



LIFE IN  
*the Spirit*

A ROOTED IN TRUTH  
WORKBOOK FOR  
WELL-WATERED WOMEN

*By Lauren Weir*



## MEET THE AUTHOR

Lauren Weir is the Content Editor at Well-Watered Women. She is also a wife and mother with a heart that beats to communicate the goodness and glory of God. Her love for God's Word and discipleship led her to pursue a Master of Biblical Counseling degree from Southeastern Baptist Theological Seminary, and she utilizes her training to both counsel and teach within her local church. Before joining Well-Watered Women, she was co-owner of Words Worth Noting, a ministry dedicated to providing biblical resources and cultivating life through the beauty of Scripture.



## THE HEART BEHIND OUR ROOTED IN TRUTH WORKBOOKS

Our mission at Well-Watered Women is to provide engaging and theologically-rich resources to grow your love for God and his Word, so we created this Rooted in Truth Workbook with the goal of helping you search God's Word for yourself. In Acts 17:10-11, the Jews in Berea are described as noble because "they received the word with all eagerness, examining the Scriptures daily to see if these things were so." Mature Christians do not believe a theological concept because it's what they've always been taught by people they trust; they search the Scriptures to see if the teaching lines up with the truth of God's Word.

But it is not only important for us to understand theology based on the Word of God—good theology must impact our lives. Rooted in Truth Workbooks use the spiritual disciplines of Bible study, prayer, confession, worship, and memorization to help God's Word travel from your head to your heart, creating opportunities for Spirit-led life transformation.

So we pray that you will learn to be Bereans, testing all things against the truth of God's Word, and that the deeper understanding you gain from studying God's Word for yourself will lead to your sanctification, for your good and God's glory.





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GOD AND HIS WORD





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# A LETTER FROM LAUREN

Dear Sister,

When we think about the Holy Spirit, we often scratch our heads the way my three-year-old son does when I tell him that God is three Persons.

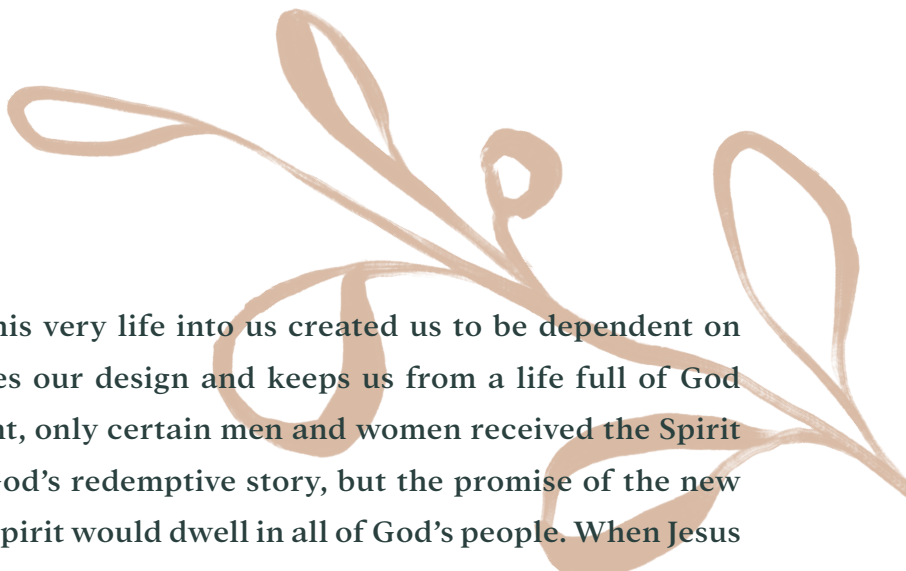
“But who are the three Persons?” he asks me.

“The Father, the Son, and the Holy Spirit,” I smile, knowing the weight of the Trinity is too much for even an adult to comprehend.

His little face scrunches up in concentration. “So, the Father is God, and the Son is God, and the Holy Spirit is...Jesus?”

Though our theological language may be more precise, many of us are too confused to advance much further. Without a grasp on who the Holy Spirit is, we resort to living the Christian life in our own power. We pursue holiness, yet lie awake at night recounting in shame the ways we fell short. We seek to love our neighbor, yet anxiously review every interaction and how we came off or how that person felt. We know that we are beloved children of God, yet the affirmation and approval of those around us dominate our thoughts and direct our actions.

We attempt to live independently, shouldering burdens until they crush us, fulfilling our plans until they fail us, covering our insecurities until they expose us, shaming our neediness until it consumes us. We hush our cries for fear they won't be answered. We advocate for ourselves for fear we won't get what we want. We carry the weight of our plans, our pain, and our sin, limping after Jesus with shallow breath and need of rest.



Yet the God who breathed his very life into us created us to be dependent on him. Our self-reliance denies our design and keeps us from a life full of God himself. In the Old Testament, only certain men and women received the Spirit for particular purposes in God's redemptive story, but the promise of the new covenant heralded that the Spirit would dwell in all of God's people. When Jesus arrived, the Spirit rested on him, filled him for ministry, and led him to fulfill God's plan to give up his breath so that we might be born again, given the Spirit of God to make us new creations.

Let us embark with childlike curiosity to know the Holy Spirit and marvel that our God has chosen to make those who trust in him his very dwelling place. As we study the Spirit's role throughout creation, the old covenant, the life of Jesus, and the new covenant, may the power of his presence in our lives astound us and cause us to join in his purposes. May the reality that God has not left us to struggle through life alone but has poured out his Spirit to testify to our hearts over and over again that we are his children, secured in his love and guaranteed of future glory, comfort us, convict us, and compel us until that day when we will dwell with him forevermore.



GRACE AND PEACE,

*Lauren Weir*

CONTENT EDITOR



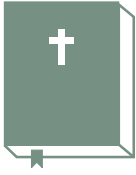


## USING THIS WORKBOOK

This workbook is designed with flexibility. You could decide to tackle one section each week for a five-week study on the Holy Spirit, or you could use this workbook on top of your regular Bible study. Maybe you decide to set time aside each Sunday to complete a section or two at your own pace or to use this workbook as an opportunity to dig into God's Word in the evening before you go to bed. However you decide to use it, commit to digging deeply and considering each verse instead of flying through to check something off your list. The goal is to understand the Bible and define terms for yourself using God's Word as your foundation. This workbook could be used on your own or would be great to do with a friend or in a mentoring and discipleship relationship.

Each section is divided into two to four concepts for further understanding. Under each concept you'll complete the following sections:





## TRUTH UNDERSTOOD

In this section, you'll look up verses and seek to understand what the Bible says about each concept.



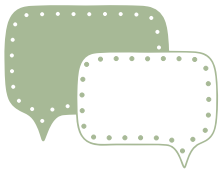
## TRUTH DEFINED

In this section, you'll synthesize the information you learned in the Truth Understood section into a definition or clear understanding of the concept.



## WORSHIP GOD IN TRUTH

Learning about God in his Word should always lead us to worship. His truth declares his glories to us, and our first response should be to worship him. This section gives you an opportunity to exalt God in prayer and provides a suggested worship song to exalt him with singing.



## TRUTH APPLIED

God's Word never changes, but it always changes us. This section offers an opportunity to confess the areas of your life where your actions have not lined up with your beliefs and provides space to plan and consider how what you learned should influence your actions in the future. The section ends with a summary truth statement about how this theological concept changes our lives.



## REMEMBER TRUTH

We are forgetful people. It's simply too easy to close this workbook and walk away from what you learned about the Spirit of God and forget. This section will present a key verse from your study and guide you through various memorization techniques to help you hide God's Word in your heart.

Because God's Word never changes but always changes us, we are expectant that God will use his truth to transform our lives. To him be the glory for this good work!

# BREATH OF GOD



GOD CREATED THE HEAVENS AND THE EARTH WITH HIS VOICE AND BY HIS BREATH, AND BY HIS WORD AND BREATH, LIFE FLOURISHES AND IS SUSTAINED. BECAUSE PEOPLE DID NOT LIVE BY GOD'S WORD, CREATION IS DEVASTATED AND LIFE IS CORRUPTED.

# GOD'S BREATH CREATES



## TRUTH UNDERSTOOD

*In this section, let God's Word instruct you, tearing down any misconceptions you may have and rebuilding an understanding of each topic based on the truth offered in God's Word.*

Pneumatology, or the study of the Holy Spirit, can progress from a number of angles. This workbook will take the approach that begins with the evidence of the Holy Spirit in the Old Testament and moves to the New, uncovering the unfolding redemption story and the Spirit's presence, role, and activity in it.

The Hebrew word for Spirit is *rûach* (pronounced roo'-akh). Used nearly four hundred times in the Old Testament, *rûach* translates into four different words in English: *Spirit [of God]*, *spirit*, *wind*, and *breath*.<sup>1</sup>

Consider these words: *Spirit [of God]*, *spirit*, *wind*, and *breath*. Write down several synonyms, sensory descriptions, or images that come to mind.

What biblical stories come to mind?



The first use of the word *rûach* appears in the second verse of the Bible. Read Genesis 1:1–5. What activity happened by God’s *rûach*?

It’s common knowledge that God spoke the world into being, but what rarely accompanies this knowledge is the notion that the vehicle for words spoken is breath. Theologian and professor Graham A. Cole points out, “The creative process is achieved by the divine Word, which by implication is carried by the divine breath. This is very much like our own human words, which are also carried by our breath if they are to be known.”<sup>2</sup>

Read Genesis 1:26–31. What words did God speak in conversation with himself?

What blessing did God speak to the first man and first woman?

Read Genesis 2:7. The Hebrew word *rûach* is not used in this verse, but there is a similar image. What gave the man life?

Read Genesis 2:15–17. What activity did God give man?

What command did God speak to man?

The following verses concerning creation contain the word *rûach*, variously translated into *Spirit [of God]*, *spirit*, *wind*, or *breath*. Beside each reference, write the translated word used in the verse. Then write a statement that describes what the verse says about God's *rûach* (you may want to compare translations). See the example below.

**PSALM 33:6** *breath: by God's breath and word, the heavens and host were made*

**GENESIS 1:2**

**JOB 26:13**

**JOB 33:4**

**JOB 34:14-15**

**PSALM 104:29**

**PSALM 104:30**

**ECCLESIASTES 12:7**





## TRUTH DEFINED

*As you complete this section, read each question and then look back at what you wrote down in the Truth Understood section. Try to incorporate the language of Scripture into your answers.*

What kind of activity does God's *rûach* do?

What kind of power does God's *rûach* have?

From what you've studied so far, what role does God's *rûach* play in the life of humans?

What connection do you see between the role of God's *rûach* and the role of God's word?





## WORSHIP GOD IN TRUTH

*The truth about God shouldn't just lead us to action; it should first lead us to worship. Use this section to write a prayer of worship to your Lord and Savior, praising him for who he is as discovered in the Scripture you read this week. You can use the verses below as a starting place to guide your prayer. Then use the suggested worship song to make melody to the Lord with your heart (Eph. 5:19).*

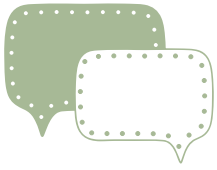
**The grass withers, the flower fades when the breath of the LORD blows on it; surely the people are grass. The grass withers, the flower fades, but the word of our God will stand forever.**

Isaiah 40:7–8



**TRINITY SONG**

**By Sandra McCracken**



## TRUTH APPLIED

*Don't rush through this section. Make an effort to remember your previous week and look forward to next week. Maybe even pull out your planner to remember what you did and what you will be doing. God's Word is living and active and changes our lives. Don't neglect considering how what you've learned impacts how you live.*

**If God is the originator of all breath, what does that mean about creation?**

**If your breath comes from God, how does that affect what you do with it?**

**Consider last week. Confess to the Lord ways you used your breath as if it were merely your own.**

**Consider next week. Ask the Lord to give you a renewed awareness of your dependency.**

**What verse or truth will you preach to yourself?**

God created the heavens and the earth with his voice and by his breath, and by his word and breath, life flourishes and is sustained.





BY THE WORD OF THE LORD  
THE HEAVENS WERE MADE,  
AND BY THE BREATH OF HIS MOUTH  
ALL THEIR HOST.

PSALM 33:6





## REMEMBER TRUTH

*Take some time to hide this key verse in your heart, that the knowledge you gathered studying God's Word would not go in one ear and out the other but continue to bear fruit in your life.*

Write Psalm 33:6.

Write Psalm 33:6.

Write Psalm 33:6.



Fill in the blanks from memory.

BY THE \_\_\_\_\_ OF THE LORD THE \_\_\_\_\_  
WERE \_\_\_\_\_, AND BY THE \_\_\_\_\_ OF HIS  
\_\_\_\_\_ ALL THEIR \_\_\_\_\_.

PSALM \_\_\_\_\_ : \_\_\_\_\_

Cover your Scripture memorization practice above and use the initials of the verse as a prompt to recite it out loud.

B T W O T L T H W M,  
A B T B O H M A T H.

P 33:6

Cover your Scripture memorization practice above and write the verse from memory.

Find a friend or family member to recite this verse to today.