

LOVE THE LORD



Lesson Five - What does it look like to live with the Holy Spirit's power?

August 2023

Summary of key points

- The Holy Spirit is our Advocate who comes to live in our hearts and help us become more like Jesus.
- He is our guarantee of eternal life.
- We can quench the Holy Spirit (with examples).
- When we quench the Holy Spirit, our spiritual life is impacted (with examples).
- Blasphemy against the Holy Spirit is the only unforgivable sin.
- We need to take our relationship with the Holy Spirit very seriously.

Watch the lesson online

<https://youtu.be/tcZJWQxOmTg>

Transcript

Welcome to lesson five of Love the Lord where we look at our relationship with the Holy Spirit.

Let us begin by inviting God to speak to us personally through this study. Please follow along as we pray together. Click pause at any point if you need more time.

First, let's thank God for His perfect character and will for us.

Next, please tell Him about the things that have been stressful lately and ask for His help and guidance.

Next, let us put down our burdens of sin. First, confess the ways we have sinned against God and against others, and ask for His forgiveness.

Next, please confess the ways others have sinned against us, and forgive them in Jesus' name.

Next, let us ask God to purify and open our hearts to receive His teaching.

Finally, please repeat these words, "In Jesus' name, I silence all distractions and voices that are not from God. Amen."

Let us begin the lesson for today. What does it look like to live with the Holy Spirit's power in us?

Before Jesus ascended into heaven from earth, He said that it was actually for our benefit that He left, so that God, the Father, would send us the Holy Spirit to be our Advocate.

John 15:26,16:7 "But I will send you the Advocate—the Spirit of truth. He will come to you from the Father and will testify all about me... it is best for you that I go away, because if I don't, the Advocate won't come. If I do go away, then I will send him to you..." (NLT)

Because God the Father, the Son and the Holy Spirit are one, receiving the Holy Spirit into our hearts is like having the Spirit of Jesus Christ in us.

Galatians 4:6 And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, "Abba, Father." (NLT)

As our Advocate, the Holy Spirit teaches us how to become more like Jesus, He is:

1. Our Helper
2. Our Defender
3. Our Teacher
4. Our Counsellor
5. Our Encourager
6. Our Comforter

These are all qualities of a perfect parent.

The Holy Spirit has unlimited resources to strengthen and empower us with inner strength, so that Jesus will make his home in our hearts as we believe and trust in Him.

Ephesians 3:16-17 I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. (NLT)

Those who trust and obey the Holy Spirit are the true children of God. This is how we know if we have been reconciled to God and been guaranteed eternal life — when we have an active, ongoing relationship with the Holy Spirit.

Romans 8:10,14 And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. For all who are led by the Spirit of God are children of God. (NLT)

Let us read 2 Corinthians chapter 1 verse 22 together, “it is He who has also put His seal on us [that is, He has appropriated us and certified us as His] and has given us the [Holy] Spirit in our hearts as a pledge [like a security deposit to guarantee the fulfillment of His promise of eternal life].” (2 Corinthians 1:22 AMP) In this lesson, we will show you how to develop a thriving relationship with the Holy Spirit and how we can extinguish His presence in us.

We receive the Holy Spirit by repenting of our sins, turning to God with all our hearts, and being baptised in Jesus’ name.

Acts 2:38 Peter replied, “Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit. (NLT)

As we invite Him into our hearts, the Holy Spirit comes in as God’s gift. We cannot work for or earn the Holy Spirit. He comes from our good Father who only gives good gifts.

Luke 11:13 So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him.” (NLT)

God’s Spirit will take on an active role in renewing us. He will...

- Produce new spiritual life in us | *John 3:6 Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life... (NLT)*
- Convict us to turn away from sin | *John 16:8 And when he comes, he will convict the world of its sin, and of God’s righteousness, and of the coming judgment. (NLT)*
- Strengthen our inner being with His power | *Ephesians 3:16 I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. (NLT)*
- Help us discern the things of God that we will not be able to grasp just based on our human understanding | *1 Corinthians 2:10,14 But it was to us that God revealed these things by his Spirit... But people who aren’t spiritual can’t receive these truths from God’s Spirit. It all sounds foolish to them... (NLT)*
- Help us in our weaknesses | *Romans 8:26 And the Holy Spirit helps us in our weakness... (NLT)*
- Impart wisdom, power and godly fear of the Father to us | *Isaiah 11:2 And the Spirit of the LORD will rest on him— the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the LORD. (NLT)*
- Teach and remind us of God’s Word | *John 14:26 ... the Holy Spirit—he will teach you everything and will remind you of everything I have told you. (NLT)*

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- Comfort our broken hearts | *Isaiah 61:1 The Spirit of the Sovereign LORD is upon me ... to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed. (NLT)*
 - Free us from spiritual, emotional, and mental bondage | *Isaiah 61:1 The Spirit of the Sovereign Lord is upon me ... to proclaim that captives will be released and prisoners will be freed. (NLT)*
 - Give us spiritual gifts to serve one another and build God's Kingdom on earth | *1 Corinthians 12:4-5 There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord. (NLT)*
 - Empower us to do good works and heal the sick | *Acts 10:38 And you know that God anointed Jesus of Nazareth with the Holy Spirit and with power. Then Jesus went around doing good and healing all who were oppressed by the devil, for God was with him. (NLT)*
 - Literally pray through us when we ask Him to | *Matthew 10:20 For it is not you who will be speaking—it will be the Spirit of your Father speaking through you. (NLT)*
 - Pour God's love into our hearts | *Romans 5:5 ... he has given us the Holy Spirit to fill our hearts with his love. (NLT)*
 - Fill us with confidence and hope until it overflows | *Romans 15:13 I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. (NLT)*
 - Transform us to become more like Jesus | *2 Corinthians 3:18 So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image. (NLT)*

We no longer have to worry about feeling lonely, rejected, unequipped, fearful or insignificant because the Holy Spirit will be with us forever. Just look at all the ways He continues to work in our hearts. Let us pause here for a moment and examine if our own hearts have experienced all of the Holy Spirit's power in our lives. Out of these 15 ways, how many have you personally experienced? We celebrate every single step you have taken with the Holy Spirit, whether big or small.

The Holy Spirit is our faithful Advocate who always has our best interests at heart. He wants to ensure we are made holy, blameless and right with God, in spirit and soul and body before Jesus comes back to judge all His followers and identify the faithful from the unfaithful, the humble and repentant from the proud and rebellious.

1 Thessalonians 5:23-24 Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful. (NLT)

Luke 18:8 I tell you, he will grant justice to them quickly! But when the Son of Man returns, how many will he find on the earth who have faith?" (NLT)

When we allow the Holy Spirit to guide our lives, we will not be overcome by the cravings of our sinful nature as much.

Galatians 5:16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. (NLT)

The Holy Spirit gives us the power and conviction to keep dying to our sinful nature every day, and more and more.

Romans 8:13 For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. (NLT)

Over time, we will increasingly reflect God's love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Galatians 5:22-23 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! (NLT)

This essentially, is the process of sanctification, where we are being cleansed and made holy, set apart for God to confidently fulfil His good and perfect will on earth.

1 Corinthians 6:11 ... But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God. (NLT)

The power of the Holy Spirit can transform us into very different people. A good example of this is the apostle Peter. Peter was once impulsive and immature in his faith and character.

1 Samuel 10:6 At that time the Spirit of the Lord will come powerfully upon you, and you will prophesy with them. You will be changed into a different person. (NLT)

But after he received the outpouring of the Holy Spirit, he became a strong and faithful testimony for Jesus — so much so that anyone who was sick or afflicted with evil spirits who came under Peter's shadow was healed!

Acts 5:15-16 As a result of the apostles' work, sick people were brought out into the streets on beds and mats so that Peter's shadow might fall across some of them as he went by... their sick and those possessed by evil spirits, and they were all healed. (NLT)

Peter is a testimony of someone that has been reborn by the power of the Holy Spirit, transformed by the Spirit's regeneration and renewal. This new life is available to everyone who believes in Jesus without hindrances.

Titus 3:5 he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit. (ESV)

Because God has given us a free will, we can choose to resist, suppress, or quench the Holy Spirit's soft and gentle promptings in our hearts.

Acts 7:51 "You stubborn people! You are heathen at heart and deaf to the truth. Must you forever resist the Holy Spirit? That's what your ancestors did, and so do you! (NLT)

We quench the Holy Spirit

1. when we choose to hold on to fear, rather than trust in His power, | *2 Timothy 1:7 For God has not given us a spirit of fear ... (NLT)*
2. when we unite our spirits with Satan through the worship of false gods, dead ancestors, or demonic powers through witchcraft, | *2 Corinthians 6:16 And what union can there be between God's temple and idols? For we are the temple of the living God... (NLT)*
3. when we continue to tell lies, half truths or exaggerations, when the Holy Spirit is the Spirit of truth, | *Ephesians 4:25,30 So stop telling lies... do not bring sorrow to God's Holy Spirit... (NLT)*
4. when we hold on our bitterness, rage, and anger, when the Holy Spirit is the Spirit of love, joy, and peace, | *Ephesians 4:30,31 ... do not bring sorrow to God's Holy Spirit... Get rid of all bitterness, rage, anger... (NLT)*
5. when we use our tongues to speak harshly, slander, or use abusive language against people whom the Holy Spirit created, | *Ephesians 4:30,31 ... do not bring sorrow to God's Holy Spirit... Get rid of all bitterness, rage, anger, harsh words, and slander... foul or abusive language... (NLT)*
6. when we scoff at prophecies that have been given by the Holy Spirit, | *1 Thessalonians 5:19-20 Do not stifle the Holy Spirit. Do not scoff at prophecies, (NLT)*
7. and when we continue to engage in all types of behaviour that God calls unholy and evil. | *Ephesians 4:30,31 ... do not bring sorrow to God's Holy Spirit ... Get rid of ... all types of evil behavior. (NLT)*

When we deliberately continue to sin, we insult and scorn the Holy Spirit. God is no fool and He will certainly not tolerate such insults and contempt forever.

What about you? Have you ever quenched the Holy Spirit in your heart at any time?

1. Do you still hold onto fear?
2. Have you ever been involved with idol worship, ancestor worship, or witchcraft?
3. Do you still give into the temptation to exaggerate or manipulate the truth?
4. Are you still controlled by bitterness, rage, or anger?
5. Do you use your tongue to speak harsh words to abuse or put others down?
6. Have you ever scoffed at or disregarded prophecies?
7. Do you still meditate on and entertain ungodly, evil thoughts?

We are now going to show you what happens when someone quenches the Holy Spirit.

1. Those who are children of God are led by God Himself. Those who have quenched the Holy Spirit will struggle to hear from God. (Romans 8:14)
2. The Holy Spirit pours God's love into our hearts. If you have quenched the Holy Spirit, you will struggle to feel God's love in your heart. It isn't because God doesn't love us, it is because we have quenched His presence. (Romans 5:5)
3. The Holy Spirit will teach us everything we need to know and remind us of God's Word. Those who have quenched the Holy Spirit will struggle to understand or remember scripture. (John 14:26)
4. The Holy Spirit teaches us how to pray with genuine impact and power, according to God's will. Those who have quenched the Holy Spirit will find that their prayers feel empty and powerless. (Jude 1:20)
5. The Holy Spirit gives His children the power to perform miracles, prophesy, or speak in tongues. Those who have quenched the Holy Spirit will rob themselves of such abilities. (1 Corinthians 12:10)
6. The Holy Spirit gives life and is described as rivers of living water. Those who have quenched the Holy Spirit will feel spiritually dry, flat, stuck, or even lifeless. (John 6:63, 7:38-39)
7. Without the Holy Spirit's strong presence in our hearts, we will all feel distant from God. (Romans 5:5)

God's Spirit comes to help purify and renew us. He will only live with those whose hearts are contrite, humble, and teachable, not in those who go on wilfully choosing our own ways over His.

Isaiah 57:15 The high and lofty one who lives in eternity, the Holy One, says this: “I live in the high and holy place with those whose spirits are contrite and humble... (NLT)

When we deliberately continue sinning, we insult and scorn the Holy Spirit in us.

Hebrews 10:26-27,29 Dear friends, if we deliberately continue sinning after we have received knowledge of the truth... have insulted and disdained the Holy Spirit who brings God’s mercy to us. (NLT)

If we keep opposing and denying the Holy Spirit, God will eventually deny us too. In fact, the Bible shows us that all sins can be forgiven, except for blasphemy against the Holy Spirit.

2 Timothy 2:12 ... If we deny him, he will deny us. (NLT)

We blaspheme against the Holy Spirit when we deliberately defy Him, curse Him, or insult Him. We will be forgiven when we repent of cursing or insulting Jesus, but we will never be forgiven for blaspheming the Holy Spirit – it is the only sin that God will never pardon.

Matthew 12:31-32 “So I tell you, every sin and blasphemy can be forgiven—except blasphemy against the Holy Spirit... Anyone who speaks against the Son of Man can be forgiven, but anyone who speaks against the Holy Spirit will never be forgiven, either in this world or in the world to come. (NLT)

Evidently, we need to take our relationship with the Holy Spirit very seriously. How is your relationship and heart posture with the Holy Spirit?

- Are you often too busy and distracted to pay Him much attention?
- Or have you been unaware of His presence due to a lack of knowledge of God and His promises?
- Or have you ever been prompted or been given a warning by the Holy Spirit but had chosen to harden your heart against Him?
- Or do you invite the Holy Spirit to guide your thoughts, desires, words, and attitudes on a daily basis?

It is only when we submit to and are led by the Holy Spirit that we can say that we truly belong to God.

Romans 8:9 ... You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) (NLT)

Throughout this discipleship course, we will explain what it means to have an active relationship with the Holy Spirit. If you recognise that there have been times where you haven't had a right relationship with the Holy Spirit, here is a time to confess and repent.

1. Let's start by thanking the Holy Spirit for His presence and His faithfulness to us.
2. Next, please ask Him if you have ever grieved Him and wait for His answer.
3. Now, let us use this opportunity to ask for His forgiveness and repent.
4. If you are willing to turn to God and genuinely commit to following the Holy Spirit, then we have a guided prayer for you.

Please repeat these words: "Holy Spirit, I humble myself before You today and offer You my heart, my soul, my strength, and my mind for Your washing, renewal, and regeneration. Please forgive me for the times I doubted You, ignored You, or pushed You away. I commit to waiting on You and obeying You once again. Please help me recognise it when You stir my heart and convict my thoughts. In Jesus' name, amen."

We praise God for your prayer! From here onwards, let us follow the Holy Spirit's leading in every part of our lives. Because He is Spirit, it is more likely that you will sense His thoughts and directions in your spirit or your heart more than you will hear an audible voice.

Galatians 5:25 Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. (NLT)

This can feel like a gentle tug or a conviction in our hearts, and it takes faith to receive His instructions and obey. Whenever we are in doubt, we simply need to ask, "Holy Spirit, is this from You?" and He will confirm if it is or not.

Hebrews 4:2 ... they didn't share the faith of those who listened to God. (NLT)

We hope that you have been blessed by today's lesson. Here are two questions to reflect on and discuss with your small group, followed by a testimony to watch. Please prepare your answers before your next meeting. See you next time.

Time for reflection

The Holy Spirit builds up, encourages and comforts. Satan tears down, discourages, and condemns.

1. Are your thoughts inspired by a) the Holy Spirit or b) Satan?
2. Please give examples of thoughts from a) and b).

Watch the testimony for this lesson



Personal notes