

The Holy Spirit

The Holy Spirit is a Person with Feelings and not an impersonal force: He can be grieved, insulted, He communicates and decides things

- *Grieved: And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. - Ephesians 4:30*
- *Communicates: While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” - Acts 13:2*
- *All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines. - 1 Corinthians 12:11*

The Holy Spirit is a part of the Trinity. He is God! (Involved in creation, baptism, salvation and even benediction)

10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. 11 If the Spirit of^ahim who raised Jesus from the dead dwells in you, he who raised Christ Jesus⁴ from the dead will also give life to your mortal bodies^bthrough his Spirit who dwells in you.

The Holy Spirit Lives in Every Believer.

12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—¹³ children born not of natural descent, nor of human decision or a husband’s will, but born of God. John1:12

13 And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, Ephesians 1:13

*⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. **And if anyone does not have the Spirit of Christ, they do not belong to Christ. Romans 8:9***

The Holy Spirit Empowers us to Live the Christian Life

⁸ But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” Acts 1:8

¹³ *But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.* **John 16:13**

a.) He produces in us the character of Christ: ²² *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.* **Galatians 5:22-24**

b.) He equips us with gifts to effectively serve others: ⁴ *There are different kinds of gifts, but the same Spirit distributes them. ⁵ There are different kinds of service, but the same Lord. ⁶ There are different kinds of working, but in all of them and in everyone it is the same God at work...⁷ Now to each one the manifestation of the Spirit is given for the common good.* **1 Corinthians 12:4-7**

Pray to be Filled with the Spirit

If the above truths have convicted you of leading a Spirit-filled life, you can respond to that conviction with a simple prayer. One can trust that God will honor this prayer because it is His desire for us to be filled with His Spirit, and it is also His Command.

Command: **Ephesians 5:18,** ¹⁸ *Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,*

Promise: **1 John 5:14,15** ¹⁴ *This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him.*

Luke 11:13 *If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"*

“Father thank you for loving me and saving me. Thank you, Jesus, for sending us the Holy Spirit that we may be empowered to live faithful Christian lives. Forgive me for trying to do it by my own strength. Holy Spirit of the living God please take control of my life today, guide me and empower

me, to live a life that honors Jesus from one moment to the next. Thank you for hearing my prayer, in Jesus' name I pray, amen.”

Keeping in Step with the Spirit

Because God has commanded and promised the filling of the Holy Spirit then we can trust that He is now empowering and leading us. Remember we place our trust in God's Word and not in our feelings. Now that He is empowering us, we must keep in step with the Spirit, that means we must walk in obedience to His counsel and promptings.

Galatians 5:25 ²⁵ *Since we live by the Spirit, let us keep in step with the Spirit.*

We do this by practicing spiritual breathing. Which means to regularly confess our sin whenever we go against Spirit's leading. This is followed by requesting Him to once again take control, as we humbly submit to His guidance.

- **Exhale:** admit and confess your wrongdoing to God as soon as you become aware of it.
- **Inhale:** Request the Holy Spirit to once again take control; leading and empowering you.

Note: The Concept of “Spiritual Breathing” is adapted from Campus Crusade material.