



WEEK 26

2ND SEMESTER · DISCIPLESHIP & SERVICE

Living in the Power of the Spirit

Spirit-filled endurance, fruit, and witness every day

SPIRITUAL THEME

Living in the Power of the Spirit

PERSONAL THEME

**Spiritual endurance and
consistency**

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Personal Theme: Spiritual Endurance and Consistency

MAIN IDEA

By the end of this lesson, the students should understand that life in the power of the Spirit is not only a strong moment in worship or ministry. It is a daily, obedient, thankful, fruitful, and enduring walk with God that points to Jesus and strengthens witness.

1. Why This Lesson Matters

Many believers want spiritual power, but they may think of power mainly as a dramatic experience. They may expect strong feelings, special meetings, or visible ministry results. Scripture does speak about power from the Holy Spirit, but it also shows that Spirit-filled life has daily shape: wisdom, worship, thankfulness, humility, holiness, fruit, and witness. Power without character becomes dangerous. Character without dependence becomes dry. The biblical way is Spirit-filled obedience.

The power of the Spirit is not given so that we can look powerful. It is given so that we can live faithfully, become like Christ, and bear witness to Him. This is important for Bible students. Many will enter ministry settings where they face tiredness, temptation, disappointment, poverty, criticism, and slow fruit. They need more than excitement. They need endurance in the Holy Spirit.

This lesson should correct a shallow view of power. In Scripture, power is connected to witness, holiness, perseverance, and love. A Spirit-filled believer may preach boldly, but he must also forgive patiently. He may pray for the sick, but he must also resist sexual temptation. He may lead worship, but he must also give thanks when life is hard. The Spirit forms consistency.

2. Main Bible Passage: Ephesians 5:15-21

Read the whole passage slowly. Let students notice the contrast between foolish living and wise living, drunkenness and Spirit fullness, empty loss of control and worshipful, thankful, humble life.

"Therefore watch carefully how you walk, not as unwise, but as wise, redeeming the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. Do not be drunken with wine, in which is dissipation, but be filled with the Spirit, speaking to one another in psalms, hymns, and spiritual songs; singing, and making melody in your heart to the Lord; giving thanks always concerning all things in the name of our Lord Jesus Christ, to God, even the Father; subjecting yourselves to one another in the fear of Christ." (Ephesians 5:15-21)

Parallel passages for this lesson: Acts 1:8 and Galatians 5:16-25. Acts 1:8 shows the Spirit gives power for witness. Galatians 5 shows that walking by the Spirit produces fruit and fights the

desires of the flesh.

3. Be Filled With the Spirit

Paul gives a command: "Be filled with the Spirit." This is not presented as an optional extra for special Christians. It is part of normal Christian life. The verb also points to continuing dependence. The believer does not need the Spirit only once. He needs to live under the Spirit's influence again and again.

To be filled with the Spirit means to live under His holy influence, not under the control of the flesh, fear, pride, or sin. Paul contrasts this with drunkenness. Wine can control a person and lead to wasteful, foolish living. The Spirit fills a believer and leads to worship, thankfulness, humility, holiness, and useful service.

Application: Students should ask what controls them in daily life. Is it anger? Fear of people? Sexual desire? Laziness? Money pressure? Desire for praise? Or is the Word of God shaping them by the Spirit? Being Spirit-filled is not shown only by loud prayer. It is shown when a believer comes under God's rule in ordinary choices.

4. Spirit-Filled Life Is Wise Life

Paul begins by saying, "Watch carefully how you walk." Spirit-filled life is not careless. It is wise. A Spirit-filled person learns to redeem the time because the days are evil. This means he understands that life is short, temptation is real, and opportunities for obedience should not be wasted.

The Holy Spirit does not make believers less responsible. He makes them more awake, more obedient, and more faithful with time. Some people use spiritual language to excuse disorder. They say, "The Spirit led me," but they are late, careless, unreliable, or unprepared. That is not the wisdom Paul describes. The Spirit helps believers walk carefully.

Practical application: A Bible student living in the Spirit should become more faithful in small responsibilities: arriving on time, preparing lessons, keeping promises, managing study time, avoiding useless talk, and choosing fellowship that strengthens faith. Time management is not only a practical skill. It can become an act of worship when done in obedience to the Lord.

5. Sketchnote: Power That Forms Endurance

Use the sketchnote as a teaching pause. Ask the students to find the path, the fruit tree, the crossed-out wine cup, the witness, the calendar of consistency, and the worshiping group. The picture should help them see that Spirit-filled power is daily walking, not only one strong meeting.

Sketchnote: Living in the power of the Spirit means walking faithfully every day.

6. The Fruit of Being Filled

After the command to be filled with the Spirit, Paul describes the results: speaking to one another with psalms, hymns, and spiritual songs; singing to the Lord; giving thanks always; and submitting to one another in the fear of Christ. These are not random ideas. They show the shape of a Spirit-filled community.

The first visible fruits of Spirit fullness in Ephesians 5 are worship, thankfulness, mutual encouragement, and humble relationships. This is very practical. If a person claims to be full of the Spirit but constantly complains, divides people, seeks control, and refuses humility, something is wrong. The Spirit produces a different atmosphere.

Application: In Bible school and church life, students can practice this immediately. Encourage one another with Scripture. Sing with understanding, not only emotion. Give thanks even in difficulty. Submit to one another by listening, serving, honoring, and not always demanding your own way. These ordinary acts may look small, but they are evidence of the Spirit's work.

7. Power to Witness: Acts 1:8

Jesus says, "You will receive power when the Holy Spirit has come upon you. You will be witnesses to me." The direction of the Spirit's power is clear: witness to Jesus. The power is not mainly for self-display. It is for testimony, mission, courage, and faithfulness to Christ before the world.

Spirit-filled power makes Jesus known. It gives courage to speak the gospel, wisdom to answer, love for the lost, and endurance when people reject the message. The disciples did not receive the Spirit so that they could become famous spiritual people. They received the Spirit so that the risen Christ would be proclaimed.

Practical application for Uganda: Students may fear speaking about Jesus to family, neighbors, Muslims, nominal Christians, or people from another background. The answer is not personality strength. The answer is prayerful dependence on the Holy Spirit. Before evangelism, pray for power and love. During conversations, ask the Spirit for courage and clarity. After rejection, ask Him for endurance and gentleness.

8. Walk by the Spirit: Galatians 5

Galatians 5 says, "Walk by the Spirit, and you will not fulfill the lust of the flesh." This is daily language. Walking is repeated steps. The battle against sin is not won by one emotional moment. It is fought by daily dependence, daily obedience, and daily repentance.

Spiritual endurance grows as we keep in step with the Spirit one decision at a time. The flesh pulls toward sexual immorality, impurity, anger, jealousy, divisions, drunkenness, and selfishness.

The Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These fruits show the character of Christ forming in us.

Application: When temptation comes, students should not only say, "I will be strong." They should turn quickly to the Spirit: pray, remember Scripture, flee the situation if needed, confess to a mature believer, and choose the next obedient step. Consistency is built by repeated obedience, not by spiritual pride.

9. Endurance in Dry Seasons

There will be days when students do not feel strong. Prayer may feel dry. Ministry may feel slow. People may disappoint them. Personal weakness may become obvious. In such times, they must learn that the Spirit is not present only when emotions are high. He also strengthens believers quietly through the Word, prayer, fellowship, and patient obedience.

A Spirit-filled life is not measured by constant excitement, but by faithful dependence on God through changing seasons. Some of the deepest work of the Spirit happens when a believer continues to obey without applause, continues to pray without immediate answers, and continues to serve when tired.

Practical application: Students should build holy habits before crisis comes. Daily Scripture, honest prayer, confession, fellowship, service, rest, and thanksgiving are not legalism when they flow from grace. They are pathways where the Spirit forms endurance. A student who wants power for ministry must also learn rhythms that protect faithfulness.

10. Practical Habits for Spirit-Filled Consistency

- Begin the day with Scripture and prayer before the phone, tasks, or conversations take control.
- Ask the Spirit to expose one sin to confess and one act of obedience to practice.
- Give thanks out loud for specific mercies, especially when life is difficult.
- Serve someone in a practical way without seeking attention.
- Share one gospel truth with another person during the week.
- End the day by asking where you followed the Spirit and where you resisted Him.

These habits do not earn the Spirit. They train the heart to depend on Him. The Spirit is a gift of grace, but grace does not make us passive. Grace teaches us to walk.

11. Main Application for the Students

The main application is this: do not seek only a moment of power; learn to live a Spirit-filled life. Ask God for boldness, but also ask for patience. Ask for gifts, but also ask for fruit. Ask for ministry

opportunity, but also ask for private holiness. Ask for influence, but also ask for humility and endurance.

The Spirit empowers believers for both public witness and private obedience. This is where many students need clarity. A man may preach loudly but fail in secret purity. A woman may serve faithfully but become bitter. A leader may organize well but stop praying. The Spirit wants the whole life. He fills the mouth, the heart, the hands, the schedule, the relationships, and the hidden thoughts.

This week, each student should choose one holy habit to practice every day and one witness step to take. For example: read Ephesians 5:15-21 every morning and share the gospel with one person before the next class. Then they should write what helped them endure and what made them resist the Spirit.

12. Teacher Guidance: Avoiding Extremes

The teacher should avoid presenting the Spirit's power as either only emotional experience or only quiet character. The New Testament holds both together. The Spirit gives bold witness and deep fruit. He gives courage for mission and patience for ordinary faithfulness. He can work powerfully in a public meeting and quietly in a private act of repentance.

Teach students to desire the fullness of the Spirit without chasing spiritual entertainment. A Spirit-filled school should be prayerful, joyful, disciplined, repentant, courageous in evangelism, humble in relationships, and serious about Scripture. This balance will protect students when they later serve in churches with different styles and pressures.

13. Ministry Practice: A Week of Spirit-Filled Walking

To make the lesson practical, give the students a simple one-week practice. Each morning they read Ephesians 5:15-21 and pray: "Holy Spirit, fill me today. Help me walk wisely, give thanks, resist sin, and witness to Jesus." Each evening they answer three questions in a notebook: Where did I see the flesh today? Where did I see the Spirit helping me? What is one step of repentance or obedience for tomorrow?

This practice teaches students that endurance is trained. Many young believers only examine their spiritual life after a failure. A Spirit-filled student learns to walk with God before the failure grows. He becomes quicker to repent, quicker to give thanks, quicker to ask for help, and quicker to return to Scripture. Over time, this produces stability.

Consistency is not built by one strong decision, but by many small acts of dependence on the Holy Spirit. This is why a morning and evening rhythm can be helpful. It does not save us. Christ

saves us. It does not earn the Spirit. The Spirit is given by grace. But it trains us to live awake before God, instead of drifting through the day.

The teacher can ask students to share one lesson from the practice at the next class. They should not be forced to confess private sins publicly, but they can share what they learned about dependence, thankfulness, temptation, or witness. This turns the lecture into discipleship.

14. Class Discussion Questions

1. What is the difference between being filled with the Spirit and being controlled by other things?
2. Why does Paul connect Spirit fullness with worship, thankfulness, and humility?
3. How does Acts 1:8 correct selfish ideas about spiritual power?
4. What does it mean to walk by the Spirit one step at a time?
5. Which holy habit would help you grow in endurance?
6. Where do you need the Spirit's power for witness this week?

15. Group Exercise

Divide the class into groups. Give each group one situation. They should answer: What would the flesh produce? What would the Spirit produce? What practical step should the believer take?

- A student is angry because another student received praise.
- A believer is afraid to share the gospel with a neighbor.
- A ministry worker feels tired and begins to complain often.
- A young man is tempted by sexual sin and secrecy.
- A church team disagrees about how to organize an outreach.

Let each group share. Keep bringing the answers back to Ephesians 5 and Galatians 5: the Spirit forms worship, thanksgiving, humility, fruit, and faithful witness.

16. Memory Statement

Living in the power of the Spirit means being filled by Him daily, walking in His fruit, enduring in obedience, and witnessing to Jesus with courage.

17. Closing Prayer

Holy Spirit, fill us again. Do not let us be controlled by fear, pride, sin, or laziness. Teach us to walk wisely, give thanks, worship Christ, serve one another, and witness with courage. Produce in us the fruit of Christ. Give us endurance for hidden obedience and power for public witness. Amen.



18. Source Note for the Teacher

The lesson is built mainly on Ephesians 5:15-21, with Acts 1:8 and Galatians 5:16-25 as focused parallel passages. Exegetical notes were checked against NET Bible notes and standard evangelical resources on Spirit fullness, walking by the Spirit, and witness. The Bible text in the handout is from the World English Bible, public domain.