



Holy Spirit – How to grow in the Spirit

As we have seen over the last few weeks the Holy Spirit is a person who directs and equips us to bear fruit and bring glory to Jesus. As with any relationship we have, there are things that we can do which damage our relationship with the Spirit and things which we can do that will deepen the work and presence of the Spirit in our lives. Scripture encourages us to cultivate our relationship with the Spirit by learning to co-operate with what He is doing in our lives and being open

Discuss - (In group / or small groups)

Q1) What things do you think will help us develop a close walk with the Spirit in our lives?

Q2) What do you think the consequences will be if we undermine this relationship?

Q3) If things do go wrong how do you think we can restore this relationship back to a place of intimacy?

Point 1 – Daily be filled with the Holy Spirit !

As Christians there is a need for us to actively open ourselves up to the power and presence of the Holy Spirit on a daily basis. Paul in His letter to the church at Ephesus gave them the advice to be continually filled with the Holy Spirit. The word that is used here signifies an ongoing experience and presence, not just a one off event. What Paul is saying here is that we should seek the spirit filled condition as a daily empowering process. Ephesians 5 v 15 – 19

Point 2 - Practice the power and presence of the Holy Spirit in your life.

As we seek to be daily filled with the Spirit, it is also important that we learn to listen to what the Spirit has to say to us and that we are willing to be obedient. The Holy Spirit is in every way a person who desires to guide us, teach us, and release power into our lives. For us to fully grow in our experience of Him we need to cultivate a real living relationship with Him. That means learning to listen, taking risks to do what we think He has said and being obedient to His direction as He leads us. 1 Corinthians 2 v 9 – 16

Point 3 – Cultivating a pleasing lifestyle to Him.

Scripture as we have seen, makes it clear that it is possible to grieve the Holy Spirit so that He removes His anointing on our lives. We grieve the Holy Spirit by actively doing wrong, justifying sin, becoming proud and not being obedient to what God has called us to. When we grieve the Holy Spirit it is possible to restore the relationship through the process of repentance.

Ephesians 4 v 25 – 32

Psalms 51 v 7 – 13

Point 4 – Walk the walk of faith.

The only way to grow in the things of the Spirit is to walk the walk of faith. This means when you pray to be filled with the Spirit, that you believe that this is what God has done knowing that He promises you this in His Word. It means trusting Jesus moment by moment in your life and stepping out of comfort zones as the Holy Spirit opens up new horizons for you. God has given you so many promises in His word that He wants you to believe in and claim as a provision for your life. When we doubt God's provision or promises, we are saying in real terms that we do not trust God to give us what He has promised us. This creates a double-mindedness within us that results in a spiritually fruitless life. As Christians we must take God at His word and trust that the Holy Spirit will daily lead us into the fullness of all that God has for us. This generosity of God is not just given to bless us, but so that we can be a blessing to others and so that we can bring much glory to Jesus. A Spirit filled person needs to cultivate a faith filled lifestyle if they are to see a full release of power and anointing. Faith itself connects with the power of God and enables us to make the most of the opportunities that the Spirit leads us into. Asking to be filled with the Holy Spirit and living a faith filled life are key principles to bearing the full fruit of the Spirit. James 1 v 5 – 8

How to be filled with the Holy Spirit

Simply put – being filled with the Holy Spirit consists of a number of different elements which should be practised regularly.

1) Repentance – Start by confessing to God anything that you know that you have done wrong and offended Him and other people. Confess situations where you have not done as you should in what He has revealed to you. Say sorry, turn away from the sin and ask for forgiveness in the blood of Jesus.

2) Affirm the Lordship of Jesus over your life. Examine your life and hand back to Him any areas of your life where He is no longer Lord. Commit yourself to live and serve under His direction to bring glory to His name.

3) Invite the Holy Spirit to come and fill you. As Jesus has promised. Ask that He might empower you and change you as He sees fit.

4) Ask all of these things in the name of Jesus – Now go forth into your day believing in the promise that Jesus has filled you with His Spirit and expectant of what the Spirit will do in your life.

