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# ENABLE 3.1

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Work of the Spirit - New Life  
Small Group Session Nine  
Week Beginning 21st January



# The Holy Spirit

Welcome to our new session of ENABLE. ENABLE is all about exploring the wonderful 'means' that God has given us as disciples to help us serve Him with the whole of our lives.

Last term, we were exploring the great enabler that is 'one another' - God has placed us in our church that we might support and encourage one another in living for Him. More than that, we also thought about the enabler of prayer. God provides all we need to live for Him as we ask Him in prayer.

Now, for the six sessions of this term, we are turning to think about another provision of God which is given to His disciples - the gift of the Holy Spirit.

Unlike the gifts of prayer and the church, the Holy Spirit is not (strictly speaking) a 'means' of God. As we saw in our opening session online last week, the Holy Spirit is not a 'means' of God but **God** Himself. If the question is "how does God enable us to live for him" then to answer saying by "the Holy Spirit" is to say no more than "God enables us to live for him by God".

So how then are we to think about the Holy Spirit? What is His role? What is His means? How does he impact our lives and what does it look like to experience His work? These are all questions that we will explore over the next few sessions. See the timetable at the end of these notes to see where we are going.

In thinking about these sessions and the outline of these sessions we have been greatly helped by a short little book by Graham Beynon called 'Experiencing the Spirit'. Do take a look, you might like to read it alongside these notes.  
<https://bit.ly/4b7Ex0l>

In this first week we are going to think about the initial work of the Holy Spirit. He is the one who enables us to become disciples in the first place. He is the one who gives us new life.

**And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth.**

**John 14:16-17a**

# New Life

## 1 Born from Above

The New Testament says that there are two realms and that all people live in one or other of them. There is the Kingdom of God, where people live under the rule of King Jesus, and then the Kingdom of Darkness, made up of people who don't follow Jesus' rule. Nicodemus (who we are about to meet) was a learned and upright Jew who, in Jesus' day, would have assumed that he was included in the Kingdom of God. Jesus wants to teach him how entry to His Kingdom works.

In our day, people might reject the idea of two kingdoms (although many of our films and books tend to be based around that idea). What different reasons might people in our day and age give for why they should be included in the Kingdom of God? What different reasons might people give for why others should be included?

Now read John 3:1-8. What reasons does Jesus give for why anyone should be included in the Kingdom of God?

It is hard to understand what it means to be born of water and the Spirit, although Jesus expects a Jew like Nicodemus to understand (3:10). That is because the meaning is given in the Old Testament. For example, the prophet Ezekiel warned Israel that their worship of idols would lead to their exile to Babylon, but also speaks of a new life to come.

**Read Ezekiel 36:25-27.** What does it mean to be born of water and the Spirit?

What would this teaching say to someone who says entry to the Kingdom of God is for:

Everyone?

Everyone who is religious?

Everyone who lives a basically good life?

Jesus' teaching is remarkable. Entry to the Kingdom of God does not depend on who we are or the life we have lived. It requires God to wash us clean and the gift of His Spirit to make or remake us new - a total spiritual renewal or re-birth. This is more than just being given a new status as forgiven, or being counted as one of His people, or being given a place in heaven - more than a new status; we are actually changed and renewed by the Spirit. Read Ezekiel 37:11-14. It is a picture of the spiritually dead being given new life by the Spirit. How does this add to the picture of the Spirit's work that we have been given so far?

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## 2 So What

This is the foundational work of the Holy Spirit. He is the one who gives us new spiritual life, a rebirth that only comes from God. Spend some time marvelling at the applications. What challenge or encouragement does it give to a Christian who is: insecure in their faith (or) arrogant in themselves (or) tempted to look down on others in church (or) thinks that being a Christian is an unremarkable thing (or) doubts they could ever be used to help others into the Kingdom (or) lives a life that looks just like their non-Christian friends' lives (or) says their conversion story is dull.

Now spend some time thanking God for giving new birth and ask that God would change us as we reflect on His Spirit's work in our lives.





# Spring Term Timetable

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**Introducing ENABLE - Central Meeting**  
7:30pm Thursday 11th January

**Prayer Meeting Week**  
7:30pm 17th/18th January

**Small Group Session 3.1**  
The Work of the Holy Spirit: New Life  
Week beginning 21st January

**Small Group Session 3.2**  
The Work of the Holy Spirit: Knowing Jesus  
Week beginning 28th January

**Small Group Session 3.3**  
The Work of the Holy Spirit: Adoption into God's Family  
Week beginning 4th February

**Half Term Break - Week beginning 11th February**

**Prayer Meeting Week**  
7:30pm 21st/22nd February

**Small Group Session 3.4**  
Being Filled with the Holy Spirit  
Week beginning 25th February

**Small Group Session 3.5**  
Resisting the Holy Spirit  
Week beginning 03 March

**Small Group Session 3.6**  
Gifts of the Holy Spirit  
Week beginning 10 March

**Prayer Meeting Week**  
7:00pm Trinity Church - 20th March

support and  
encouragement  
to live for Jesus