
5-Day Study Guide

The Holy Spirit Our Helper

Message by William Wood — The Roads Church

Main Text: John 16:5–11

Sermon Overview

In this message, William Wood teaches from **John 16:5–11**, where Jesus tells His disciples it is to their advantage that He goes away so the **Holy Spirit — the Helper — will come**. The Spirit convicts the world of **sin** (unbelief), **righteousness** (the standard revealed through the Church), and **judgment** (the verdict already declared over Satan).

The call for believers is to live surrendered, Spirit-filled lives where God's presence is visible in everyday places, shifting the atmosphere and enforcing the victory of the cross.

Who Would Use This Study Guide?

- **New Christians** who want to understand the role of the Holy Spirit in their daily walk.
 - **Mature Christians** who desire to deepen their partnership with the Spirit.
 - **Jr. & Sr. High Students** who are learning how to live out their faith in school and with peers.
 - **Families with Young Children** who want to disciple kids in simple, practical ways.
 - **Families with Teenagers** who want to pursue God together and model Spirit-filled living.
 - **Groups** (like Roads Groups) who want to study Scripture together and apply it as a community.
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Why Use This Study Guide?

The Holy Spirit is not distant or abstract — He is God's presence in every believer. This guide will help you:

- Recognize the Helper in your daily life.
- Understand the Spirit's work of conviction and truth.
- See how your surrender shapes your ability to walk in God's power.
- Learn to carry God's presence into homes, schools, workplaces, and communities.

Using this guide strengthens the **foundational Christian practice** of reading God's Word directly, reflecting on it, and applying it in real situations.

How to Use This Study Guide

- **Open your Bible** and read the Scripture references each day. Let the Holy Spirit highlight truth as you read directly from God's Word.
 - Use the **Daily Focus** and **Big Idea** as a starting point for reflection.
 - Work through the **Discussion Questions**, writing notes or talking together in a group or as a family.
 - Use the **Application Step** to put truth into practice.
 - Remember: the questions are here to help, but don't stop there — let the Holy Spirit lead you into deeper questions and applications that are personal to your life.
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Day 1: Our Advantage — The Helper Has Come

Daily Focus: Jesus said it was to our advantage that He goes away, so the Holy Spirit could come. The Spirit is God's presence in every believer, not limited by time or place.

Big Idea: The Spirit lives in you — you are God's temple.

Key Scripture: John 16:5–7, 1 Corinthians 3:16

Quote from the Message: *“It is to your advantage that I go away, for if I do not go away, the Helper will not come to you.”*

Discussion Questions

- *New Christians:* Why would Jesus say it's better for the Spirit to come than for Him to remain on earth? What does that mean for you today?
- *Mature Christians:* How do these verses challenge your view of living empowered by the Spirit? Where might you still live as if Jesus is absent?
- *Jr. & Sr. High Students:* What would it look like to walk into school knowing God's Spirit lives inside you?
- *Families with Young Children:* Read together and talk: “God's Spirit lives in us.” What does that mean for how we live each day?
- *Families with Teenagers:* How could your family practice relying on the Spirit together, instead of trying to do everything in your own strength?

Application Step:

- **All:** Each morning this week, declare aloud: *“The Holy Spirit is my Helper and He lives in me.”*
- **Family with Young Children:** Make a sign together that says, “God's Spirit lives in us!” and place it in a visible spot.
- **Family with Teenagers:** Have each teen write the declaration on a sticky note and place it on their mirror or school binder.
- **Group:** Begin your gathering by having each person speak this declaration aloud together, reinforcing the truth as a community.

Day 2: Convicting the World of Sin — Unbelief

Daily Focus: The Spirit convicts the world of sin — specifically unbelief in Jesus. When we live Spirit-filled lives, unbelievers are confronted with the reality of Christ.

Big Idea: The root sin is unbelief; our lives point people to faith in Christ.

Key Scripture: John 16:8–9, Hebrews 3:12

Quote from the Message: “An unbeliever got into the car with a believer and was convicted of their unbelief.”

Discussion Questions

- *New Christians:* How does trusting Jesus instead of yourself help you overcome sin?
- *Mature Christians:* What does it look like to live so visibly surrendered to Christ that others are convicted of unbelief?
- *Jr. & Sr. High Students:* Have you ever had a friend question you about your faith? How could you let your life speak without forcing?
- *Families with Young Children:* Ask: “What does it mean to believe Jesus?” Share ways your family can show faith in Jesus together.
- *Families with Teenagers:* How can your family’s choices and words point friends, classmates, or neighbors toward belief in Christ?

Application Step:

- **All:** Pray for one person you know who doesn’t believe in Jesus. Ask the Holy Spirit to make your life a visible witness of His love to them.
- **Family with Young Children:** As a family, draw a picture of a friend or neighbor who needs Jesus and pray together for them.
- **Family with Teenagers:** Write the name of someone who needs Christ on a note card and keep it in your Bible. Pray for them daily this week.
- **Group:** Share first names (only if comfortable) of unbelievers you’re praying for. Close by praying together that the Spirit would convict them of unbelief through your witness.

Day 3: Convicting the World of Righteousness — Living the Standard

Daily Focus: The Spirit convicts the world of righteousness because Jesus has gone to the Father, and now the world sees Him through us.

Big Idea: The Church is called to be the visible standard of righteousness in culture.

Key Scripture: John 16:10, Galatians 2:20

Quote from the Message: *“If you reconcile yourself to be dead to the flesh and alive to Christ, it doesn’t matter what people say — it won’t control you.”*

Discussion Questions

- *New Christians:* What does it mean for your life to be a reflection of Jesus?
- *Mature Christians:* In what ways is the Spirit calling you to raise the standard of righteousness in your home, work, or community?
- *Jr. & Sr. High Students:* How can you respond differently when others pressure you to compromise your values?
- *Families with Young Children:* Read together: “We live for Jesus, not ourselves.” What are simple ways kids can live this out?
- *Families with Teenagers:* How could your family stand for God’s righteousness together, even when culture pushes a different direction?

Application Step:

- **All:** Identify one area where you’ve been reacting in the flesh. Surrender it to Christ in prayer today, asking the Spirit to display His righteousness through you.
- **Family with Young Children:** Role-play a situation (like sharing toys or helping a sibling) and talk about choosing Jesus’ way instead of selfishness.
- **Family with Teenagers:** Ask each family member to share one challenge where they need to live God’s standard. Pray for one another to stand strong.
- **Group:** Break into pairs or small groups to share one area where God is calling you to raise the standard of righteousness. Pray for strength to live it out.

Day 4: Convicting the World of Judgment — Satan Defeated

Daily Focus: The Spirit convicts the world of judgment because Satan has already been judged. Believers enforce Christ’s victory over the enemy.

Big Idea: Jesus has given His Church authority to evict the works of the enemy.

Key Scripture: John 16:11, Luke 10:19, Colossians 2:15

Quote from the Message: *“The only right the devil has is to be evicted.”*

Discussion Questions

- *New Christians*: How does it help to know Satan has already been defeated at the cross?
- *Mature Christians*: Where do you need to enforce the verdict of Christ's victory in your life or family?
- *Jr. & Sr. High Students*: How can you pray and stand strong when you feel spiritual pressure at school or in friendships?
- *Families with Young Children*: Teach kids: "Jesus is stronger than the devil." How can they remember that truth when afraid?
- *Families with Teenagers*: How could your family use prayer to push back against fear, temptation, or lies the enemy tries to bring?

Application Step:

- **All**: Speak aloud a promise from Scripture whenever you sense fear or spiritual opposition, declaring Christ's victory.
 - **Family with Young Children**: Teach kids a simple verse like "*Greater is He who is in me than he who is in the world*" and say it together at bedtime.
 - **Family with Teenagers**: Choose a verse of victory as a family "battle cry" and write it on a card to carry during the week.
 - **Group**: End your gathering by reading Colossians 2:15 together and declaring Jesus' victory out loud as a united act of faith.
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Day 5: Living With the Helper

Daily Focus: The Spirit is not distant — He lives in every believer. He is our Helper, not our controller, partnering with us as we surrender.

Big Idea: The Holy Spirit empowers us to live surrendered and to set the spiritual atmosphere around us.

Key Scripture: John 14:12, Philippians 2:14–15

Quote from the Message: "*In the Kingdom of God, you move at the speed of your obedience.*"

Discussion Questions

- *New Christians*: How can you invite the Holy Spirit to help you in everyday life?
- *Mature Christians*: What step of obedience is the Spirit asking you to take right now?
- *Jr. & Sr. High Students*: How can you shine God's light instead of complaining or joining negativity?
- *Families with Young Children*: Talk together: "How does the Holy Spirit help us as a family?"
- *Families with Teenagers*: How could your family create an atmosphere of faith, hope, and joy in your home this week?

Application Step:

- **All**: Choose one area of your life where you often struggle. Invite the Holy Spirit to help you, then take a step of obedience that shows your surrender.
 - **Family with Young Children**: Pick a simple family action (like thanking God before meals or speaking kind words) and practice it together this week.
 - **Family with Teenagers**: Talk as a family about an area where obedience is hard. Each member can set one Spirit-led step of obedience for the week.
 - **Group**: Share together: "Where is the Spirit asking me to obey today?" Commit to take that step this week and pray over one another before leaving.
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Bonus Reflection: The Spirit's Three Convictions

In John 16:8–11, Jesus says the Holy Spirit convicts the world of **sin, righteousness, and judgment**. This isn't just information — it's a call for believers to live visibly surrendered so that the Spirit's work is revealed through us.

1. Sin — Unbelief

- The Spirit convicts the world of the sin of not believing in Jesus.
- All other sins flow from this root.

- Our lives are meant to point people to faith in Christ.

2. Righteousness — The Standard of Christ

- Because Jesus has gone to the Father, the world sees Him through us.
- Believers are the visible standard of righteousness in culture.
- We reveal Christ when we surrender self and live by His Spirit.

3. Judgment — Satan Defeated

- The ruler of this world has already been judged.
- The Church enforces the verdict of Christ's victory at the cross.
- We have authority to evict the works of darkness and release God's kingdom.

Reflection Questions for Review

- Where do you see unbelief (sin) in the world around you, and how could your life be a witness of belief in Jesus?
- How is the Spirit calling you to raise the standard of righteousness in your own life or family?
- What's one way you can stand in Christ's authority this week and enforce the judgment already made against the enemy?

Next-Step Ideas

- **Individual Use:** Spend time journaling one conviction (sin, righteousness, or judgment) that the Spirit is impressing on you most strongly right now. Write a short prayer of surrender, inviting the Spirit to help you live it out.
- **Families with Young Children:** Gather together and act out a simple story (for example: believing Jesus when afraid, choosing right instead of wrong, or remembering Jesus is stronger than the devil). Talk as a family about what it means for the Holy Spirit to help us.
- **Families with Teenagers:** Have an open discussion where each teen shares an area where unbelief, righteousness, or standing against the enemy feels real in their world (school, friendships, media). Pray together and decide one way your family will live visibly for Christ this week.

- **Group Activity Option:** Write the three convictions (sin, righteousness, judgment) on a board or large sheet of paper. As a group, brainstorm practical ways each can be lived out and demonstrated in your community.