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Lesson 8 video

Watch before you begin

Scan to watch the Lesson 8 teaching video, a 12-minute companion to this lesson.

MY FIRST YEAR IN CHRIST • LESSON 8

The Holy Spirit at Work

You Are Not Alone in This

BIG IDEA

The Spirit is forming you from the inside. Your part is to keep your face turned toward Jesus.

CORE SCRIPTURES

“We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit.”

2 Corinthians 3:18 (CSB)

“The Spirit himself testifies together with our spirit that we are God’s children.”

Romans 8:16 (CSB)

KEY CONCEPTS

Fill in the blanks as you read or as your group works through the lesson.

- 1.** 2 Corinthians 3:18 names two verbs. We are looking, and we are being _____. The first is your part; the second is done to you.
- 2.** When you became a Christian, the Spirit didn’t just visit you. He _____ in you (Romans 8:9).
- 3.** You don’t manufacture the wind. You raise the _____, and the Spirit moves the boat.
- 4.** Real change is _____, something the Spirit grows in you, not an achievement you grind out (Galatians 5:22).

5. On the days you doubt, the Spirit himself testifies that you are one of God's _____ (Romans 8:16).

DISCUSSION QUESTIONS

Work through these as a group. There are no wrong answers here, only honest ones.

► OPENING • LOW STAKES

1. When you hear “the Holy Spirit,” what comes to mind? Where do you think that picture came from?
2. Have you ever caught yourself thinking, “I thought I’d be different by now”? You don’t have to give specifics, just name whether you’ve been there.

► CORE • HEART OF THE LESSON

3. The lesson says becoming like Jesus is something the Spirit does in you, not a project you manage by trying harder. How does that reframe what growth has felt like for you so far?
4. 2 Corinthians 3:18 gives two verbs: you do the looking, the Spirit does the transforming. What does “keeping your face turned toward Jesus” look like in a normal week of your life?
5. The lesson contrasts rowing (producing change by your own strength) with raising the sail (cooperating with the Spirit). Which one better describes how you’ve walked with Jesus this past month?

► DEEPER • FOR COURAGEOUS GROUPS

6. Where have you been rowing, straining to force a change by willpower, when the invitation is to raise the sail? What would cooperating with the Spirit look like there this week?
7. On the days you most doubt you belong to God, the Spirit testifies that you are his child (Romans 8:16). Where could you go this week, Scripture, a brother or sister, prayer, to let that reassurance reach you?

JOURNALING

Set aside 15 to 20 minutes with these prompts. Write honestly. No one grades these.

- 1 List the practices you’ve started since becoming a Christian: Scripture, prayer, gathered worship, honest conversation.

Which have you been treating as something you must produce results in, rather than as a sail you raise to catch the Spirit's wind? What would change if you stopped measuring them by outcome?

2 Where have you been rowing lately, straining by willpower toward a change? Name one place you sense the Spirit inviting you to cooperate with him instead of carrying the whole weight yourself.

3 Read Romans 8:16 slowly. When does the old voice tell you that you don't really belong to God? Write down what is true instead, in your own words.

THIS WEEK

Pick one way to raise the sail this week. Choose one practice, opening the Word, prayer, honest confession, or gathering with God's people, and show up in it daily. You are not manufacturing the change; you are staying where the Spirit's wind blows. At the end of the week, look back and notice what he may have done while you cooperated.

Core Scriptures: 2 Corinthians 3:18 • Romans 8:16

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Want to go deeper?

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ANSWERS

Key Concepts fill-in-the-blank answers.

1. transformed
2. lives
3. sail
4. fruit
5. children