

ENGAGING GOSPEL DOCTRINE (EPISODE 158)

LESSON 32

"Live in the Spirit"

Hook	You know those moments when you just feel GOOD? It might be peace, clarity, joy, or just feeling grounded in your best self... Is it possible to feel that way most of the time?
Manual Goal	To encourage class members to seek promptings from the <u>Holy Ghost</u> and to avoid attitudes and actions that will keep them from receiving these promptings.
EGD Goal	To encourage class members to learn and foster behaviors, relationships, and environments that nourish their spirits through the influence of the Holy Ghost.

I. Sunday School

- a. Intro: The tone of our lives (when we feel light and dark, connected or distant)
- b. Review the reading
- c. Fruits of the spirit (My highest values include Love. Joy. Peace. Growth. Freedom) Our target: Becoming our best selves, the person our loving Heavenly Parents and Savior want us to be.
- d. Our spiritual language (kind of like love languages, need to figure ourselves out. What makes us feel most inspired? Motivated? Clear? What is our learning method? Recipe is different but will have elements and outcomes in common.
- e. Invitation: Take some time to reflect and think about the actions, habits, relationships, and environments that will help you "Live in the spirit". (Mediation, music, nature, exercise, study of scriptures and other uplifting material, art, conversation, service, sacred space. Are there any habits or rituals we could add to our lives to help us have the spirit more? Don't just be locked into the generic Sunday School answers.
- f. Conclusion

II. Scripture Study

- a. What has Paul so worked up?
- b. Return to the reading
- c. Paul and the other disciples

III. Study Notes

- a. Virtuous and vicious cycles
- b. What do we do when the normal recipes don't work? (Differing gifts, open our minds to other possibilities)

Previous podcast episodes:

<http://mormonsundayschool.org/031-doctrine-covenants-lesson-5-revelation-i/>

<http://mormonsundayschool.org/032-doctrine-covenants-lesson-6-revelation-ii/>

<http://mormonsundayschool.org/033-doctrine-covenants-lesson-7-first-gospel-principles-ordinances/>

<http://mormonsundayschool.org/105-1-elijah-and-the-still-small-voice-ot-lesson-28-core/>

<http://mormonsundayschool.org/105-2-elijah-and-the-still-small-voice-ot-lesson-28-study-notes/>