



**Session 05**  
**The Holy Spirit and Control of Body**

## INSTRUCTOR



STEPHEN BECK PhD. Stephen is a career church planter and church planting instructor. He has served with the Redeemer Church Planting network in Canada, more recently with Greater Europe Mission in Germany. He is considered one of the "cutting edge" Greater Europe Missionaries in this regard. He is a Professor of Practical Theology at Freie Theologische Hochschule in Giessen, Germany. He has also been guest lecturer at several institutions on the European continent.

He is married to Susan, and they have four children. In 2011 Stephen and Susan embarked on yet another journey: together with 25 college students they planted a multi-everything church for the Frankfurt metro region. Through the refugee wave that came over Germany, this church multiplied to 15 congregations in 6 years.

## Goals

This 14-session course will focus at the Definition of “Christian Spirituality”; a gospel-driven Spirituality; Christ – the goal of our spirituality; the role of the Holy Spirit in our spiritual formation; 4 aspects of God the Father that are cornerstones in spiritual formation: sovereignty, holiness, love, pleasures of God.

## Sessions Overview

1. Foundations
2. Christ as the Foundation
3. The Holy Spirit-Introduction
4. The Holy Spirit and New Birth
- 5. The Holy Spirit and Control of Body**
6. The Holy Spirit and Impressions
7. The Holy Spirit and Help
8. God's Sovereignty
9. God' Holiness
10. God's Love
11. Character Development
12. God's Pleasures
13. Gospel Driven-Part 1
14. Gospel Driven-Part 2

## Session Summary

In this session, we continue to look at the role of the Holy Spirit as the foundation of our Christian Spirituality, focusing on the Holy Spirit’s relationship to our physical bodies, what to do with sin in our lives, and delighting in the law of God.

## Fill in the Blanks

1. What you do with your body affects the Holy Spirit. Are there any things you do with your body, or ways you treat your body that might grieve or vex the Holy Spirit?

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2. The human body is very important in Christianity, but we often do not feel positive about our bodies. If our bodies are meant to enjoy and worship Christ, as Dr. Beck said, how can we be challenged to view our bodies as Christ views them?

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3. Our bodies are an expression of the \_\_\_\_\_ holiness?

4. How does everything we do with our bodies in our daily living affect the Holy Spirit?

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5. Spend some time in prayer asking God how you can use your body in a way that glorifies him.

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6. Memorize 2 Timothy [3:16-17](#).

7. What is the Holy Spirit's role as we read the Scriptures?

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8. How does the Holy Spirit write the law of God on our hearts?

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9. Christians struggle with temptations to sin, and it is the struggling that shows that we are not giving in, glorifying Jesus, and following the Spirit. What are the things that tempt you to sin? What do we do when we give into sin?

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You can journal any additional thoughts and reflections of how the Holy Spirit has been at work in you.

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