to man but to God."

SESSION 2: THE SPIRIT LIVES IN YOU

Primary Text

John 14:16–23

- 16 And I will ask the Father, and he will give you another Helper, to be with you forever,
17 even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.
18 "I will not leave you as orphans; I will come to you.
19 Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live.
20 In that day you will know that I am in my Father, and you in me, and I in you.
21 Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him."
22 Judas (not Iscariot) said to him, "Lord, how is it that you will manifest yourself to us, and not to the world?"
23 Jesus answered him, "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him."

Romans 8:9–17

- 9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.
10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness.
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.
12 So then, brothers, we are debtors, not to the flesh, to live according to the flesh.
13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.
14 For all who are led by the Spirit of God are sons of God.
15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"
16 The Spirit himself bears witness with our spirit that we are children of God,
17 and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

Supporting Texts

1 Corinthians 6:19–20

- 19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,
20 for you were bought with a price. So glorify God in your body.

Ephesians 1:13–14

- 13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit,
14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

Galatians 4:4–7

- 4 But when the fullness of time had come, God sent forth his Son, born of woman, born under the law,
5 to redeem those who were under the law, so that we might receive adoption as sons.
6 And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!"
7 So you are no longer a slave, but a son, and if a son, then an heir through God.

Matthew 28:20

- 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

Memory Passage

Romans 8:14–16

- 14 For all who are led by the Spirit of God are sons of God.
15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"
16 The Spirit himself bears witness with our spirit that we are children of God,

SESSION 3: THE SPIRIT POINTS YOU TO JESUS

Primary Text

John 15:26–27

- 26** “But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about me.
27 And you also will bear witness, because you have been with me from the beginning.

John 16:12–15

- 12** “I still have many things to say to you, but you cannot bear them now.
13 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.
14 He will glorify me, for he will take what is mine and declare it to you.
15 All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

Supporting Texts

John 14:26

- 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.

2 Corinthians 3:18

- 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.

1 Corinthians 12:3

- 3** Therefore I want you to understand that no one speaking in the Spirit of God ever says “Jesus is accursed!” and no one can say “Jesus is Lord” except in the Holy Spirit.

Ephesians 1:13–14

- 13** In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit,
14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

SESSION 4: THE SPIRIT AND THE WORD

Primary Text

John 14:25–26

25 “These things I have spoken to you while I am still with you.

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.

John 16:13–15

13 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.

14 He will glorify me, for he will take what is mine and declare it to you.

15 All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

2 Timothy 3:14–17

14 But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it
15 and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.

16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

17 that the man of God may be complete, equipped for every good work.

Supporting Texts

2 Peter 1:20–21

20 knowing this first of all, that no prophecy of Scripture comes from someone’s own interpretation.

21 For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

Acts 17:10–12

10 The brothers immediately sent Paul and Silas away by night to Berea, and when they arrived they went into the Jewish synagogue.

11 Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

12 Many of them therefore believed, with not a few Greek women of high standing as well as men.

Psalms 25:4–5

4 Make me to know your ways, O Lord; teach me your paths.

5 Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

Psalms 119:9–18

9 How can a young man keep his way pure? By guarding it according to your word.

10 With my whole heart I seek you; let me not wander from your commandments!

11 I have stored up your word in my heart, that I might not sin against you.

12 Blessed are you, O Lord; teach me your statutes!

13 With my lips I declare all the rules of your mouth.

14 In the way of your testimonies I delight as much as in all riches.

15 I will meditate on your precepts and fix my eyes on your ways.

16 I will delight in your statutes; I will not forget your word. *Gimel*

17 Deal bountifully with your servant, that I may live and keep your word.

18 Open my eyes, that I may behold wondrous things out of your law.

James 1:5

5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

SESSION 5: ABIDE IN CHRIST

Primary Text

John 15:1–11

- 1** "I am the true vine, and my Father is the vinedresser.
- 2** Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit.
- 3** Already you are clean because of the word that I have spoken to you.
- 4** Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.
- 5** I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.
- 6** If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned.
- 7** If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.
- 8** By this my Father is glorified, that you bear much fruit and so prove to be my disciples.
- 9** As the Father has loved me, so have I loved you. Abide in my love.
- 10** If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love.
- 11** These things I have spoken to you, that my joy may be in you, and that your joy may be full.

Supporting Texts

Galatians 5:22–23

- 22** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
- 23** gentleness, self-control; against such things there is no law.

Colossians 2:6–7

- 6** Therefore, as you received Christ Jesus the Lord, so walk in him,
- 7** rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

Psalms 1:1–3

- 1** Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;
- 2** but his delight is in the law of the Lord, and on his law he meditates day and night.
- 3** He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

2 Corinthians 3:18

- 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.

SESSION 6: WALK BY THE SPIRIT

Primary Text

Galatians 5:16–18

16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

18 But if you are led by the Spirit, you are not under the law.

Galatians 5:24–25

24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

25 If we live by the Spirit, let us also keep in step with the Spirit.

Supporting Texts

Romans 8:5–14

5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot.

8 Those who are in the flesh cannot please God.

9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness.

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.

12 So then, brothers, we are debtors, not to the flesh, to live according to the flesh.

13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

14 For all who are led by the Spirit of God are sons of God.

Colossians 2:6–7

6 Therefore, as you received Christ Jesus the Lord, so walk in him,

7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

Ephesians 5:15–18

15 Look carefully then how you walk, not as unwise but as wise,

16 making the best use of the time, because the days are evil.

17 Therefore do not be foolish, but understand what the will of the Lord is.

18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

Galatians 2:20

20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

SESSION 7: RECOGNIZE THE BATTLE AND THE FRUIT

Primary Text

Galatians 5:17–24

- 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.
18 But if you are led by the Spirit, you are not under the law.
19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality,
20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions,
21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.
22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
23 gentleness, self-control; against such things there is no law.
24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Supporting Texts

Matthew 7:16–20

- 16 You will recognize them by their fruits. Are grapes gathered from thornbushes, or figs from thistles?
17 So, every healthy tree bears good fruit, but the diseased tree bears bad fruit.
18 A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit.
19 Every tree that does not bear good fruit is cut down and thrown into the fire.
20 Thus you will recognize them by their fruits.

Romans 8:12–13

- 12 So then, brothers, we are debtors, not to the flesh, to live according to the flesh.
13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Colossians 3:1–17

- 1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.
2 Set your minds on things that are above, not on things that are on earth.
3 For you have died, and your life is hidden with Christ in God.
4 When Christ who is your life appears, then you also will appear with him in glory.
5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.
6 On account of these the wrath of God is coming.
7 In these you too once walked, when you were living in them.
8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.
9 Do not lie to one another, seeing that you have put off the old self with its practices
10 and have put on the new self, which is being renewed in knowledge after the image of its creator.
11 Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.
12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,
13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.
14 And above all these put on love, which binds everything together in perfect harmony.
15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.
16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.
17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

James 4:1–10

- 1 What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?
2 You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.
3 You ask and do not receive, because you ask wrongly, to spend it on your passions.
4 You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.
5 Or do you suppose it is to no purpose that the Scripture says, "He yearns jealously over the spirit that he has made to dwell in us"?
6 But he gives more grace. Therefore it says, a "God opposes the proud but gives grace to the humble."
7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.
8 Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.
9 Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom.
10 Humble yourselves before the Lord, and he will exalt you.

SESSION 8: A LIFE LED BY THE SPIRIT

Primary Text

Romans 8:5–14

- 5** For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.
6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.
7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot.
8 Those who are in the flesh cannot please God.
9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.
10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness.
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.
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13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.
14 For all who are led by the Spirit of God are sons of God.

Galatians 5:25

- 25** If we live by the Spirit, let us also keep in step with the Spirit.

Supporting Texts

Psalms 25:4–5

- 4** Make me to know your ways, O Lord; teach me your paths.
5 Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

James 1:5

- 5** If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

Acts 17:11

- 11** Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

Ephesians 5:15–21

- 15** Look carefully then how you walk, not as unwise but as wise,
16 making the best use of the time, because the days are evil.
17 Therefore do not be foolish, but understand what the will of the Lord is.
18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,
19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart,
20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,
21 submitting to one another out of reverence for Christ.

Hebrews 10:24–25

- 24** And let us consider how to stir up one another to love and good works,
25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.