

Begin with the preflight checklist:

Ask for God's blessing:

Pray: Father God, as I seek a deeper encounter with your Son, speak directly to my heart and mind through your Holy Spirit. Guide my prayers that they might be sincere. May the truth of your word accomplish its purpose in me. Please thwart any attempt by the evil one to interfere in any way with what follows. Amen.

Assert spiritual authority:

Say aloud: As a child of God and with the authority of Jesus, I forbid any spirit that is not of God from interfering in any way with what follows. I command this in Jesus' Name.

Ask for forgiveness:

Pray: "God, please bring to mind anything I've done that is offensive to you." (If nothing comes to mind, skip the next prayer. If something comes to mind, continue:)

"Father God, I want to confess my sin to you and ask for your forgiveness. Specifically, I confess the sin (or sins) of _____. (Be as specific as possible. Make a list if necessary.) Please forgive me and change me and cleanse me. Please grant me strength that I might truly turn from my sin. I receive your forgiveness. Thank you. Amen."

Forgive others:

Pray: God, please bring to mind anyone I need to forgive.

(If no one comes to mind, skip the next prayer. If someone comes to mind, continue:)

Pray: God, I forgive _____ (name of person) for _____. (Name the sin as specifically as possible.) Please help me to forgive them from the heart. Amen.

(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for the people you know who need physical healing.

The Holy Spirit

a deeper dive

(part one)

Today we begin a week long focus on the Holy Spirit.

Bible Reading:

John 7: 37 - 39 (Jesus:) On the last day of the feast, the greatest day, Jesus stood up and shouted out, "If anyone is thirsty, let him come to me, and let the one who believes in me drink. Just as the scripture says, *'From within him will flow rivers of living water.'*"

(Now he said this about the Spirit, whom those who believed in him were going to receive, for the Spirit had not yet been given, because Jesus was not yet glorified.) (*NET*)

Previously, we've seen Jesus invite the weary and burdened to come to him in order to share his yoke. If we share Jesus' yoke—if we work alongside Jesus—we will experience rest for our souls. Here Jesus invites the thirsty to come to him, believe and drink. For everyone who does so, not only will their thirst be satisfied, but it will be satisfied to the point of overflowing.

The text tells us that Jesus was speaking about the Holy Spirit. “Are you thirsty for the Holy Spirit?” Jesus asks. “Then come to me and put your faith in me, and your thirst will be more than satisfied. In fact, it will overflow to those around you.”

Questions:

- 1) Who, according to Jesus, should we go to if we're thirsty for the Holy Spirit?
- 2) Who, according to Jesus, should we trust in if we're thirsty for the Holy Spirit?
- 2) What, according to Jesus, is required of us for us to receive the Holy Spirit?

Worship:

Reflect on how God: 1) Invites the thirsty, 2) promises to quench our thirst, 3) requires only that we believe in him, and 4) promises to satisfy us to overflowing. Offer thanks and praise to God for a generosity that goes far beyond our expectations.

Concluding Prayer:

Jesus, I am thirsty for more of you and the Holy Spirit. Help me to trust in you more, that my thirst may be satisfied and so that others may see my life overflowing and become thirsty for you as well. Amen.

[Text your Accountability Partner(s): Finished Monday's Exercises.]

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Say aloud: As a child of God and with the authority of Jesus, I forbid any spirit that is not of God from interfering in any way with what follows. I command this in Jesus' Name.

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Pray: "God, please bring to mind anything I've done that is offensive to you." (If nothing comes to mind, skip the next prayer. If something comes to mind, continue:)

"Father God, I want to confess my sin to you and ask for your forgiveness. Specifically, I confess the sin (or sins) of _____. (Be as specific as possible. Make a list if necessary.) Please forgive me and change me and cleanse me. Please grant me strength that I might truly turn from my sin. I receive your forgiveness. Thank you. Amen."

Forgive others:

Pray: God, please bring to mind anyone I need to forgive.

(If no one comes to mind, skip the next prayer. If someone comes to mind, continue:)

Pray: God, I forgive _____ (name of person) for _____. (Name the sin as specifically as possible.) Please help me to forgive them from the heart. Amen.

(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for the people you know who need emotional healing.

The Holy Spirit

a deeper dive

(part two)

Bible Reading:

John 14: 16 - 18 Jesus: I will ask the Father, and he will give you another Advocate to be with you forever—the Spirit of truth, whom the world cannot accept, because it does not see him or know him.

But you know him, because he resides with you and will be in you. I will not abandon you as orphans, I will come to you. (NET)

After Jesus had eaten his last supper with his disciples, he continued to prepare them for what would soon take place—his departure from them. Jesus would soon be arrested, tried, convicted and crucified. And while they would see him after his resurrection for a time, they would no longer enjoy his daily bodily presence.

But Jesus wants them to know that he is not abandoning them. Another advocate—the Spirit of truth—will be given to them by the Father, at Jesus’ request. This Spirit will not be accepted by the world, but the disciples would know him because he will both be with them and in them. So close is the communion of the Father, Son and Holy Spirit, that Jesus’ promise to not abandon them is fulfilled by the coming of the Holy Spirit. Where the Holy Spirit is, Jesus is.

Questions:

- 1) According to this passage, how closely does God seek to commune with us?
- 2) If the Holy Spirit is with us, who is also with us?

Worship:

Reflect on how close God wants to be to us and thank him for the gift of communion with his Holy Spirit.

Concluding Prayer:

Jesus, you, through your Holy Spirit, abide in and with me. Please make me more and more aware of your Spirit’s presence that I might enjoy you fully. Amen.

[Text your Accountability Partner(s): Finished Tuesday’s Exercises.]

Begin with the preflight checklist:

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Pray: Father God, as I seek a deeper encounter with your Son, speak directly to my heart and mind through your Holy Spirit. Guide my prayers that they might be sincere. May the truth of your word accomplish its purpose in me. Please thwart any attempt by the evil one to interfere in any way with what follows. Amen.

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(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for salvation and/or spiritual breakthrough for friends and family members who need it.

The Holy Spirit

a deeper dive
(part three)

Bible Reading:

1 Corinthians 6: 19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? (*NET*)

Questions:

- 1) Is the question that makes up this passage rhetorical in nature? (Look up the word “rhetorical” if you’re not sure what it means.)
- 2) What does Paul’s rhetorical question imply?
- 3) What is your body?
- 4) Whose temple is your body?
- 5) If you are not your own, to whom do you belong?

Worship:

Reflect on how God has made you into a temple where Jesus dwells through the Holy Spirit. Thank him for the intimacy with which he designed you to enjoy.

Meditation:

Today, we begin a new practice. When our text is relatively short and doesn’t readily allow for a “picturing” meditation, you’ll be prompted to meditate on one or more of the previous encounter meditations.

Today, revisit one or two of the encounter meditations. If necessary, look through the list of encounters (posted below, after Saturday’s devotional) if necessary. Do your best to work through the meditations step by step and by memory.

Concluding Prayer:

Jesus, you have chosen to live with and in me. You have made me into a temple for your Holy Spirit. I belong to you. Amen.

[Text your Accountability Partner(s): Finished Wednesday’s Exercises.]

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Pray: Father God, as I seek a deeper encounter with your Son, speak directly to my heart and mind through your Holy Spirit. Guide my prayers that they might be sincere. May the truth of your word accomplish its purpose in me. Please thwart any attempt by the evil one to interfere in any way with what follows. Amen.

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(If no one comes to mind, skip the next prayer. If someone comes to mind, continue:)

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(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for the specific needs of immediate family members and loved ones.

The Holy Spirit

a deeper dive

(part four)

Bible Reading:

Ephesians 1: 13, 14 And when you heard the word of truth (the gospel of your salvation)—when you believed in Christ—you were

marked with the seal of the promised Holy Spirit, who is the down payment of our inheritance... (*NET*)

Questions:

- 1) When were you “marked with a seal”?
- 2) What (or, more correctly, who) is the seal?
- 3) What does the seal indicate in terms of to whom we belong?
- 4) In the very last phrase, of what is the seal a down payment?
- 5) What is our inheritance?

Worship:

When we heard the gospel and believed it, we were given the Holy Spirit. The Holy Spirit plays many roles in our lives, but here the focus is on the Holy Spirit’s marking us as one of God’s own possessions and his sealing us, securing us as such. Reflect on and then worship God for the fact that the marking and sealing of us with the Holy Spirit is but a down payment of the fullness of the inheritance we will enjoy with God.

Meditation:

Look at the list of encounters posted below (after Saturday’s devotional). Revisit one or two of your favorites. Spend a moment walking through your favorite encounters by memory, remembering that the Jesus of the encounters is available to you today. End your meditation by thanking Jesus for what the encounters reveal about his character.

Concluding Prayer:

Jesus, you have marked us as your own and secured us as such. May we enjoy the fullness of communion with you through the presence of your Holy Spirit while we wait patiently for and anticipate the fullness of our inheritance. Amen.

[Text your Accountability Partner(s): Finished Thursday’s Exercises.]

Begin with the preflight checklist:

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Pray: Father God, as I seek a deeper encounter with your Son, speak directly to my heart and mind through your Holy Spirit. Guide my prayers that they might be sincere. May the truth of your word accomplish its purpose in me. Please thwart any attempt by the evil one to interfere in any way with what follows. Amen.

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(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for government and world leaders—that God would grant them wisdom, courage, knowledge of the truth and genuine faith in him.

The Holy Spirit

a deeper dive
(part five)

Bible Reading:

Romans 8: 26, 27 In the same way, the Spirit helps us in our weakness, for we do not know how we should pray, but the Spirit

himself intercedes for us with inexpressible groanings. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes on behalf of the saints according to God's will. (*NET*)

Questions:

- 1) Who helps us in our weakness?
- 2) What is one way that the Spirit helps us?

Worship:

We don't even know how we should pray, yet the Holy Spirit prays for us. Express thanks to God for (again) doing for us that which we are unable to do for ourselves.

Meditation:

Look at the list of encounters posted after Saturday's devotional. Spend a moment walking through two or three of the encounters, remembering that the Jesus of the encounters is available to you today. End your meditation by thanking Jesus for what the encounters reveal about his character.

Concluding Prayer:

Jesus, your Father sent you for my sake; you came and died for me; your Spirit lives to help me, even praying for and with me. Help me to recognize all you've done and are doing for me that I might be appropriately grateful. Amen.

[Text your Accountability Partner(s): Finished Friday's Exercises.]

Begin with the preflight checklist:

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Ask God to bless and protect your congregation. Pray for its members, its ministries and its leaders. Pray that God would bless, encourage, protect and deliver the persecuted church.

The Holy Spirit
a deeper dive
(part six)

Bible Reading:

Galatians 5: 22, 23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. (*NET*)

Questions:

- 1) Of which of the fruit of the Spirit would you like less? (This is a rhetorical question.)
- 2) What are the three fruit of which you would like more?
- 3) If the presence of the Holy Spirit produces these character traits in us, what character traits does this suggest the Holy Spirit possesses?

Worship:

The Holy Spirit, living with and in us, produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Thank the Spirit for what his presence produces in us.

Meditation:

Look at the list of encounters posted after Saturday's devotional. Spend a moment walking through two or three of the encounters, remembering that the Jesus of the encounters is available to you today. End your meditation by approaching Jesus and interacting with him in the manner suggested by one of the meditations.

Concluding Prayer:

Jesus, you are a God of love, joy and peace and your Spirit produces these and other good things in my life. Thank you that, through your Spirit, I am becoming more and more like you. Amen.

[Text your Accountability Partner(s): Finished Saturday's Exercises.]

A List of the Encounters (so far)

The Leper

Matthew 8: 1 - 3 After he came down from the mountain, large crowds followed him. And a leper approached and bowed low before him, saying, "Lord, if you are willing, you can make me clean." He stretched out his hand

and touched him saying, "I am willing. Be clean!" Immediately his leprosy was cleansed. (NET)

The Blind Man

Luke 18: 35 - 43 They [Jesus and his disciples] came to Jericho. As Jesus and his disciples and a large crowd were leaving Jericho, Bartimaeus the son of Timaeus, a blind beggar, was sitting by the road. When he heard that it was Jesus the Nazarene, he began to shout, "Jesus, Son of David, have mercy on me!" Many scolded him to get him to be quiet, but he shouted all the more, "Son of David, have mercy on me!" Jesus stopped and said, "Call him." So they called the blind man and said to him, "Have courage! Get up! He is calling you." He threw off his cloak, jumped up, and came to Jesus. Then Jesus said to him, "What do you want me to do for you?" The blind man replied, "Rabbi, let me see again." Jesus said to him, "Go, your faith has healed you." Immediately he regained his sight and followed him on the road. (NET; brackets added)

The Synagogue Rule

Mark 5: 22 - 24 Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. He pleaded earnestly with him, "My little daughter is dying. Please come and put your hands on her so that she will be healed and live." So Jesus went with him. (NIV)

The Hemorrhaging Woman

Mark 5: 24 - 34 Now a woman was there who had been suffering from a hemorrhage for twelve years. She had endured a great deal under the care of many doctors and had spent all that she had. Yet instead of getting better, she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, for she kept saying, "If only I touch his clothes, I will be healed." At once the bleeding stopped, and she felt in her body that she was healed of her disease. Jesus knew at once that power had gone out from him. He turned around in the crowd and said, "Who touched my clothes?" His disciples said to him, "You see the crowd pressing against you and you say, 'Who touched me?'" But he looked around to see who had done it. Then the woman, with fear and trembling, knowing what had happened to her, came and fell down before him and told him the whole truth. He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your disease." (NET)

Blessing the Children

Mark 10: 13 - 16 Now people were bringing little children to him [Jesus] for him to touch, but the disciples scolded those who brought them. But when Jesus saw this, he was indignant and said to them, “Let the little children come to me and do not try to stop them, for the kingdom of God belongs to such as these. I tell you the truth, whoever does not receive the kingdom of God like a child will never enter it.” After he took the children in his arms, he placed his hands on them and blessed them. *(NET)*

The Bent Over Woman

Luke 13: 10 - 13 Now he was teaching in one of the synagogues on the Sabbath, and a woman was there who had been disabled by a spirit for eighteen years. She was bent over and could not straighten herself up completely. When Jesus saw her, he called her to him and said, “Woman, you are freed from your infirmity.” Then he placed his hands on her, and immediately she straightened up and praised God. *(NET)*

The Widow

Luke 7: 11 - 15 Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. As he approached the town gate, a dead person was being carried out—the only son of his mother, and she was a widow. And a large crowd from the town was with her. When the Lord saw her, his heart went out to her and he said, “Don’t cry.” Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, “Young man, I say to you, get up!” The dead man sat up and began to talk, and Jesus gave him back to his mother. *(NIV)*

The Wind and the Waves

Luke 8: 22 - 25 One day Jesus got into a boat with his disciples and said to them, “Let’s go across to the other side of the lake.” So they set out, and as they sailed he fell asleep. Now a violent windstorm came down on the lake, and the boat started filling up with water, and they were in danger. They came and woke him, saying, “Master, Master, we are about to die!” So he got up and rebuked the wind and the raging waves; they died down, and it was calm. Then he said to them, “Where is your faith?” But they were afraid and amazed, saying to one another, “Who then is this? He commands even the winds and the water, and they obey him!” *(NET)*

Healing All

Matthew 15: 29 - 31 When he left there, Jesus went along the Sea of Galilee.

Then he went up a mountain, where he sat down. Then large crowds came to him bringing with them the lame, blind, crippled, mute, and many others. They laid them at his feet, and he healed them. As a result, the crowd was amazed when they saw the mute speaking, the crippled healthy, the lame walking, and the blind seeing, and they praised the God of Israel. (NET)

The Ten Lepers

Luke 17: 11 - 19 Now on the way to Jerusalem, Jesus was passing along between Samaria and Galilee. As he was entering a village, ten men with leprosy met him. They stood at a distance, raised their voices and said, “Jesus, Master, have mercy on us.” When he saw them he said, “Go and show yourselves to the priests.” And as they went along, they were cleansed. Then one of them, when he saw he was healed, turned back, praising God with a loud voice. He fell with his face to the ground at Jesus’ feet and thanked him. (Now he was a Samaritan.) Then Jesus said, “Were not ten cleansed? Where are the other nine? Was no one found to turn back and give praise to God except this foreigner?” Then he said to the man, “Get up and go your way. Your faith has made you well.” (NET)

“Help My Unbelief”

Mark 9: 14 - 27 When they came to the disciples, they saw a large crowd around them and experts in the law arguing with them. When the whole crowd saw him, they were amazed and ran at once and greeted him. He asked them, “What are you arguing about with them?” A member of the crowd said to him, “Teacher, I brought you my son, who is possessed by a spirit that makes him mute. Whenever it seizes him, it throws him down, and he foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to cast it out, but they were not able to do so.” He answered them, “You unbelieving generation! How much longer must I be with you? How much longer must I endure you? Bring him to me.” So they brought the boy to him. When the spirit saw him, it immediately threw the boy into a convulsion. He fell on the ground and rolled around, foaming at the mouth. Jesus asked his father, “How long has this been happening to him?” And he said, “From childhood. It has often thrown him into fire or water to destroy him. But if you are able to do anything, have compassion on us and help us.” Then Jesus said to him, “‘If you are able?’ All things are possible for the one who believes.” Immediately the father of the boy cried out and said, “I believe; help my unbelief!” Now when Jesus saw that a crowd was quickly gathering, he rebuked the unclean spirit, saying to it, “Mute and deaf spirit, I command you, come out of him and never enter him again.” It shrieked, threw him into

terrible convulsions, and came out. The boy looked so much like a corpse that many said, “He is dead!” But Jesus gently took his hand and raised him to his feet, and he stood up. (NET)

“Do You Want to Become Well?”

John 5: 1 - 9 After this there was a Jewish feast, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool called *Bethesda* in Aramaic, which has five covered walkways. A great number of sick, blind, lame, and paralyzed people were lying in these walkways. Now a man was there who had been disabled for thirty-eight years. When Jesus saw him lying there and when he realized that the man had been disabled a long time already, he said to him, “Do you want to become well?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up. While I am trying to get into the water, someone else goes down there before me.” Jesus said to him, “Stand up! Pick up your mat and walk.” Immediately the man was healed, and he picked up his mat and started walking. (NET)

Peter’s Mother-In-Law

Mark 8: 14 - 16 Now when Jesus entered Peter’s house, he saw his mother-in-law lying down, sick with a fever. He touched her hand, and the fever left her. Then she got up and began to serve them. When it was evening, many demon-possessed people were brought to him. He drove out the spirits with a word, and healed all who were sick. (NET)

Jesus On the Cross

Luke 23: 32, 33a... ...39 - 43 Two other criminals were also led away to be executed with him. So when they came to the place that is called “The Skull,” they crucified him there, along with the criminals, one on his right and one on his left... ...One of the criminals who was hanging there railed at him, saying, “Aren’t you the Christ? Save yourself and us!” But the other rebuked him, saying, “Don’t you fear God, since you are under the same sentence of condemnation? And we rightly so, for we are getting what we deserve for what we did, but this man has done nothing wrong.” Then he said, “Jesus, remember me when you come in your kingdom.” And Jesus said to him, “I tell you the truth, today you will be with me in paradise.” (NET)

“Doubting” Thomas

John 20: 24 - 29 Now Thomas (called Didymus), one of the twelve, was not with them when Jesus came. The other disciples told him, “We have seen the Lord!” But he replied, “Unless I see the wounds from the nails in his hands, and put my finger into the wounds from the nails, and put my hand into his side, I will never believe it!”

Eight days later the disciples were again together in the house, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, “Peace be with you!” Then he said to Thomas, “Put your finger here, and examine my hands. Extend your hand and put it into my side. Do not continue in your unbelief, but believe.” Thomas replied to him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are the people who have not seen and yet have believed.”
(NET)

The Man with the Withered Hand

Mark 3: 1 - 6 Then Jesus entered the synagogue again, and a man was there who had a withered hand. They watched Jesus closely to see if he would heal him on the Sabbath, so that they could accuse him. So he said to the man who had the withered hand, “Stand up among all these people.” Then he said to them, “Is it lawful to do good on the Sabbath, or evil, to save a life or destroy it?” But they were silent. After looking around at them in anger, grieved by the hardness of their hearts, he said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. So the Pharisees went out immediately and began plotting with the Herodians, as to how they could assassinate him. (NET)

The Man with an Unclean Spirit

Mark 1: 21 - 27 Then they went to Capernaum. When the Sabbath came, Jesus went into the synagogue and began to teach. The people there were amazed by his teaching, because he taught them like one who had authority, not like the experts in the law. Just then there was a man in their synagogue with an unclean spirit, and he cried out, “Leave us alone, Jesus the Nazarene! Have you come to destroy us? I know who you are—the Holy One of God!” But Jesus rebuked him: “Silence! Come out of him!” After throwing him into convulsions, the unclean spirit cried out with a loud voice and came out of him. They were all amazed so that they asked each other, “What is this? A new teaching with authority! He even commands the unclean spirits and they obey him.” (NET)

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The majority of the biblical quotes are from the New English Translation (*NET*)

NET

New English Translation

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