

## Week 5: ALL IN | When Things Get Real

**Romans 8:11** – “If the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.”

There’s a viral Instagram reel that gets me every time. A daughter calls her dad, voice chipper and innocent:

“Hey Dad, guess what! I put the Christmas fuel in the car, how cool is it that they made a holiday gas?” The dad freezes.

“Wait -what did you put in the car?!”

She repeats it. “The Christmas fuel! The fuel handle that was green”

And you can hear the panic rise: “Pull over right now! You’re going to ruin the engine!”

(Thankfully, it’s a prank. But Dad’s blood pressure may never recover.)

The wrong fuel destroys the engine. Sounds a little like us day to day. We pour the wrong kind of fuel into our lives, trying to get the right kind of results.

- We run on *religion* instead of *relationship*.
- We run on *self-effort* instead of *Spirit empowerment*.
- We run on *pleasing people* instead of *abiding in God*.

And then we wonder why everything feels like it’s sputtering, why we’re tired, irritable, spiritually dry, or performing faith instead of living it. But wait - I thought a life with Jesus was supposed to have a light yoke? I thought the burden was easy?

What, then, are we missing? How am I supposed to live “ALL IN” but without burning out?

Paul tells us in Romans 8:11 that the same Spirit who raised Jesus from the dead now dwells in us.

Jesus’s life wasn’t lived by religious maintenance. In fact it stood in contrast to the religious rules of the day. And He asks us to follow His way of living

He was fueled by the Spirit led, empowered, and sustained by the very presence of the Father within Him.

That’s what living by the Spirit looks like:

- responding to conviction without shame,

- forgiving when the wound is still fresh,
- slowing down enough to notice the person in front of you,
- obeying when it feels foolish,
- and walking through the day aware that heaven's power is humming beneath your skin.

To live by the Spirit means learning to pause long enough to ask, *“What is fueling me right now?”*

### Reflection Questions:

1. When do you tend to “fill your tank” with self-effort instead of Spirit dependence?
2. What does it practically look like in your life to be “fueled by the Spirit” — in your work, your relationships, or your responses?
3. Where have you noticed God inviting you to slow down and listen for His voice before reacting or striving?

## Day 1 – The Spirit Gives Life

Key Verse: Romans 8:11 - "The Spirit of God, who raised Jesus from the dead, lives in YOU."

**Scriptures:** Acts 2:1–4, 2:10–11, 2:36–39; Romans 8:11

### The Same Spirit

Long before Paul ever wrote to the believers in Rome, some of them were there standing in the crowded streets of Jerusalem on the day the Church was born. Luke tells us in **Acts 2:10** that among those gathered at Pentecost were *“visitors from Rome—both Jews and converts to Judaism.”*

They'd come for the feasts and celebration unknowing that they were about to encounter a harvest like no other: the appearance of the Holy Spirit.

“When the day of Pentecost came, they were all together in one place.

Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.

They saw what seemed to be tongues of fire that separated and came to rest on each of them.

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.”

*(Acts 2:1–4)*

The crowd swelled as voices rose - each person hearing the disciples proclaiming “the wonders of God” in their own native language (v.11). Confusion rippled through the city until Peter stood and began to preach. The same man who had once denied Jesus now boldly declared:

“Therefore let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah.”

(Acts 2:36)

The people who were there were stunned, even grieving as they realized who Jesus was and how He had been treated. They asked, “*Brothers, what shall we do?*”

Peter answered:

“Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.

The promise is for you and your children and for all who are far off - for all whom the Lord our God will call.”

(Acts 2:38–39)

That day, about 3,000 were baptized! Some of those hearts set on fire would eventually carry that same gospel flame all the way back to Rome.

So when Paul writes years later in the book of Rome “The Spirit of God, who raised Jesus from the dead, lives in you.

—he’s writing to *them*.

To second-generation believers born from that Pentecostal awakening. To those impacted by the ripple effect of one man - Peter - whom boldly followed Jesus, made mistakes along the way, and was still gifted the Holy Spirit to spread the Gospel.

That spirit - gifted to Peter - lives in you, today.

God didn’t intend Pentecost to be a one-time spectacle. He intended it to be a blueprint for the Christian life: an unending outpouring of His presence into ordinary people who would carry His love into an extraordinary world.

## Reflection Questions

1. Picture yourself in the crowd that day in Acts 2. What would it have felt like to see and hear the Holy Spirit move?
  2. Where do you see evidence of that same Spirit showing up in your life today?
  3. What does it mean to you to have the Holy Spirit gifted to you today also.
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# Day 2 – The Wilderness Way

**Scripture:** Matthew 10:25; Luke 4:1–13; Luke 3:22

## It Is Enough

“It is enough for a disciple to become like his teacher.”  
— *Matthew 10:25*

Before Jesus began to perform miracles or teach the crowds, He was given and learned to follow the Holy Spirit.

Luke writes:

“Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil.” (*Luke 4:1–2*)

In this scripture we see a few key elements. First - Jesus' life was directed by the Holy Spirit. They were together, in tandem, to bring the mission of the Gospel to this earth and fulfil Jesus' mission. We have a mission also - “go and make disciples”

What is a disciple? A disciple is one who learns from a teacher. They study and choose to live their life in the way of the one whom they are following. When we look at Jesus we have to first look at the direct way He lived His life- following the Holy Spirit.

Yes even to the point of being tempted in the wilderness. During these 40 days Jesus spent in the desert, Satan tempted Jesus in many different ways. Jesus, fasting from food/water/pleasure - with nothing to take his mind off the toil - that is how satan tempted him.

Before the miracles. Before the crowds. Before the cross.

Jesus was led by the Spirit into solitude, silence, and struggle.

Why? Because the wilderness is where false identities go to die. The enemy tempted Jesus with the same lies that haunt us:

- **YOU ARE WHAT YOU DO**
  - *The devil said to him, ‘If you are the Son of God, tell this stone to become bread.’ Jesus answered, ‘It is written: Man shall not live on bread alone.’” (Luke 4:3–4)*
  
- **YOU ARE WHAT YOU HAVE**
  - *“The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, ‘I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours.’”*
  
- **YOU ARE WHAT OTHERS THINK OF YOU**
  - *“The devil led him to Jerusalem and had him stand on the highest point of the temple. ‘If you are the Son of God,’ he said, ‘throw yourself down from here. For it is written: “He will command his angels concerning you to guard you carefully; they will lift you up in their hands, so that you will not strike your foot against a stone.”” (Luke 4:9–11)*

Each time, Jesus answered with the truth He already knew:

“You are my beloved Son; with You I am well pleased.” (*Luke 3:22*)

That identity was settled before He ever performed a single miracle

The same is true for you.

Before you achieve, before you prove, before you earn - you are already His.

That’s the lesson of the wilderness: When everything familiar is stripped away, you find that God was the only steady thing holding you up all along.

The Spirit doesn’t lead you into the wilderness season to break you...He leads you to it so that you can break off any old chains that try to define you (the addiction, the dependency on people pleasing, the tie to the idea that your identity is in the materials of this world).

He wants to build in you a dependence on Him that can’t be shaken when the storms come.

## Reflection Questions

1. How have you misunderstood your “wilderness seasons” as punishment rather than preparation?
  2. Which of the lies (*what you do, what you have, what others think*) do you tend to believe most?
  3. What truth does God speak over you instead? What is God building in you today?
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## Day 3 – Learning the Rhythm of the Spirit

**Scripture:** John 5:19 · Luke 4:14 · Philippians 2:8 · Luke 23:34

When Jesus walked out of the wilderness, He didn’t walk out with a chest full of confidence or a new to-do list with perfect checkboxes.

“Jesus returned to Galilee in the power of the Spirit.” — *Luke 4:14*

The same Spirit who led Him into hunger now leads Him into His mission and purpose. From that point forward, every word, every miracle, every moment of compassion came from that reliance and strength He had on the Spirit.

We often think of strength as control, but Jesus shows us strength as surrender. His rhythm was not frantic or forced; it was responsive. “The Son can do nothing by himself,” He said, “but only what he sees his Father doing” (*John 5:19*).

That’s the quiet mystery of Spirit-led living -it’s not about mustering up divine energy; it’s about making space. Listening before moving. Letting our first reaction be attention to what God is saying, before

moving onto action. It's the pause between impulse and obedience where God has the chance to speak.

That's why Jesus' life was radically human and radically divine at once. When we look to model our lives after His, we see a few key factors. He expected to be interrupted. He was available for whomever God wanted to talk to. He never treated people as distractions; He treated them as destinations. The woman who touched His cloak, Zacchaeus in a tree, the outcast at the well - He met them not on His way to ministry, but as His ministry. That's what life in the Spirit looks like: allowing ourselves to be interrupted in our daily to-do list to let God speak over where to go, what to do, and who to listen to.

Jesus' life also reflected a deep humility. The kind that doesn't grasp for reputation or demand to be seen. Paul wrote,

“He humbled himself by becoming obedient to death - even death on a cross.” (*Philippians 2:8*)

He operated from a place of authority, yes. Jesus knew His identity was the Son of God - but His identity and authority didn't hold Himself in elitism over other people. He instead chose to wash feet - to hang out not with those whom held themselves in high esteem - but with those that truly saw Him as savior.

And perhaps the most breathtaking display of Spirit-led life comes in Jesus' final breath:

“Father, forgive them, for they do not know what they are doing.” (*Luke 23:34*)

To live by the Spirit is to allow that same pattern to emerge in us - not overnight, but over time. The surrendering to God's voice becomes innate. Compassion becomes reflex. And forgiveness stops feeling impossible and starts feeling like freedom.

And slowly, the life of the Teacher starts taking shape in the life of the disciple - us - until our rhythm begins to match His.

“It is enough,” Jesus said, “for the disciple to become like his teacher.” (*Matthew 10:25*)

## Reflection Questions

1. Where have you been trying to control outcomes rather than respond to the Spirit's leading?
2. What moments of interruption lately might have been invitations from God?
3. How could you practice a slower, listening posture this week—one that allows the Spirit to speak before you act?

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## Day 4 – The Spirit Creates Community

**Scripture:** Acts 2:42–47 · John 13:34–35 · Romans 12:4–5

When the wind of the Spirit swept through the upper room in Acts 2, it didn't end with tongues of fire hovering above individual heads.

It moved outward, linking hearts, forming family.

What began as a sound filled the whole house, then spilled into the streets.

“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer...

All the believers were together and had everything in common.” — *Acts 2:42–44*

The sign that the Spirit had come was not just power, it was *togetherness*.

People who had once come from every corner of the empire different languages, customs, would suddenly begin to live as one.

They shared meals and prayed. They worked together and sold what they had so no one went hungry.

And “the Lord added to their number daily those who were being saved.”

It’s easy to forget that these were the same visitors who, weeks earlier, had been in Jerusalem when Peter preached at Pentecost some from Rome itself (*Acts 2:10*). They had heard the message, believed, and carried it home.

That small, fragile network of faith, the one Paul later wrote to in the letter to the Romans—was born out of this moment of shared fire and fellowship.

Because the Spirit’s nature is communal, Father, Son, and Spirit in eternal relationship, the life He births will always bend toward *we*.

When Jesus taught, “*A new command I give you: love one another. As I have loved you, so you must love one another*” (*John 13:34*),

He was giving us not a suggestion but a strategy: the world would see Him through the way we live together.

But let’s be honest—community isn’t neat.

- It’s bumping into each other’s pride.
- It’s forgiving the person who forgot your birthday or said the wrong thing or didn’t invite you to the party.
- It’s sitting in silence with a friend whose prayers haven’t been answered yet.
- It’s being willing to be inconvenienced to reach out and see the person who needs to be invited in.
- It’s being willing to understand political or environmental differences to see the Christ in each other.

The Spirit forms unity not by erasing difference, but by teaching us to bear one another’s burdens, to prefer one another in honor, to keep showing up.

“In Christ we, though many, form one body, and each member belongs to all the others.” — *Romans 12:5*

Sometimes the Spirit’s most miraculous work isn’t the parting of seas or tongues of flame, it’s a room full of people who shouldn’t get along choosing to love each other anyway - coming together over the table for a meal, for prayer, and to continue to try and model our life as we learn from Jesus.

Because when it's in the community- in the church-heaven becomes visible on earth.

## **Reflection Questions**

1. Where have you been tempted to live your faith alone instead of rooted in community?
2. How might the Spirit be inviting you to build unity perhaps through forgiveness, generosity, or presence?
3. What is one simple, practical way you can reflect Jesus' love within your community this week?