

ROOKIE CHRISTIAN | FACT SHEET

How the Holy Spirit Helps Us in the Christian Life

We aren't able to live the Christian life in our own power. We aren't naturally good enough as persons... nor do we have enough will-power. For change to come, a new power is needed within us.

Jesus Promised to Send the Holy Spirit: Before departing earth to return to heaven, Jesus informed his disciples of his departure. This greatly disturbed them. But, in John 14:16-18, Jesus promised:

I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you. 'I will not leave you as orphans; I will come to you.'

Jesus reveals several truths about the Holy Spirit. First, the fact that the Holy Spirit is God. He is *another* helper—like Jesus—of the same kind as Jesus. “He dwells with you and will be in you.” *He who dwells with you—that’s Jesus. Will be in you—that’s the Holy Spirit.* Jesus sums up the promise with these words: *“I will not leave you as orphans; I will come to you.”* We are not left to our own resources; the Holy Spirit has been sent to help us.

The Holy Spirit Indwells Every Believer: Jesus said the Holy Spirit “will be in you.” 1 Corinthians 6:19 asks Christians: “Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?” The little book at the back of your New Testament, First John, has as its theme: how *We can know*. It tells us how we can know we have a genuine connection with God. “By this we know that we abide in him and he in us, *because he has given us of his Spirit*” (4:13). In fact, Romans 8:9 says, “Anyone who does not have the

Spirit of Christ does not belong to him.” Could someone live in your house and you not know it? Certainly, no one can live *in you*, and you not know.

The Holy Spirit Assures Believers They Belong to the Father: The Father adopts believers in Jesus as his own children. And he assures them of this new relationship through the indwelling Holy Spirit. Romans 8:15-16 says “You have received the Spirit of adoption as sons, by whom we cry, ‘Abba! Father!’” (Abba is the Hebrew word for Father. It’s like our word, Dad, but conveys more respect.) “The Spirit himself bears witness with our spirit that we are children of God.” The Holy Spirit makes us know in our human spirits that we are children of God. Galatians 4:6 affirms this: “Because you are sons, God has sent the Spirit of his Son into our hearts, crying, ‘Abba! Father!’”

The Holy Spirit Empowers Us to Overcome Sinful Habits: We are responsible to make good choices and obey the Lord. God is not going to drop puppet strings down from heaven and make us do it, against our will. Instead, as we rely on the Spirit, we are given a power, not our own.

Romans 8:13 says “If you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.” Notice our choice

in this: *If by the Spirit YOU put to death the sinful deeds of the body.* The Spirit gives us power, but with our consent (not against our will).



Galatians 5:16: “Walk by the Spirit, and you will not gratify the desires of the flesh.” Don’t be preoccupied by the sin you’re trying to avoid. Instead, focus on walking in the Spirit—



it—doing right in His power—and you will *live your sin to death*. It’s like driving down the Interstate and there’s a big truck in the other lane beside you. You’re thinking, “I sure wouldn’t want to drift into that big truck and hit it!” But as you’re looking at the truck, you find yourself doing the very thing you wanted to avoid—drifting toward it! However, if you focus on the lane ahead, you will find yourself avoiding the truck, barely noticing it.

The Holy Spirit Produces Character, Like Fruit: We often think of character in terms of avoiding bad things. But, on the positive side, most of us would like to be this loving and kind, joyful and generous person. And that’s the kind of person the Holy Spirit produces. Galatians 5:22-23 says, “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” The first three qualities—*love, joy, peace*—represent the deepest longings of the human heart. The other qualities (*patience, kindness, goodness, faithfulness, gentleness, self-control*) are relational. The Holy Spirit produces these in us quite naturally; it’s the fruit of the Spirit.

The Holy Spirit Helps Us Pray: Sometimes, we’re in a situation so desperate we don’t even know what to pray to God. We cannot put our pain into words. Romans 8:26 says, “The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.”

This isn’t a fringe benefit only for those Christians going through a hard time, it is a normal part of Christian living. Ephesians 6:18 tells us we should

be “praying at all times in the Spirit” Rely on the Holy Spirit to guide your prayers, and... when you are out of words... to translate your heart’s prayers into the language of Heaven.

Our Responsibility in Regard to the Holy Spirit: The Christian life isn’t a passive experience. It isn’t letting your mind go blank or “Let go and let God.” The New Testament uses action words to describe our relationship with the Holy Spirit. For example, Romans 8:4 says we “walk not according to the flesh but according to the Spirit.” Walking with the Spirit is an active choice. The Holy Spirit has made us alive to God. So now, says Galatians 5:25, “If we live by the Spirit, let us also keep in step with the Spirit.”

Be Filled with the Spirit: An important verse for every believer to know is Ephesians 5:18: “Do not get drunk with wine, for that is debauchery, but be filled with the Spirit”

In this verse, we find a *comparison*: being filled with the Spirit is something like being drunk with wine. Drunk people do things they wouldn’t otherwise do and say things they wouldn’t otherwise say. Being drunk has the power to control us... and being filled with the Spirit has the power to control us.

We see a *contrast*: Drunk people do and say things they regret later. Those who are filled with the Spirit do good things.

In this verse, there are two *commands*: First, *Don’t get drunk with wine*, and, second, *Be filled with the Spirit*. Both are commands to obey.

This is a *continuous* experience. Literally translated, it says, *Be ye being filled with the Spirit*. This is not a one-time thing, but a repeated experience, a lifestyle with ongoing effects. We should seek and cooperate with the Holy Spirit’s control!

Hear This Explained:

www.rookiechristian.org/audio/clarifying_the_gospel.mp3



www.rookiechristian.org

ROOKIE CHRISTIAN | FACT SHEET