

# New City Catechism Class

Week 37

**Q37:** How does the Holy Spirit help us?

**A37:** The Holy Spirit convicts us of our sin, comforts us, guides us, gives us spiritual gifts and the desire to obey God; and he enables us to pray and to understand God's Word.

## **Ephesians 6:17–18**

And take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints. (esv)

### **Discuss the question:**

- Why would we ask this question now? (Why Q 37 after Q 36?)
- What makes this a relevant question for the Church today?
- Are there any misunderstandings about how the Holy Spirit helps the believer?
- Are there ways we as Christians might dismiss our need for the Holy Spirit's help?
  - How might this take shape?

### **Discuss the Scripture:**

- Considering Ephesians 6:10-18, what is the broader context of our passage?
  - Why does Paul use war-time language and tell us to arm ourselves?
  - How should this affect our tendency to dismiss our need for the Spirit's help?
- Why is the Word of God referred to as the *sword* of the Spirit?
  - How does the believer wield the sword?
  - What is the relationship between the other armor of God & the Sword of the Spirit?
  - Are there other means that the Spirit uses in the life of a believer?
- What does it mean to "pray in the Spirit"?
  - Practically speaking, what does this look like? What does this feel like?
  - Why at all times with all prayer & supplication?
- Why do we need to persevere in being alert and praying for the saints?

### **Discuss the answer in light of the Scripture:**

- How does the Holy Spirit convict us of our Sin? (Rom 10:17, Acts 2:37, 1 Cor 12:3, Jn 6:64-65)
- In what way does the Holy Spirit comfort us? (Acts 9:31, 2 Cor 1, 2 Thes 2:16)
- How does the Holy Spirit guide us? (John 16:12-13)
  - What's the connection between guiding us & helping us understand God's word? (1 Cor 2:6-14)
- How does the Holy Spirit give us a desire to obey God? (Ezek 36:26-27, Gal 5:16-21, John 14:15, 23-24)
  - So, why don't believers always have a desire to obey? (1 Thess 5:16-22, Gal 5:16-25)
- What are the gifts given by the Holy Spirit? (Romans 12:4-8)
  - What's the difference between spiritual gifts and the Fruit of the Spirit (Gal 5)?
  - What is the primary purpose of Spiritual gifts?
- How does the Holy Spirit enable us to pray? (John 6:63, John 4:23-24, John 3:6, Rom 8:26-27)
- How can we, in an ongoing way, remain dependent upon and receive the help we need from the Holy Spirit?