

INSIDE OUT:

Spirit-Filled

& Fully

Alive

SPIRIT
FILLED

FULLY ALIVE

SPIRIT
FILLED

FULLY

ALIVE

INSIDE OUT

SPIRIT

FILLED

FULLY

ALIVE



INSIDE OUT: Spirit-Filled and Fully Alive

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.

Galatians 5:16 NLT

Brothers and sisters, choose seven men from among you who are known to be full of the Spirit and wisdom.

Acts 6:3 NIV

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23 NLT

He was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord.

Acts 11:24 NIV

Study Introduction

Inside Out: Spirit-Filled and Fully Alive

Welcome to *Inside Out*! This seven-week study will help your group explore what it means to live a Spirit-filled life—led, empowered, and transformed by the Holy Spirit from the inside out. If you are leading a group, your role is to foster connection, guide discussion, and create a space for spiritual growth. The study works best if participants also listen to the weekend messages but it can be used without them.

Study Purpose

This study will help you:

- Understand your spiritual design.
- Recognize how personality and the Holy Spirit work together.
- Be filled and led by the Holy Spirit daily.
- Discover and activate your spiritual gifts.
- Live a whole, integrated life.

Weekly Structure

Each Session Includes:

- **CONNECT** — Ice Breakers and reflection
- **REPORT** — Share homework results (some weeks)
- **LEARN** — Scripture and insights
- **DISCUSS** — Thought-provoking questions
- **PRACTICE** — Prayer and application
- **TAKE IT HOME** — Assignments or reflection for the week

Leader Tips

- Pray first—invite the Spirit to lead
- Be warm and open—model honesty
- Keep it moving—plan for 75–90 minutes
- Let the group talk—you're a facilitator, not the teacher
- Protect group culture—review expectations as needed

Assessments

Leaders: Remind your group to complete these between sessions.

- Week 1 — DISC Profile
- Week 4 — Spiritual Gifts
- Week 6 — Fruit of the Spirit

Final Word

I am grateful that you are participating in this study and am praying that the Lord meets you powerfully in it. As you take time for the group sessions, assessments, and personal processing, you will find that the Holy Spirit will surprise you with insights about your own life and relationships. You may find Him challenging you as well as giving you new grace to change.

Life change comes through a mixture of God's presence, shared insight, and community. Thank you for being a part of the life-sized journey toward becoming Spirit-filled and fully alive!



Andrew Cromwell
Lead Pastor
September 2025



Week 1

Spirit Designed Beings

SPIRIT

FILLED

FULLY ALIVE

SPIRIT

FILLED

FULLY

ALIVE

INSIDE OUT

SPIRIT

FILLED

FULLY

ALIVE

CONNECT

Get to Know One Another

Have everyone share:

- Your name
- Whether you've been part of a small group before
- What you're hoping to gain or experience through this study

OPTIONAL ICE BREAKER QUESTIONS

- What's one thing you enjoy doing to relax?
- What's your favorite meal or restaurant?
- If you could instantly become an expert in something, what would it be and why?
- What's one word you'd use to describe your current season of life?

GROUP EXPECTATIONS

Take time to review the Group Expectations together as a group (located at the back of this booklet).

Pray and Begin!



LEARN

The Truth: You were designed by God as a spiritual being to live in connection with Him.

SCRIPTURE FOCUS

Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.

Genesis 2:7 ESV

God is spirit, and those who worship him must worship in spirit and truth.

John 4:34 ESV

You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

Romans 8:9-11 ESV

FRAMING IT IN:

God created humanity out of the raw materials of the earth and then added the breath of life. **We are the only creature with this kind of direct proximity to God.** God “*breathed into his nostrils the breath of life*”. This intimate act indicates that humankind is different from the rest of creation and holds a special place within it.

The Spirit of God designed us and the Spirit of God breathed life into us!

No other creature has this dual nature other than human beings. We have a body and a spirit. C.S. Lewis describes this dual nature as “amphibian—half spirit and half animal.” The body connects to the physical world and grounds us squarely in time. The spirit, by contrast, is drawn to eternal things and is designed to focus on the eternal object (God). Through our spirit we are able to be aware of that which is timeless and eternal.

WEEK 1: SPIRIT DESIGNED BEINGS

We are designed to live in communion with God through the channel of our spirit (Jn. 4:24). Adam and Eve’s disobedience resulted in sin that severed this natural communion with God that we were designed for. Our spirit entered a state of death in sin (Eph. 2:1) and until it is regenerated or reborn it remains separated from God. **But when the Spirit of God indwells us, our communion with the Divine is restored and our whole being finds alignment and purpose.**

Our spirit is invisible and immaterial. We refer to it as the innermost part of our being because without the presence of the spirit the body cannot live (Js. 2:26). Living from the inside out means allowing the Spirit of God to lead and govern our spirit which then leads and governs our body and our life. Yet often we live from the outside in—letting our bodies (appetites, habits, or instincts) dictate our decisions. A Spirit-led life brings true alignment, peace, and power, while a body-led life leads to instability and disconnection from God’s best. We were designed to be Spirit-led people who live in harmony with God and reflect His image from the inside out.



DISCUSS

What does it mean to be a spiritual being? What is the difference between the world's understanding of being spiritual and what the Scripture teaches?

Humans are made with a spirit part and a body part. The spirit is God-conscious and the body is world-conscious.

Together read Ephesians 2:1-6 NLT and answer the questions below:

Once you were dead because of your disobedience and your many sins. You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God's anger, just like everyone else. But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.

Ephesians 2:1-6 NLT

1. What causes spiritual death?
2. Why did our sin make us subject to God's anger?
3. Did God wait for us to repent before He sent Jesus to die for our sin? Why?
4. What happens when we receive His new life? What does it mean to be seated with Christ in the heavenly realms?
5. When have you most felt alive spiritually? What contributed to that? When do you NOT feel alive spiritually and what causes that?
6. What changes when you begin to view yourself as a spirit-first or spirit-led being? Practically, how do you live that out?

PRACTICE

- Reflect quietly for a few minutes. **Galatians 5:16 NLT** says, *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.* What is one area of your life where you need more of the Spirit's guidance and fullness?
- Gather in pairs and share where in your life you need and want more of the Holy Spirit. Pray for one another that God will fill you with His Holy Spirit and empower you to live differently!

TAKE IT HOME

Your homework assignment this week is to complete a personality assessment called the **DISC profile**. Take the assessment before your next meeting. Write your results in the space below. Think about your results. Do you agree with them? Disagree? Why?



Take the DISC assessment by going to kchanford.com/disc or by scanning the QR code



My Primary Personality Type:

My Secondary Personality Type:



Week 2

Spirit Wired Personalities

SPIRIT

FILLED

FULLY ALIVE

SPIRIT

FILLED

FULLY

ALIVE

INSIDE OUT

SPIRIT

FILLED

FULLY

ALIVE

CONNECT

What is one thing that you learned or that stuck with you from last week's lesson? Did you sense the Spirit's guidance or fullness this week?

Share something you did this week to live out of your spirit rather than out of your flesh.

REPORT

Take turns sharing your DISC Profile results and what you learned about yourself.

LEARN

The Truth: God created you uniquely in His image, and your personality is a gift.

SCRIPTURE FOCUS

*For **you formed my inward parts**; you knitted me together in my mother's womb. Praise you, for I am fearfully and wonderfully made. Wonderful are you works; my soul knows it very well.*

Psalm 139:13-14 ESV

For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned...

Romans 12:3-8 ESV

FRAMING IT IN

While the Bible doesn't teach formal personality theories, personality assessments that compare our personality to colors or animals can be very helpful for understanding the incredibly diverse way that God's image is expressed in us.

WEEK 2: SPIRIT WIRED PERSONALITIES

These frameworks serve as practical aids— not doctrine— to help us grow in self-awareness and relationships.

Relationships are hard! Have you ever wondered, if I wasn't me, would I be friends with me? Think about your days and the people you are around, there are those you gel with and of course there are those that rub you the wrong way. We tend to avoid those people! But what if they are actually people we need in our lives? Iron sharpens iron. God's heart is that we would be refined in the areas of our lives that the fruit of the Spirit is not present – sometimes it is just those people who are different than us that provide the opportunity for that to happen! If you're married, think of your spouse – or maybe a best friend.

Often, we are drawn to others because of their differences, but once we get closer we realize they actually irritate us with those differences! Understanding who you are, the things in your childhood that influenced your personality and the things that motivate you, increases your ability to surrender those areas that need to be refined to the Lord. Slowing down and appreciating of the complexity of our personalities and core design increases our compassion and grace for others in relationship.

The Father knit you together in the womb – He is wildly interested in the depth and detail of who you are! This should spike our curiosity and efforts for us to get to know more of who we are too. This week, prioritize slowing down a little – reflect on who we were uniquely created to be, why we respond the way we do and see the invitation from the Creator to love ourselves as He does, so that we in turn can love others well!

One widely used framework is the DISC personality assessment. DISC categorizes behavior into four primary personality types:

- **D - Dominance:** Driven, direct and results-oriented. These individuals like to take charge and pursue big goals.
- **I - Influence:** People-focused, enthusiastic, and persuasive. They bring energy and connect well with others.
- **S - Steadiness:** Supportive, loyal, and dependable. They value harmony and are great team players.
- **C - Conscientiousness:** Precise, analytical, and detail-oriented. They are careful thinkers and thrive on accuracy.

WEEK 2: SPIRIT WIRED PERSONALITIES

Each type reflects part of God's nature, and understanding your type can help you embrace your strengths and grow through your weaknesses. DISC is not a label—it's a lens that can help you grow in grace and love others more effectively.

To assist with your discussion, watch this short video about each styles' strengths and weaknesses by going to kchanford.com/disctypes or scanning the QR code



DISCUSS

1. Talk about each of the personality types (DISC) one at a time. List some more characteristics of people who exemplify each type. Can you think of any historical, biblical or famous people who exemplify the types?
2. There are many personality tests (e.g., colors, Personality Plus, animals) that are similar to DISC. They give us information about our personality but none are perfect nor should we think they limit us. Talk about the limitations of tests like this one. If this test is imperfect, why is it useful?
3. Have you found your personality to be a blessing or a challenge in your life? How does your personality show up and affect your daily life? Your marriage? Your parenting? Your workplace?
4. How does understanding your personality and learning more about other personality types increase your grace for others? If you're married, how can an assessment like this be helpful? How about with kids? At work?
5. How has your personality helped or hindered your walk with God?
6. How might a team benefit from understanding their personality types? If you were in charge of building a team of people, how might knowing their personality types influence who you pick to be on the team?
7. What do you like about your personality type? What don't you like?
8. Is there a perfect personality? What would that look like?

PRACTICE

- Break into groups of 2 or 3 and discuss how your personality affects your life both in a positive and a negative way. Where do you need God's help with your personality or with understanding the personalities of others? Pray over each other. Remember to thank God for each person's personality as a unique expression of His image imprinted on them.

TAKE IT HOME

Reflect on one aspect of your personality you believe God wants to shape or use and how can you cooperate with Him in this?

A large grid of dotted lines for reflection, consisting of 20 rows and 40 columns of dots.



Week 3

Spirit Controlled Lives

SPIRIT
FILLED
FULLY ALIVE

SPIRIT
FILLED
FULLY
ALIVE
INSIDE OUT

SPIRIT
FILLED
FULLY
ALIVE

CONNECT

What is one thing that you learned or that stuck with you from last week's lesson? Did you sense the Spirit's guidance or fullness this week?

LEARN

The Truth: The Spirit transforms and fills every area of your personality to reflect Christ.

SCRIPTURE FOCUS

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit.

Ephesians 5:18 ESV

But I say, walk by the Spirit, and you will not gratify the desires of the flesh...

Galatians 5:16 ESV

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice...

Romans 12:1 ESV

FRAMING IT IN

In week one, we discussed that God designed us to be spirit-driven beings, empowered by the Holy Spirit. Last week, we looked at personality types and the uniqueness of each person.

This week, we explore the intersection between the two. This is something that often is missed!

Your personality is a gift from God. It is the result of your unique design and your unique experiences. It strongly affects the way you perceive and interact with the world around you and even with the Spirit of God. The reason it is “yours” is that it is unique to you AND it is a habitual way of responding to the world and others.

WEEK 3: SPIRIT CONTROLLED LIVES

But of course your personality is not perfect. It has strengths and weaknesses. This is why personality is both a wonderful blessing and a challenging responsibility. The best parts of our personality will easily be a blessing to us and to those around us. The challenging parts, however, can be just the opposite.

We find ourselves in a struggle! The Apostle Paul describes this war that happens within ourselves in Romans 7. He says that he knows what he should do, but he often finds himself doing just the opposite. **Paul is describing the internal struggle with sin and one of the places this battle plays out is in our personality.**

We've all been there! Those moments that start out so sweet with your kids, your spouse or your friends and then all of a sudden, the whole moment has shifted or blown up. Those times where you lean into a relationship with hopes and intentions of grandeur and find yourself disappointed and reacting in a less than glamorous fashion. Our words become biting, our temper short, our grace absent. We did it again, but had really hoped it would've gone differently this time. We tend to be creatures of habit and it is no different when we look at our inner being and our reactions and responses.

When this happens, a common tactic is to excuse our bad behavior by saying something along the lines of "that's just the way I am." When it is convenient, we pretend that our personality overrides our choice and there is nothing we can do about it. And if we told the truth, sometimes it feels just exactly like we don't have a choice. We want to do it differently, but we keep finding ourselves making the same bad choices over and over again.

What is the way out of this never-ending circle?

To be filled with and controlled by the Spirit!

To be "filled with the Spirit" is to live under the influence and leadership of the Holy Spirit. It is not a one-time event, but an ongoing surrender where the Spirit shapes our thoughts, choices, and character to reflect Jesus.

This includes our personality! The weaknesses of our personality are covered by the Spirit of God that gives us His strength in their place. He gives us the fruit of the Spirit (Gal. 5:22-23: ...love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control) and we find that we no longer have to follow the old way.

WEEK 3: SPIRIT CONTROLLED LIVES

Can you see it? Those moments that someone has irritated you and you have blown up or cut them off – but now you pause, take a deep breath and respond with gentleness and self-control – just as the Father responds to you when you irritate Him. The interactions with your boss that you walk away bad mouthing the leadership or the organization – but now you soften your stance and offer patience and faithfulness to the process as you realize that perhaps you have been divinely placed there to demonstrate the characteristics of Jesus.

Remember, this is not you just trying harder to be a better person. It is the result of receiving power from the Holy Spirit that enables you to act differently because **it is by His Spirit that you are transformed.**

DISCUSS

1. What does it mean to be “filled with the Spirit”? Process through what your life would look like living out the verses we started with this week.
2. What keeps you or blocks you from being filled with the Spirit? Common blockers that result in us reacting or responding in ways we don’t want to are anger, fear, depression, selfishness. Is there a block that is most common for you?
3. How would you personally look if fully submitted to the Spirit? Or better yet, what are some things that you would like to see no longer fruitful in your life?
4. When have you experienced the Holy Spirit helping you overcome a blocker?
5. What are some practical ways to invite the Spirit to lead daily?



Week 4

*Spirit Empowered
Gifts for You*

SPIRIT
FILLED
FULLY ALIVE

SPIRIT
FILLED
FULLY
ALIVE
INSIDE OUT

SPIRIT
FILLED
FULLY
ALIVE

CONNECT

What is one thing that you learned or that stuck with you from last week's lesson? Did you sense the Spirit's guidance or fullness this week?

LEARN

The Truth: The Holy Spirit empowers every believer with gifts to build up the body of Christ.

SCRIPTURE FOCUS

Now there are varieties of gifts, but the same Spirit...

1 Corinthians 12:4 ESV

Having gifts that differ according to the grace give to us, let us use them...

Romans 12:6 ESV

And he gave the apostles, the prophets, the evangelists, the shepherds and teachers... for building up the body of Christ...

Ephesians 4:11-13 ESV

FRAMING IT IN

In the last few weeks, we've explored how we are designed to live Spirit-led lives, not governed by our bodies or emotions but led by the indwelling Spirit of God. We've also seen how our personality—though God-given—needs the Spirit's influence to reach its redemptive potential.

This week, we turn our attention to another critical aspect of being Spirit-filled: **spiritual gifts**. These are not the same as natural talents or skills you've developed. They are **supernatural empowerments given by the Holy Spirit to serve others and build the body of Christ**.

WEEK 4: SPIRIT EMPOWERED GIFTS FOR YOU

The Apostle Paul says in 1 Corinthians 12:1, “Now about the gifts of the Spirit, brothers and sisters, I do not want you to be uninformed.” Why? Because these **gifts are vital**. They build the church, extend the Kingdom, and are part of the inheritance we receive through Jesus. And like any gift, they are meant to be opened, understood, and used—not ignored, misunderstood, or left in a drawer.

An interesting observation about spiritual gifts is that we often see them in others before we realize them within ourselves, we desire to operate in the very things that we admire about others. We want to be “just like them”. Who in your life have you looked at and thought, I wish I could speak like them, gather people like them, get things done like them, pray in faith like them? **When we don’t have a healthy understanding of our unique design, we tend to see the great in others and the not so great in ourselves.**

The other side of this is that some of us think we are just better at most things than everyone else! Both of these views are skewed. This is when slowing down, recognizing the things that inspire and bring us joy – those things that make us feel useful and fulfilled are actually clues to the spiritual gifts that the Father has given to us. So often we leave these gifts on a shelf as if it was the ugly sweater your grandma gave you last Christmas. The Father’s invitation is one of exploration and activation of all that He has already given and desires to continue to give you – He has more for you – but we’ve got to be using what He has already placed within us first!

Getting a gift doesn’t mean you automatically know what to do with it – it often requires stewardship and growth. Have you gotten a gift like that before? A gift you received but didn’t recognize the value of it in the moment. Or a gift that had complicated assembly requirements? You had the gift, but you didn’t know what to do with it!

Spiritual gifts are like that. Sometimes we don’t even know we have them. Other times, we don’t fully realize what they’re for. **But Scripture makes it clear: these gifts are not optional accessories.** They are **essential tools**, distributed by the Holy Spirit “to each one, just as he determines” (1 Cor. 12:11), and they are **needed** “for the common good” (v. 7).

Whether it’s a word of wisdom, a gift of healing, or the courage to speak with faith in a tough moment—**God wants to use you**, and He will equip you with whatever gift is needed in that moment. The only two things required are **faith** and **need**. And if you look around your life, you’ll see the need is already there.

WEEK 4: SPIRIT EMPOWERED GIFTS FOR YOU

This isn't about showing off. It's about showing up—spiritually equipped—for a broken world. You don't need a platform or a microphone to operate in spiritual gifts. You just need to say, “*Holy Spirit, I'm willing. Use me.*” And He will.

There are several places in Scripture where spiritual gifts are discussed. The three most well-known sections are 1 Cor. 12:4-11, Romans 12:6-8 and Eph. 4:11-12. But there are other mentions of giftings in other Scriptures and it is very clear that these three sections of Scripture are not meant as an exhaustive list. In other words, there are more than what is listed! These gifts lists should help us understand what to be looking for and also to understand that the Holy Spirit empowers His people in many different ways.

DISCUSS

1. What is often misunderstood about spiritual gifts or what questions come to your mind about them?
2. Take a few minutes as a group to read 1 Cor. 12:4-11, Romans 12:6-8 and Eph. 4:11-12. In the space below write down all the spiritual gifts mentioned.
3. What spiritual gifts do you believe you have or want to explore?
4. How might your personality enhance or hinder the use of your gifts?
5. How have you seen someone else's gifts build up the Church?
6. What keeps people from identifying or using their gifts?

Spiritual Gifts Mentioned:

WEEK 4: SPIRIT EMPOWERED GIFTS FOR YOU

PRACTICE

- Break into groups of two or three and share what you think your spiritual gifts are and why. Talk about your success, fears, or failures with spiritual gifts. Pray for one another that God would make you useful to His body and help you grow in the gifts that He has given you.

TAKE IT HOME

Complete this spiritual gifts assessment and bring your results to the next session.



Take the Spiritual Gifts assessment by going to kchanford.com/spiritualgifts or by scanning the QR code



My Top Spiritual Gifts:

Week 5

Spirit Empowered Gifts: Different Types

SPIRIT

FILLED

FULLY ALIVE

SPIRIT

FILLED

FULLY

ALIVE

INSIDE OUT

SPIRIT

FILLED

FULLY

ALIVE

CONNECT

What is one thing that you learned or that stuck with you from last week's lesson? Did you sense the Spirit's guidance or fullness this week?

LEARN

The Truth: There are many spiritual gifts, even more than listed in Scripture, and it is helpful to understand the different types of gifts.

SCRIPTURE FOCUS

Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

Romans 12:6-8 ESV

Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good. For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.

1 Corinthians 12:4-11 ESV

And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ...

Ephesians 4:11-12

FRAMING IT IN

Over the past few weeks, we've talked about how the Holy Spirit empowers our lives and works through our unique personality. We've also explored how spiritual gifts are supernatural tools given by God. But did you know there are actually three different categories of spiritual gifts found in the New Testament?

This week, we take a closer look at how Scripture organizes these gifts. Understanding the **three types of spiritual gifts—ministry, motivation and manifestation**—can help you recognize how God has designed you and how He wants to work through you.

First, there are the **ministry gifts**, sometimes called the five-fold gifts, found in Ephesians 4. These are roles or positions of spiritual leadership that equip the church: apostle, prophet, evangelist, pastor, and teacher. These roles are more about calling and function within the church than about a title. There can be a tendency to think that these are platform or “on stage” gifts, but that is not true! I think of those in our church who spend time every weekend walking the streets of town encountering those who need to meet Jesus – you are evangelists. Those who are leading journey groups – some of you are teachers. Those of you dropping off meals and visiting those who are hurting – you are pastoring and shepherding. The church is most effective when all of us understand our fit and use it to encounter and encourage each other!

Second, Romans 12 outlines the **motivation gifts**. These are gifts that shape how you see the world and instinctively respond to needs. They're often the foundation of spiritual gifts assessments. They include things like teaching, serving, leading, encouraging, giving, showing mercy, and prophesying. These motivations are part of your spiritual wiring—they influence how you think and act in everyday ministry. These gifts are operational in the church but also in your everyday life! God didn't create us and redeem us to have us only use our gifts within the walls of the church – these gifts are to impact our community and show the beauty and brilliance of Jesus to those who need Him. You get to take these to work, the grocery store, the coffee shop, and most importantly into your home!

WEEK 5: SPIRIT EMPOWERED GIFTS

Third, 1 Corinthians 12 describes the **manifestation gifts**. These are unique because they're given in the moment by the Holy Spirit to meet specific needs. These include the word of wisdom, word of knowledge, faith, healing, miracles, prophecy, discernment, tongues, and interpretation of tongues. They're not based on your personality or position but on the Spirit's power working through you for the good of others. Manifestation gifts are often the ones that we both greatly desire and discount our ability to function in! But the Word makes it clear that His desire is that ALL would operate in these gifts. We see others who are confident and seasoned in these areas and count ourselves out, but we have to realize that each of us starts in preschool with these gifts! Desire them, ask for them, practice them. Spirit filled and fully alive!

The wild thing about our generous God is that He doesn't limit His gifts. As you intentionally steward these, He will continue to draw out the things He's imparted within you, He'll open new doors of opportunity, He'll blow your mind – the challenging part of this is that we rarely feel ready!

But, as we partner with Him, trust Him, yield to the painful process of growth – we one day will look back and see how much we have grown in the gifts He has given us!

Why do the three types matter? Because **you are invited to function in all three**. You may live out your faith through your motivation gifts every day. You may be called to ministry leadership in some form and operate in the five-fold ministry gifts. And at any moment, the Holy Spirit can empower you with a manifestation gift to help someone in need.

Don't limit yourself to one box. God's gifts are diverse—and so is His desire to use you.

DISCUSS

1. What were your top **motivation gifts**, and how do you see them influencing your daily life or relationships?
2. Which of the **ministry gifts** (apostle, prophet, evangelist, pastor, teacher) do you feel most drawn to—and why?
3. Have you ever experienced one of the **manifestation gifts** in action (either through you or someone else)? What was that like?
4. What fears, doubts, or insecurities hold you back from stepping more fully into your gifting?
5. How can this group support you in growing or activating your spiritual gifts?
6. Which gift—**motivational, ministry, or manifestation**—surprised you most as you learned about it?
7. Is there a situation in your life right now that might require you to step out in faith and use a gift you've never used before?

PRACTICE

- Break into smaller groups. Share your gifts results. What did you learn? What surprised you?
- Share one barrier you experience too using your gift then pray for one another!

TAKE IT HOME

Complete a **Fruit of the Spirit** self-assessment.



Take the Fruit of the Spirit self-assessment by going to kchanford.com/spiritualfruit or by scanning the QR code





Week 6

Spirit Produced Fruit

SPIRIT

FILLED

FULLY ALIVE

SPIRIT

FILLED

FULLY

ALIVE

INSIDE OUT

SPIRIT

FILLED

FULLY

ALIVE

CONNECT

What is one thing that you learned or that stuck with you from last week's lesson? Did you sense the Spirit's guidance or fullness this week?

LEARN

The Truth: The true mark of a Spirit-filled life is Christlike character—love, joy, peace and more.

SCRIPTURE FOCUS

"But the fruit of the Spirit is love, joy, peace, patience, kindness..."

Galatians 5:22-25 ESV

I am the true vine, and my Father is the vinedresser..."

John 15:1 ESV

FRAMING IT IN

Over the last few weeks, we've talked a lot about spiritual gifts—how the Holy Spirit empowers us to serve, minister, and respond in supernatural ways. But this week, we shift the focus from what do to who we are **becoming**.

While gifts are given, **fruit is grown**. The gifts of the Spirit can operate in a moment of faith, but the **fruit of the Spirit** is evidence of a life that is continually shaped and led by the Spirit of God. Galatians 5 tells us what this fruit looks like.

These are not just nice traits to aspire to—they are indicators of real spiritual maturity. The presence of fruit shows that we are abiding in Christ and allowing the Holy Spirit to transform our character. In contrast to spiritual gifts, which are often more visible, fruit tends to grow slowly and quietly, often in the soil of everyday life and trials.

So **how do we measure the fruit of the Spirit in our lives?** One way is to look honestly at how we treat people in our closest relationships. Am I patient when it costs me something? Do I respond with kindness even when I'm tired or wronged? Do I practice self-control when no one is watching? These are the questions that reveal the condition of the inner life.

We also learn to **identify fruit by its authenticity**. Real fruit is Spirit-empowered, not self-manufactured. Fake fruit may look good on the outside, but it doesn't nourish or last. You can spot fake fruit when someone performs well publicly but lacks peace privately, or when a show of love lacks sacrifice. God is after transformation, not performance.

Finally, we must **seek the fruit of the Spirit intentionally**. We don't produce it by trying harder, but by staying connected to Jesus—the true Vine. As we abide in Him through prayer, surrender, Scripture, and community, the Spirit naturally produces fruit in us. It's not about perfection, but about direction—growing steadily into the image of Christ.

The question this week is not just, “What is God doing through me?” but, *“What is God forming in me?”*

DISCUSS

1. What stood out to you most in your Fruit of the Spirit self-assessment? Were there any surprises or confirmations? How do these insights reflect areas where the Spirit has been working— or where He might be inviting you to grow?
2. Which fruit do you find comes naturally in your life? Which one consistently challenges you? Can you identify specific relationships or situations where this shows up most clearly?
3. What do you think “fake fruit” looks like in a Christian's life? How can we tell when something is self-produced versus Spirit-produced? Have you ever noticed this difference in your own life or in others?
4. In what ways is spiritual fruit different from personality traits or natural strengths? Can you give an example of a strength you've relied on in the past that wasn't actually producing spiritual fruit?

WEEK 6: SPIRIT PRODUCED FRUIT

5. What kind of environment helps you grow best in Christlike character? Are there rhythms, relationships, or disciplines that encourage spiritual growth in you? What changes might help cultivate more of the Spirit's fruit in your life right now?
6. How do you respond when you don't see fruit in your life the way you hope to? Do you tend to become discouraged, try harder, or draw nearer to God? What's one step you can take this week to stay connected to the Vine (Jesus) so fruit can grow naturally?

PRACTICE

- Break into smaller groups and share your insights from the fruit assessment.
- What's one step you can take to grow in one specific fruit?

TAKE IT HOME

Choose one **fruit of the Spirit** to intentionally practice this week.

Before the next meeting, take time to fill out the *Spirit-Filled Life Plan* worksheet at the back of this book.



Week 7

The Spirit-Filled Person— Living as a Whole

SPIRIT
FILLED
FULLY ALIVE

SPIRIT
FILLED
FULLY
ALIVE

INSIDE OUT

SPIRIT
FILLED
FULLY
ALIVE

CONNECT

What is one thing that you learned or that stuck with you from last week's lesson? Did you sense the Spirit's guidance or fullness this week?

LEARN

The Truth: The Spirit-Filled person walks in alignment with God's design, gifts, and character.

SCRIPTURE FOCUS

"For this reason I remind you to fan into flame the gift of God..."

2 Timothy 1:6-7 ESV

"For it is God who works in you, both to will and to work for his good pleasure."

Philippians 2:13 ESV

"If we live by the Spirit, let us also keep in step with the Spirit."

Galatians 5:25 ESV

FRAMING IT IN

Throughout this study, we've seen that **God designed us as Spirit-led beings**—created uniquely, filled with purpose, empowered with gifts, and called to live in alignment with His character. This final week brings all of that together with one simple but profound idea: wholeness.

The Spirit-filled person is not compartmentalized. **True transformation happens when we stop seeing our spiritual life as separate from the rest of our lives**—when our work life, home life, emotional life, and thought life are all surrendered to and shaped by the Spirit of God. That's what it means to live as a whole person.

WEEK 7: SPIRIT FILLED PERSON

God has made us body, soul, and spirit. When any part is out of sync, the whole person suffers. Some people try to be “super spiritual” while ignoring their physical or emotional well-being. Others live from the outside in—letting their appetites, fears, or moods dictate their actions, ignoring their spiritual nature altogether. **But the Spirit-filled life is one of alignment:** where the Spirit leads, the soul (mind, will, and emotions) agrees, and the body follows.

Living “from the inside out” means letting God’s Spirit lead from the core of who we are. It means choosing integrity over image, depth over display, and substance over surface. It means becoming the same person in private that you are in public. **Wholeness is not perfection—it’s integration.** It’s refusing to live a double life. It’s seeking to be the same person in every room, because the same Spirit fills you in every room.

This kind of wholeness produces joy, peace, clarity, and purpose. It frees us from having to pretend or perform. And it makes space for the Spirit to do His deepest work—transforming us into people who reflect the image of Christ from the inside out.

As you reflect on your journey through this series, consider what part of your life still feels fragmented or out of sync. What would it look like to invite the Holy Spirit to bring wholeness there? What step can you take to live as a fully integrated, Spirit-filled person?

DISCUSS

1. What’s one area you feel challenged to take a step of obedience? Is there a specific relationship, habit, or thought pattern that needs to be surrendered?
2. How will you continue to walk in the Spirit beyond this study? What practices help you stay aware of the Spirit’s presence? Where do you sense the need for growth in your daily walk?
3. What kind of accountability or rhythm would help you stay aligned with the Spirit? Who could you invite to walk with you in your spiritual journey? What kind of regular check-in—weekly, monthly, or seasonal—would help you remain Spirit-led?

WEEK 7: SPIRIT FILLED PERSON

4. What has the Spirit revealed about you over the past 6 weeks? Perhaps share one truth that has impacted you deeply, and why? How has your view of yourself as a Spirit-filled being changed?
5. In what ways do you want to grow in living as a whole person? Where do you sense the greatest gap between your inner life and outer life? What fruit do you hope will become more visible as you live from the inside out?

PRACTICE

Live it Out!

CLOSE

Celebrate growth and take time to pray a commissioning prayer over one another. Here is an example prayer:

In the Name of Jesus, we commission you, according to the words of the Apostle Paul, to the calling which you have received (Eph. 4:1). Be a blessing to the Body of Christ, use your gifts with all love, strengthen, encourage, and step forward in faith, allowing the Holy Spirit to lead and guide you. Amen.

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Spirit-Filled Life

Plan Worksheet

SPIRIT
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FULLY ALIVE
SPIRIT
FILLED
FULLY
ALIVE
INSIDE OUT
SPIRIT
FILLED
FULLY
ALIVE

Spirit-Filled Life Plan Worksheet

This worksheet is designed to help you prayerfully reflect on what God has done in your life throughout the Inside Out study. Use it, along with your journal or a piece of paper, to lay out your unique design, spiritual gifts, areas of growth, and your next Spirit-led steps all in one place. Set aside quiet time with the Lord and invite the Holy Spirit to guide your thoughts as you work through each section.

My Design

Key Personality Insights

Reflect on your DISC results and what you've learned about your God-given wiring.

What are the primary traits that shape how you interact with others and respond to the world?

My Blockers

Areas Needing Prayer and Surrender

Identify struggles, attitudes or emotional patterns that hinder you from living fully Spirit-led. These are not areas of shame, but opportunities for healing and growth.

What personal tendencies or challenges consistently trip you up?

My Gifts

Top 2 - 3 Spiritual Gifts

Write down the gifts of the Spirit has revealed through assessments, prayer or affirmation from others. These are tools for you to serve, encourage and build the Church.

What gifts has God given you to activate His purposes?

My Next Steps

Specific Actions to Take

Think practically. What steps will help you live more fully in your Spirit-filled identity? Consider serving, sharing, setting rhythms, or addressing a personal blocker.

What is God asking you to do next?

Group Expectations

Every group needs to know what the target is for success! Get everyone on the same page by setting clear expectations for how the group will operate to foster a safe, supportive, and spiritually encouraging environment.

Read together and discuss the following group values. Feel free to add or edit any that the group agrees on:

CLEAR PURPOSE

To grow spiritually healthy healthy lives by building a healthy small group community.

GROUP ATTENDANCE

To give priority to the group meeting (call if I am absent or late). Be committed to the group!

SAFE ENVIRONMENT

To create a safe place where people can be heard and feel loved (no quick answers, snap judgments, or simple fixes).

CONFIDENTIALITY

To keep anything that is shared strictly confidential and within the group. That means not talking about people or sharing what they share to people outside the group.

CONFLICT RESOLUTION

To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17.

SPIRITUAL HEALTH

To give group members permission to speak into my life and help me live a healthy, balanced spiritual life that is pleasing to God.

LIMIT OUR FREEDOM

To limit our freedom by not serving or consuming alcohol during small group meetings or events to avoid causing another brother or sister to stumble (1 Corinthians 8:1-13; Romans 14:19-21).

GROUP EXPECTATIONS

WELCOME NEWCOMERS

To invite friends who might benefit from this study and warmly welcome newcomers

BUILD RELATIONSHIPS

To get to know the other members of the group and pray for them regularly.

OTHER

We have also discussed and agreed on the following items:

- **Childcare**
- **Starting Time**
- **Ending Time**

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