



cultivating

life in the spirit
MASTERCLASS



*The **Cultivating Life in the Spirit** MASTERCLASS is a Sozo Equip series designed for individuals and small groups. This 10 part video series will introduce you to foundational teaching on the work of the Holy Spirit in and through the life of believers. The real life of this series is found in cultivating relationship with the Spirit as you work through the questions, activations and assignments. Know that it is God's desire that we pursue Him with childlike curiosity trusting that it is His heart to walk in relationship with us. Whether you embark on this journey by yourself, or with others, it is our prayer that you discover God's desire to reveal Himself to, in and through you. Enjoy the journey. You were made for this.*

-Joel Lowry
Lead Pastor, Sozo Church

"Which of you fathers, if your son asks for a fish, will give him a snake instead. Or if he asks for an egg will give him a scorpion? If you, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him."
-Luke 11:13 (NIV)

"In the last days, God says, I will pour out my Spirit on all people."
-Acts 2:17a (NIV)

"Follow the way of love and eagerly desire the gifts of the Spirit, especially prophecy."
-1 Corinthians 14:1 (NIV)

Session 1: Walking With God

Questions

If in a group ask these questions of each other. If you're using Cultivating Life in the Spirit as a personal study, consider answering these questions on your own.

What stood out to you from today's video?

Have you ever sensed God's voice or prompting in your life? If so, describe a memorable experience.

How does God normally speak to you?

Have you ever made the agreement that you can't hear God?

Activations

Activations are about taking steps to apply what you have learned in a safe learning environment. The goal of activations is not perfection but partnering with God in faith to grow into what He has deposited into you.

Ask God for a specific encouraging Bible verse for someone in your group and share it.

Ask God for a word of encouragement for someone in your group or life and share it with them.

Assignment

Assignments are activations to pursue during the next week. Pick at least one for the next week.

Daily ask God what He is doing today and wait patiently for a response. Write it down and review that evening or the next morning.

Daily ask God what He thinks about you and wait patiently for a response. Write it down and meditate on it throughout the day.

Find 2 simple opportunities to ask God to lead you this week (it may be as simple asking where your lost car keys are or where to eat), ask God and what for His response.

Homework

Before watching the next session fill out the "Cultivating Sensitivity Inventory" on the next page.

Cultivating Sensitivity Inventory

Rate each statement in reference to your personal experiences on a scale of 1-4.

1 = Never 2 = Seldom 3 = Occasionally 4 = Often

Hearers

1. ____ I have conversations with God and with some clarity (internally or externally) understand his responses.
2. ____ I hear voices in my head that are beyond my own thoughts.
3. ____ I Inspired words or phrases for others pop into my head that seem to impact people when I share them.
4. ____ I ask God questions and He seems to answer in a way that I understand.
____ Add your responses for questions 1-4 your HEARER total.

Feelers

5. ____ I easily feel other people's emotions even when they are not directly expressed.
6. ____ I have felt the presence of spiritual beings.
7. ____ I have had involuntary physical responses during prayer or worship (like goosebumps or shaking).
8. ____ I When I walk into a room I can sense a different mood or spirit in the room.
____ Add your responses for questions 5-8 your Feeler total.

Seers

9. ____ Sometimes I see words, pictures or objects around people that are spiritually significant.
10. ____ I have seen angels, demons or ghosts.
11. ____ I have had dreams while asleep that have spiritual meaning.
12. ____ I have visions in my head or that I see with my eyes that seem to have spiritual significance.
____ Add your responses for questions 9-12 your HEARER total.

Knowers

13. ____ I have often had inspired thoughts that did not originate from within myself.
14. ____ I have known certain facts or information about people or circumstances without anyone telling me.
15. ____ I have spiritual conviction about truth and/or direction without being directly taught.
16. ____ I often sense what God would have me do in a certain situation.
____ Add your responses for questions 13-16 your HEARER total.

Session 2: Cultivating Sensitivity

This session includes the "Cultivating Sensitivity Inventory".

Take the inventory before answering questions.

Questions

If in a group weekly give people a chance to share how their assignment went. Celebrate every victory no matter the magnitude. By the way, taking a step of faith, no matter the outcome, is a victory.

What stood out to you from today's video?

Which out of the 4, Hearer, Feeler, Seer, Knower, do you seem the strongest in?

Take some time to discuss your experiences.

Which of the 4 would you like to grow in. If in a group, ask someone who is stronger in that area of sensitivity to pray for you. If alone, ask God to open you up to His presence in that way.

Activations

Take a moment to ask God what He is doing now. Consider both what He says and how you receive it.

Assignment

This week daily ask God to increase your awareness of what He is doing and take note of both what you sense and how you sense it.

Session 3: Holiness: Hospitality for the Spirit

Questions

What stood out to you from today's video?

How did this challenge your view of holiness and the purpose of holiness?

How might your struggles with sin relate to trusting God and walking by the Spirit?

What do you think it practically looks like to “walk by the Spirit so that you do not follow the desires of the flesh?”

Activation

Take some time to prayerfully hear God. Ask God, “Is there anything I need to stop doing? Is there anything I need to start doing?”

Assignment

This week follow through on what God revealed to you in the activation. Pay attention to your areas of struggle. How would that instance have gone differently if you would have been “walking by the Spirit”? How might you do it differently next time. The goal is not instantaneous perfection but walking with God in progress.

Session 4: Temples

Questions

What stood out to you from today's video?

Do you see yourself as a temple of the Holy Spirit?

Of the measures of the Presence Joel described in the video, what have you experienced? Share your story.

Activation

Psalm 100:4 says, "We enter His gates with thanksgiving and His courts with praise." Worship is the quickest way into the Presence of God. Take some time to worship, whether through prayer or song anticipating God to meet you.

Assignment

This week set aside time each day to intentionally host the Presence of God in worship and prayer.

Session 5: Power With A Purpose

Questions

What stood out to you from today's video?

Are there areas in your life that seem powerless?

Have you been filled with/baptized in the Spirit? Describe that experience.

Ephesians 5:18 suggests that we live continually filled with the Spirit, meaning being filled with the Spirit is not only an experience but a lifestyle. What might it look like to live in that way?

Activation

Read Acts 2:1-4 and John 3: 34. Pray asking God for a fresh filling of the Holy Spirit. If you're in a group take time to pray for each other. Don't rush it, wait for God.

Note that no one in the Upper Room at Pentecost had encountered God in that way before, but they all went their together. Past experience is not a pre-requisite for God to move today, faith is.

Assignment

At the start of each day this week declare out loud from Romans 8:11, "the same power that raised Jesus from the dead lives in me!" Ask God to fill you to overflowing and pause to receive from Him.

Session 6: Joining God At Work

Questions

What stood out to you from today's video?

Do you find yourself working for God or working with God?

What prohibits you from having a "going to work with God" mentality? Is there something in your view of yourself or God that needs an upgrade?

Activation

Take a moment to sit quietly in prayer. Ask God what He is currently doing. If you are in a group, ask Him to highlight a person then asking Him how you can join in what He is doing in that person.

Assignment

Before you go into a new setting (work, classroom, meeting, social gathering etc.) ask God what He is doing and how you can join him.

Session 7: Pursuing More

Questions

What stood out to you from today's video?

Which spiritual gifts have you experienced?

Where is your faith influencing the gifting you're experiencing in this season of your life?

What would it look like for you to "earnestly pursue gifting"?

Activation

Ask God what He wants for you to pursue? Then ask Him for it?

If you're consider asking God to highlight someone and pray for them to experience more of God.

Assignment

Read Matthew 7:9-11. This week focus on pursuing a specific spiritual gift. Start by asking God for that gift and trust Him for it, then in faith look for opportunities to use it.

Session 8: Revealing Heaven's Perspective

Questions

What stood out to you from today's video?

What is prophecy? What are the 3 levels of the prophetic that we see in Scripture?

What are the 3 qualifiers to giving a prophetic word (1 Corinthians 14:3)?

What has been your experience with the prophetic?

Activation

Ask God to highlight someone to you. Then ask God how He sees that person. Run it through the 3 qualifiers, is it encouraging, exhorting or comforting? If so, share it with that person.

Assignment

Take time this week to make a list of 5-10 people who are in relationship with. Ask God for His heart for that person. Then send call them or send them a text that says something like: "I was praying for you and God put this on my heart for you....." Or "I'm learning to hear God's voice for others and so I asked God for His heart for you and what I senses was _____ does that make sense to you?" It's important that in our presentation we give people the opportunity to judge and receive or reject the word.

Session 9: Heavenly Language

Questions

What stood out to you from today's video?

What has been your experience and understanding concerning tongues?

What is the difference between the tongues of men and the tongues of angels?

Activation

If you have never received the gift of tongues, ask God for it. If you're in a group have someone in the group who has the gift of tongues pray for you to receive it. Know that the Holy Spirit does not have vocal cords, He needs yours. Speaking in tongues often means that you choose to participate and partner with God.

Assignment

1 Corinthians 14:4 says that tongues builds you up. Take 10 minutes each day this week to pray in tongues then journal what you sense and experience.

Session 10: Power to Heal

Questions

What stood out to you from today's video?

What has been your experience with healing?

What is the significance in praying "in Jesus name"?

Activation

If you're in a group ask your group if anyone has any sickness or pain, it doesn't matter if it is acute, chronic or even from birth. Then take time to pray for them and ask if they are experiencing a difference.

Read Mark 8:22-25. If Jesus prayed twice to heal a man complete then it must be ok to pray for someone more than once. It's also worth noting that at times God's healing is instantaneous and other times it is progressive.

Assignment

Read Mark 16:15-18 & James 5:15 Let prayer be your first response to people's pain and sickness. If someone isn't healed immediately, don't make an agreement based on your experience. Instead, taking the posture of a student, let's live to see God's promise to heal become our experiential reality.