



Living the
SPIRIT FORMED LIFE

Growing in the 10 Principles of Spirit-Filled Discipleship
Video Viewing Guide with Jack W. Hayford

INTRODUCTION

Within these video sessions Pastor Hayford covers ten basic disciplines for becoming a person formed by the fullness of the Holy Spirit. These are the “fundamental things” that provide abundant power and blessing as they are applied throughout a believer’s lifetime. Come and join the journey!

INSTRUCTIONS FOR THE LEADER

This is an ideal resource for adult Sunday School classes, small groups, retreats and more. It is recommended that you, as the leader, obtain a copy of the book *Living the Spirit-Formed Life* as a resource for additional information on the topics Pastor Hayford covers in this presentation. Participants in a group study may also wish to obtain their own copies of this book.

This video is divided into ten viewing sessions (ranging in length from 10 to 15 minutes each). Your first viewing time will be closer to 20 minutes, because it includes Pastor Jack’s introduction. There is also a brief closing segment following the last discipline. It is recommended that one session be viewed each time your group gathers. After viewing, there is plenty of time for discussion, fellowship, and prayer together.

Pastor Jack begins each presentation by reading from Scripture as well as covering the principle accompanying each discipline. These passages and principles (along with other notes) are found in the 11-page reproducible viewing guide which follows. (Distribute copies prior to viewing.) Questions for discussion are located at the end of each session. You may wish to add questions of your own and include notes from the book.

If your group is large, divide it into smaller groups; choose discussion facilitators and allow time for discussion and sharing. After 10 to 15 minutes, encourage the small groups to share their comments with the large group.

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INTRODUCTION AND SESSION ONE (APPROXIMATELY 18 MINUTES)

INTRODUCTION

“Again, the next day, John stood with two of his disciples. And looking at Jesus as He walked, he said, ‘Behold the Lamb of God!’ The two disciples heard him speak, and they followed Jesus. Then Jesus turned, and seeing them following, said to them, ‘What do you seek?’ They said to Him, ‘Rabbi (which is to say, when translated, Teacher), where are you staying?’ He said to them, ‘Come and see.’ They came and saw where he was staying and remained with Him that day (now it was about the tenth hour). One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. He first found his own brother Simon, and said to him, ‘We have found the Messiah’ (which is translated, the Christ). And he brought him to Jesus. Now when Jesus looked at him, He said, ‘You are Simon the son of Jonah. You shall be called Cephas’ (which is translated, A Stone).” (John 1:35-42)

Discipleship has to do with making you more like the Savior than you would be otherwise.

THE FIRST DISCIPLINE: COMMITTING TO HEAR GOD’S VOICE

“The entrance of Your words gives light; It gives understanding to the simple.” (Ps. 119:130)

TEXT: *“My sheep hear My voice, and I know them, and they follow Me.” (John 10:27)*

PRINCIPLE: To read and study God’s Word is to lay the foundation for all understanding and growth. However, the Bible is the *living* Word. It has not been given solely for information, analysis and education. God wants to speak to each one of His children in order to teach and correct, lead and direct, and keep and protect. For this to take place, vitally and “ongoingly,” believers need to learn to hear the “word” within the Word, to receive the prophetic intent of the Holy Spirit Who breathes truth into our hearts, transforming our lives.

- God _____ to people and He _____ to speak to us.
- See Eph. 1:17; Mark 4:9,23; Matt. 13:9

When the Lord speaks to you, commit to being a person who will respond.

Discussion Questions

1. What is the most intriguing thing about knowing that God speaks to people today?
2. How would you respond to Pastor Jack’s question “Do you want to be a disciple?” (That is, desiring to hear the Lord correct and instruct and show you His way.)
3. In what ways can we be open to hearing from and responding to God?

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SESSION TWO (APPROXIMATELY 12 MINUTES)

THE SECOND DISCIPLINE: LIVING IN THE POWER OF BAPTISM

“Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we are buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.” (Rom. 6:3-6)

TEXT: *“But Jesus answered and said to him, ‘Permit it to be so now, for thus it is fitting for us to fulfill all righteousness.’”* (Matt. 3:15)

PRINCIPLE: Jesus’ command to all who receive His gift of salvation is that they be baptized in water; a call to experience a dynamic, not merely to observe a duty. To obey is a point of entrance into a river-like pathway of submission to the Lordship of Christ, committing to pursue discipleship as one “dead to sin but alive to God” (see Rom. 6:11), through the power of the Holy Spirit.

- A. Water baptism was Jesus’ idea.
- B. When Jesus was baptized:
 - 1. The heavens were _____.
 - 2. The _____ came upon Him.
 - 3. The voice of the _____ spoke from heaven.
- C. To live as a baptized disciple is to live dead to sin and alive to God.
 - 1. Baptism is not only an experience, it is a lifestyle.

There is no more fundamental point of declaring “I am a follower of Jesus Christ” than to be baptized in water.

Discussion Questions

- 1. What does the summons Pastor Jack speaks about of “living baptism as a lifestyle” mean to you?
- 2. Why has baptism too often been seen as just a religious ritual to complete rather than a lifestyle to live?
- 3. What was especially significant to you when you were baptized?

Living the **SPIRIT FORMED LIFE**

Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION THREE (APPROXIMATELY 12 MINUTES)

THE THIRD DISCIPLINE: THE RESOURCES OF THE LORD'S TABLE

“For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, ‘Take, eat; this is My body which broken for you; do this in remembrance of Me’... For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes. Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of that bread and drink of that cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body.” (I Cor. 11:23, 24; 26-29)

TEXT: *“Take, eat; this is my body ... Drink from it, all of you.”* (Matt. 26:26,27)

PRINCIPLE: The observance of the Lord’s Table is a practice that frames the centerpiece of Christian faith—the Cross—and focuses us on the central Person of our worship, Jesus, our Savior. To participate with understanding requires that we transcend mere tradition, opening to the present dynamic the Holy Spirit brings, in which the living Word and living worship converge to release the power of Christ’s presence at the Lord’s Table.

- A. Remember two things about the Lord’s Supper:
 - 1. The need to _____ what was done for us.
 - 2. The need to _____ ourselves before Him.
- B. The elements represent what Jesus did for us in suffering:
 - 1. So we may be _____
 - 2. So we may know _____ and health.

Living worship will always incorporate coming to the Lord’s Table, because this was Jesus’ idea.

Discussion Questions.

- 1. Pastor Jack talked about living in the shadow of the Cross. What does that mean to you?
- 2. Why do people sometimes think we have to be “good enough” to come to the Lord’s Table?
- 3. Why is church attendance important and so closely linked to Communion?

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Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION FOUR (APPROXIMATELY 12 MINUTES)

THE FOURTH DISCIPLINE: THE SPIRIT OF FORGIVENESS

“Then Peter came to Him and said, ‘Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven.’” (Matt. 18:21,22)

TEXT: *“I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?”* (Matt. 18:32,33)

PRINCIPLE: The forgiveness of sin, given to us freely in Christ through His atoning death and justifying work, opens a fountainhead of grace that flows without measure. That same measure of graciousness is a summons to every believer, saying, “Freely you have received, freely give”—a call which cannot remain unanswered except at the expense of blockage, bondage, and withering of soul.

- A. There is _____ in being forgiven and in being forgiving.
- B. The spirit of forgiveness releases “givingness,” which releases _____ in its fullest dimensions.

We never learn to live until we have learned how to give... We never learn how to give until we learn how to forgive. We never learn how to forgive until we learn how greatly we've been forgiven.

Discussion Questions

1. Why is the spirit of forgiveness foundational to our lives as Christians?
2. In what ways have you experienced freedom through practicing forgiveness?
3. How have you seen the absence of the spirit of forgiveness weigh people down and/or break relationships?

Living the **SPIRIT FORMED LIFE**

Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION FIVE (APPROXIMATELY 13 MINUTES)

THE FIFTH DISCIPLINE: FEEDING ON THE WORD OF GOD

“The law of the Lord is perfect, converting the soul; the testimony of the Lord is sure, making wise the simple; the statutes of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; the fear of the Lord is clean, enduring forever; the judgments of the Lord are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold; sweeter also than honey and the honeycomb. Moreover, by them your servant is warned, and in keeping them, there is great reward.” (Ps. 19:7-11)

TEXT: “*Man shall not live by bread alone, but by every word that proceeds from the mouth of God.*” (Matt. 4:4)

PRINCIPLE: Persistently progressing on a daily pathway of reading through the Bible (in spite of distraction and schedule irregularity) is more than essential—it can be joyous! God’s Word is the ever-available, supernatural source for faith, strength, wisdom, growth, and freedom in Christ. And there is no substitute for its power to nurture, counsel, and sustain.

A. Receiving the Word is as basic as eating, essential for:

1. _____
2. _____
3. _____

B. Reading the Bible daily is a life-giving discipline.

- (See Ps. 119:105; Prov. 3:6 and Ps. 19:7)

C. Allowing God to guide you through the reading of His Word is a wonderful part of life with Him.

Don't turn the light out without turning the Light on.

Discussion Questions

1. What adjustment might you need to make in your Bible reading habits?
2. How have you experienced the power of the Bible to nurture, counsel, and sustain you?
3. In what ways has reading God’s Word brought wisdom to you and/or others?

Living the **SPIRIT FORMED LIFE**

Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION SIX (APPROXIMATELY 13 MINUTES)

THE SIXTH DISCIPLINE: MAINTAINING INTEGRITY OF HEART

TEXT: *“Blessed are the pure in heart, for they shall see God.”* (Matt. 5:8)

PRINCIPLE: Contrary to the ideas of western intellectualism, God is not known via the mind but via the heart. Our intelligence may deduce things about Him and our minds may study realities revealed by Him, but God is ultimately known in Person and in intimacy by those who seek Him with all their heart. Once met and known, advancement on the path to maturity and personal effectiveness is realized in the fullest way only as a discipline of purity. It requires the totality of heart-yieldedness, and a vulnerability to the Holy Spirit maintained in humility and childlikeness.

“And Abraham journeyed from there to the South, and dwelt between Kadesh and Shur, and sojourned in Gerar. Now Abraham said of Sarah his wife, ‘She is my sister.’ And Abimelech king of Gerar sent and took Sarah. But God came to Abimelech in a dream by night, and said to him, ‘Indeed you are a dead man because of the woman whom you have taken, for she is a man’s wife.’ But Abimelech had not come near her; and he said, ‘Lord, will You slay a righteous nation also? Did he not say to me, ‘She is my sister’? And she, even she herself said, ‘He is my brother.’ In the integrity of my heart and innocence of my hands, I have done this.’ And God said to him in a dream, ‘Yes, I know that you did this in the integrity of your heart. For I also withheld you from sinning against Me; therefore I did not let you touch her’.” (Gen. 20:1-6)

- A. Integrity (wholeness, completeness) of heart means “nothing _____ from the entirety.”
- B. The Lord calls us to _____ of heart before Him.
- C. Integrity applies to living for _____.

Let us open to the Holy Spirit’s monitoring us, and let us respond when God corrects.

Discussion Questions

1. What does “seeking God with all my heart” mean to you?
2. What are some ways God has prompted your heart concerning issues of integrity?
4. How has practicing integrity of heart protected you and/or others?

Living the **SPIRIT FORMED LIFE**

Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION SEVEN (APPROXIMATELY 12 MINUTES)

THE SEVENTH DISCIPLINE: ABIDING IN THE FULLNESS OF THE SPIRIT

TEXT: *“He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”* (John 7:38)

PRINCIPLE: Nothing in the believer’s life is more essential in becoming a replication and representative of Jesus Christ than being daily empowered by the Holy Spirit. From Pentecost until our Lord’s return, the Church’s commission is to receive “power from on high, do business until I come, go into all the world,” and experience “the Lord working with them and confirming the Word through the accompanying signs” (see Luke 24:49; 19:13; Matt. 28:18-20). The full mandate is only possible through being baptized in the Holy Spirit (see Acts 1:5-8; 2:1-4), being continually filled afresh with His love and power (see Rom. 5:6; Acts 4:8; 7:35; 13:52; Eph. 4:18-20), and abiding in the fullness of the Spirit (see also Acts 1:13,14; 2:11).

- A. The first time believers were filled with the Holy Spirit:
 - 1. They spoke languages with _____ praise to God.
 - 2. _____ appeared over their heads
 - 3. Their hearts were _____ to seek God.
- B. Central to maintaining fullness in the Holy Spirit is the practice of praying in the Spirit (see Jude 20; I Cor. 14:15; Eph. 6:18).
- C. Holy Spirit-fullness has the following traits:
 - 1. An open, bold, and assertive praise to God.
 - 2. A purifying presence of the fire of God upon one’s life.
 - 3. A generosity that reaches out to help, so there comes a unity and accord in the Body of Christ.

*Abiding in the fullness of the Holy Spirit is not just an experiential phenomenon.
It is a discipline we decide we want to have true of our life.*

Discussion Questions

- 1. What does bold praise to God accomplish?
- 2. How would you describe the importance of unity for abiding in the fullness of the Spirit?
- 3. How can believers keep on being filled with the Holy Spirit?

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Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION EIGHT (APPROXIMATELY 9 MINUTES)

THE EIGHTH DISCIPLINE: LIVING A LIFE OF SUBMISSION

TEXT: *“If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.”*
(Matt. 16:24)

PRINCIPLE: As disciples of Jesus, we’ve been called to the One Who, being in the form of God, did not consider it robbery (something to be held onto) to be equal with God, but taking the form of a bondservant, humbled Himself and became obedient to the point of death, even the death of the Cross (see Phil. 2:5-11). The pathway of biblical surrender is not only to yield to Christ as Lord, but also to follow Him as the Servant Who did not come to be served, but to serve and to give His life a ransom for many (see Matt. 20:28).

- A. Submission has to do with:
 - 1. _____ order
 - 2. Voluntary _____
- B. Submission cannot be mandated.
 - 1. It is not subjugation.
 - 2. It is always voluntary.
- C. Servanthood is the essence of submission and involves:
 - 1. The willingness to voluntarily serve the interests of others.
 - 2. The willingness to come in accordance with what is the Father’s purpose and will for you.

We have been called from a self-preserving, self-protecting order of life to an availability to come after God’s order. To the degree that we are willing to lay our life out, we will begin to find it and its meaning.

Discussion Questions

- 1. Why is submission only a voluntary act or choice?
- 2. In what ways is servanthood the essence of submission?
- 3. What are some reasons why the concepts of submission and servanthood are difficult for people to embrace?

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Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION NINE (APPROXIMATELY 9 MINUTES)

THE NINTH DISCIPLINE: THE PRACTICE OF SOLITUDE

TEXT: *“Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.”* (Mark 1:35)

PRINCIPLE: The disciple must wisely learn to develop the habit of regularly experiencing both the private, personal presence of God and the benefit of individual time away from Life’s daily demands, in a place with limited distractions. Without this, life and service become a blur, often producing discouragement, diversion, or defeat. With this, life is regularly being recharged with energy and spiritual dynamic.

“The heavens declare the glory of God; and the firmament shows His handiwork.” (Ps. 19:1)

- A. Solitude requires time, thought, and a certain amount of quiet.
- B. Solitude is waiting on God.
 - See Ps. 27:14; 130:5,6
- C. Three things constitute the practice of solitude:
 - 1. Prayerful _____
 - 2. Self-examination
 - 3. _____ with God’s Word

Discussion Questions

1. Why is the practice of solitude one of the most difficult disciplines to cultivate?

2. How have you experienced being recharged with energy and spiritual dynamic through regular times alone with God?

3. What are some helpful ideas for establishing regular quiet times?

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Growing in the 10 Principles of Spirit-Filled Discipleship

SESSION TEN & CLOSE (APPROXIMATELY 14 MINUTES)

THE TENTH DISCIPLINE: THE LIFE OF A WORSHIPER

TEXT: *“But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him.”* (John 4:23)

PRINCIPLE: Worship is the ultimate priority of every believer, not only because He is worthy, but because by worshiping, we invite His entry into our personal circumstances. Worship is the capstone to the ten primary disciplines because it opens the doorway to God’s superintendence by His supernatural presence and power, allowing His sovereign influence to purify all of life’s issues. Worship is the pathway into prayer—the all-encompassing discipline—and is prayer’s essential entry point to relationship with the Father, releasing our faith in His almightiness.

“Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this’, says the Lord of hosts, ‘If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it. And I will rebuke the devourer for your sakes, so that he will not destroy the fruit of your ground, nor shall the vine fail to bear fruit for you in the field,’ says the Lord of hosts; ‘and all nations will call you blessed, for you will be a delightful land,’ says the Lord of hosts.” (Mal. 3:10-12)

- A. Jesus regularly went to church.
- B. The disciplines of a worshiper:
 - 1. Faithful _____ attendance
 - 2. _____ worship
 - 3. Giving and _____

Daily worship is key to welcoming and experiencing the presence of God.

Discussion Questions

1. Why do so many consider church attendance to be optional?
2. In what ways has worship helped you welcome and experience the presence of God?
3. How do giving and sacrificing play a part in the life of a worshiper?