



## LIFE IS A JOURNEY; RUN YOUR RACE WELL THE HOLY SPIRIT: OUR HELPER & TEACHER

**Jesus gave us access to the finish line (Heaven),  
The Holy Spirit guides us along the way**  
John 14:26

26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

**Throughout the journey of life, we MUST ALWAYS reflect the image of Jesus**  
Luke 6:40

The student is not above the teacher, but everyone who is fully trained will be like their teacher.

**The path is narrow | Matthew 7:13-14**

13 “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. 14 But small is the gate and narrow the road that leads to life, and only a few find it.

**Scripture illuminates our path | Psalm 119:105**

Your word is a lamp for my feet, a light on my path.

**The Holy Spirit gives understanding to scripture**  
1 Corinthians 2:12-14

12 What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. 13 This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words. 14 The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.

**We don't journey alone | Romans 8:26-27**

26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

**\*In your spare time, go to BibleHub.com and search “foot slip”. Browse through all of the scriptures listed.**

# JOURNEYING THE NARROW PATH REQUIRES THE HELP, TEACHING & GUIDANCE OF THE HOLY SPIRIT

**Observe Matthew 7:14:** "...But small the gate and \_\_\_\_\_ the road that leads to life, and only a few find it.

- In Greek, "narrow" is better defined as "compressed": thlibó (Strong's G2346)
  - **Usage:** The Greek verb "thlibó" primarily conveys the idea of pressing or compressing, often used metaphorically to describe situations of affliction, distress, or trouble. In the New Testament, it is frequently used to depict the trials and tribulations faced by believers, emphasizing the pressure and challenges encountered in the Christian life.
  - **Cultural and Historical Background:** In the Greco-Roman world, the concept of pressure or affliction was well understood, both in physical and metaphorical terms. The early Christians, living under Roman rule, often faced persecution and societal pressures. The use of "thlibó" in the New Testament reflects the reality of these hardships, as well as the spiritual and emotional struggles that accompany the journey of faith. The term would resonate with an audience familiar with the challenges of maintaining faith in a hostile environment.
- Note: If we are to travel a road that is compressed and accompanied by tribulations...the Holy Spirit as our teacher, advocate, helper, intercessor, and guide is vital to finishing our race well. Obedience to His leading is necessary to prevent unnecessary trials.

**Observe 1 Corinthians 2:12-14**

- 12 What we have \_\_\_\_\_ is not the spirit of the world, but the Spirit who is from God, so that we may \_\_\_\_\_ what God has freely given us.
  - He has freely given us His Son, but also His Word!
- 13 This is what we speak, not in words \_\_\_\_\_ us by human wisdom but in words \_\_\_\_\_ by the Spirit, explaining spiritual realities with Spirit-taught words.
  - Unlike philosophies of the ages, His Word is living and eternal!
- 14 The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.
  - The things of the Spirit require the Spirit to decode it. It cannot be deciphered by the carnal mind.

**Observe Romans 8:26-27**

- 26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.
  - The Holy Spirit co-operates with our frailties, not exploiting or exposing them to bring humiliation, but to aide us.
- 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.
  - He not only aides us, but compensates by advocating to our Heavenly Father on our behalf. He expresses what we can't put language to, making sure heaven is providing what we are ignorant of. He really is an advocate! Hallelujah!



## CONCORDANCE ACTIVITY

Look up the following words:



### Helper/Comforter:

**Greek:** (parakletos)  
Strong's G3875  
(Found in John 14:26)



### Teach: Greek: (didasko)

Strong's G1321  
(Found in John 14:26)



### Intercede: Greek: (huperentugchano)

Strong's G5241  
(Found in Romans 8:26)



### Groanings: Greek: (stenagmos)

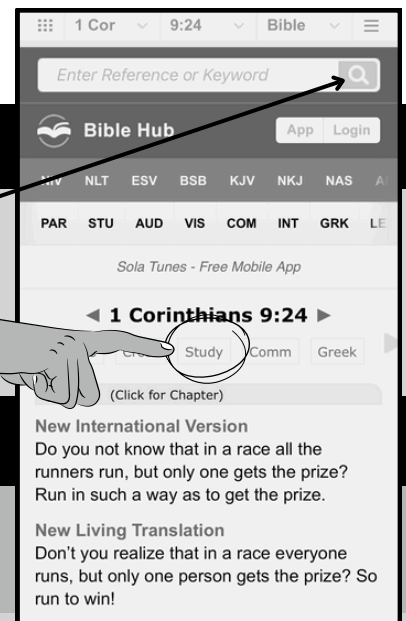
Strong's G4726  
(Found in Romans 8:26)



## ONLINE RESOURCE ACTIVITY

**Read 1 Corinthians 9:24-27**

- Go to BibleHub.com and do a search for 1 Corinthians 9:24 in the "Enter Reference or Keyword" box and then click on the magnifying glass.
- Once it loads, click on the button titled "Study"
  - Read the **Study Bible** section.



## LET'S INTERPRET...

- What do you believe all of these verses mean?
- What is God speaking to you personally through this study?
- Read a trusted commentary and compare to your interpretation.



## NOW, LET'S READ THE AFTER-SUMMARY TOGETHER

Life after salvation is not a sprint, it's a lifelong marathon. The moment we accept Christ, we step onto the track. Jesus becomes our starting line, our anchor, and our compass. Every step we take must be aligned with Him as our true North. But let's be honest...this race can be tough. There are hills, potholes, obstacles, and seasons when our legs feel like they can't go another step. That's why God didn't leave us to run alone. He gave us a Coach, the Holy Spirit. He walks, jogs, and sometimes carries us through every mile. Jesus Himself said in John 14:26 that the Holy Spirit would be our Helper and Teacher, reminding us of everything He taught us. He's not a passive voice in the stands but an ever-present Coach running right beside us, encouraging us, correcting us, and helping us push forward.

Like any good coach, the Holy Spirit doesn't just yell out directions; He trains us to run like Jesus. Luke 6:40 says that "the student is not above the teacher, but everyone who is fully trained will be like their teacher." In our case, that Teacher is Christ. The Spirit's job is to form us into His image, making our stride, attitude, and heart match His over time. But that only happens if we listen and follow. Some paths may seem easier, more popular, or feel better in the moment, but Jesus warned us in Matthew 7:13-14 that the wide road leads to destruction, and only a few choose the narrow road that leads to life. That narrow path? The Holy Spirit will lead us there, but we have to choose to stay on it, even when the crowd goes the other way.

A key part of staying on course is learning to hear and understand our Coach. That's where Scripture comes in. Psalm 119:105 says, "Your word is a lamp for my feet, a light on my path." The Bible is our race map, but it's the Holy Spirit who helps us read it clearly. Without Him, we won't make sense of what's being shown. 1 Corinthians 2:12-14 explains that only by the Spirit can we truly understand the deep things of God otherwise, spiritual truths will seem foolish. So if you've ever opened your Bible and felt lost, don't worry. Ask the Spirit for help. That's literally His role...to teach you and make God's Word come alive in your heart.

And when you feel too weak to keep running whether it is mentally, emotionally, or spiritually...Romans 8:26-27 reminds us that the Spirit steps in to pray for us when we don't even know what to say. Think of that moment in a race when a coach jumps in beside a struggling runner, putting their arm around them and saying, "You're not quitting now. I've got you." That's exactly what the Holy Spirit does. He knows your weaknesses so He intercedes and advocates with prayers deeper than words, aligned with God's perfect will.

Paul drives this idea home in 1 Corinthians 9:24-27, where he compares our faith journey to a race. He says to run in such a way that you'll get the prize, not aimlessly, not without training, and not in a way that you will disqualify yourself...but with intentionality and discipline. That's what the Holy Spirit helps us do: run with purpose. And as we continue the journey, the Spirit slowly reveals how each of us plays a unique part in God's Kingdom. Our calling may look different, but the goal is the same: finish the race well, reflecting the image of Jesus every step of the way.

At the finish line is our Heavenly Father, arms open wide, ready to say, "*Well done! Welcome home!*" Jesus gave us access to that finish line, but it's the Holy Spirit who trains us, guides us, strengthens us, and keeps us moving toward it. So when you feel stuck? Look to Jesus. When you feel lost? Listen to your Coach who will always point you to True North...Jesus. Trust the process, stay on the path, and let the Spirit shape you into a runner who looks more and more like Christ with every step.



## APPLICATION QUESTIONS

- **Applying John 14:26:** When you feel spiritually confused or unsure, do you pause and invite the Holy Spirit to teach and remind you of what Jesus has already said?
- **Applying Luke 6:40:** Are you allowing the Holy Spirit to train you into someone who actually looks like Jesus in your thoughts, choices, and relationships?
- **Applying Matthew 7:13-14:** In your daily life, are you choosing the narrow road that leads to life, even when it's unpopular or uncomfortable?
- **Applying Psalm 119:105:** Are you regularly opening God's Word to light your path, or are you trying to run the race in the dark without direction?
- **Applying 1 Corinthians 2:12-14:** When you read Scripture or hear teaching, do you ask the Holy Spirit to help you understand and apply it, or are you relying only on your own intellect?
- **Applying Romans 8:26-27:** In moments of weakness or silence, do you remember that the Holy Spirit is still praying for you? How does that change how you face challenges?
- **Applying 1 Corinthians 9:24-27:** Are you training spiritually like someone running for a prize, or just coasting?
  - What area of your life needs more discipline or intentionality right now?

## CLOSING PRAYER

Holy Spirit, thank You for being our Helper, our Teacher, and our faithful Coach in this race of life. We confess that we often get tired, distracted, or uncertain of the path ahead, but You never leave our side. You remind us of what Jesus taught, You correct us when we begin to drift, and You empower us to keep moving forward even when we feel weak. Help us to stay on the narrow road that leads to life, to listen closely to Your voice, and to trust Your training as we become more like Jesus with every step.

Father, we want to finish this race well. Give us hearts that stay focused, disciplined, and filled with Your Word. Let Your Spirit shape our lives in a way that reflects Christ to the world around us. When we stumble, remind us that You are praying for us. When we lose sight of the goal, lift our eyes back to You. Thank You for preparing a place for us at the finish line and for walking with us every step of the way. In Jesus name we pray, amen.



### *Homework:*

Read Galatians 3:23-29 and Ephesians 3:14-21.

### *Next Week's Study:*

The Spirit of Adoption: Our Identity in Christ