When a caterpillar is born, it is creeping along the ground, but inside that caterpillar is all the DNA that is needed for it to become a butterfly. It takes a process and sometimes it is not a very comfortable one, but in God's timing that caterpillar is transformed into what it was truly created to be. God is inviting you to allow Him to fully transform you into everything that He created you to be. As you go through this study, may you blessed to receive all that He has for you, so that you can live awake, free, large, aligned, and in charge.

Listening Guide

NOTES:

Biblical Foundation Of The Human Spirit

2 Corinthians 4:6-7 For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.

What Is The Human Spirit?

Spirit: Hebrew—ruach; Greek—pneuma
Meaning: spirit, breath.
It is the eternal part of you.

You have great value because you are a carrier of the breath of God.

You have the Ruach of God inside of you. Same word is used for God's Spirit and the human spirit.

Genesis 1:1-2 In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit (Ruach) of God was hovering over the waters.

SAMPLE

Ezekiel 37:5-6 This is what the Sovereign LORD says to these bones: I will make breath (Ruach) enter you, and you will come to life. I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath (ruach) in you, and you will come to life. Then you will know that I am the LORD.'"

You are a Masterpiece!

God Formed Our Spirit

Zechariah 12:1 The LORD stretches out the heavens, lays the foundations of the earth, and forms the human spirit within a person.

Job 33:4 The Spirit of God has made me; the breath of the Almighty gives me life.

Job 34:15 If it were his intention and he withdrew his spirit and breath, all mankind would perish together and man would return to the dust.

Jeremiah 1:5 Before I formed you in the womb I knew you. Before you were born I set you apart.

Job 10:12 You gave me life and showed me kindness, and in your providence you watched over my spirit.

Job 10:12 (Elizabeth's personal translation). You have fashioned, crafted, and made my life, and your zealous love and kindness, your favor, custody, and care have kept and guarded me and given heed of my spirit like a gardener watches his garden or a shepherd watches his flock.

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NOTES:

Group Discussion Questions

1. Sometimes we have no idea what has been planted deep down inside us. Most did not know that the Atacama Desert could grow so many flowers in its desert soil. The caterpillar has no idea that it will become a butterfly. What do you hope will come of the time, effort, and energy that you will put into this study? Do you sense anything deep within you that is soon to emerge?

2. There are four stages in the life-cycle of a butterfly (metamorphosis). Egg—the butterfly begins its life. Larva—the caterpillar hatches from the egg, eats a lot, and grows a lot. Pupa—the chrysalis stage where the caterpillar forms a cocoon around itself and rests. It is transforming. Adult—the butterfly emerges, lives freely, and reproduces itself. We move in and out of these stages as well in our spiritual journey. As you think about your spirit being aligned with God's Spirit, where are you on your journey presently? How do you need to grow to experience more of the life Jesus has already given you?

3. God has breathed life into us. We are a carrier of the breath of God—the essence of God's identity is within us. Discuss the idea of God breathing life into us and us holding His very essence. Did you know you were a carrier of the breath of God? How does that make you look at yourself or others differently?

4. What does the word "masterpiece" mean to you? Do you believe you truly are a masterpiece of His creation and that you were a masterpiece long before you ever showed up on this earth?

5. Elizabeth read a paraphrase of Job 10:12. "You have fashioned, crafted, and made my life, and your zealous love and kindness, your favor, custody and care have kept and guarded me and given heed of my spirit like a gardener watches his garden or a shepherd watches his flock." What is your initial reaction or response when you hear this?

6. Discuss the idea of God as a gardener and as a shepherd. How do these images reflect God taking care of and watching over your spirit? How do you feel or want to respond?

7. In John 10:27 Jesus refers to Himself as a Shepherd when He says, "My sheep hear My voice." Have you ever felt God, your Great Shepherd, speaking to your spirit? If yes, what was this experience like?

The concept of your human spirit and God's spirit may be new to you. We will continue to explore the principle of spirt, soul, and body in Scripture throughout this study. If you would like to study more scripture on your own there is a list of scriptures about the spirit and soul in the Appendix on page 88.

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