

## **1. BE FILLED WITH THE SPIRIT!**

Many years ago, while at Penn State University I had a significant experience with Holy Spirit in my dorm room. I was reading a booklet called "How to be Filled with the Spirit" written by Bill Bright the founder of the ministry Cru. The booklet talks about the carnal Christian who was trying to live the Christian life in his own efforts without the power of Holy Spirit. This was me. I received Jesus at age 12 through hearing about Him through my church but I did not know anything about Holy Spirit. I realized I desperately needed Him to live the Christian life, so I prayed and asked Him to fill me. I had an amazing encounter with Him as He filled me. My life changed dramatically as I learned how to walk with Holy Spirit. He brought His fruit into my life.

The Bible describes the carnal Christian. The Corinthian church was very immature.

1 Cor. 3:1 And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. 2 I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able; 3 for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men (NKJV)?

The answer to carnality is being filled with Holy Spirit.

Eph. 5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit (NIV).

Being filled with the Spirit is not an option. It is a command. It is about submitting our lives to Him at all times. We are supposed to be continually filled with Him. The Greek word for "be filled" indicates that we are to be filled continually; it is not a one-time experience. We are filled with Holy Spirit by faith as we ask Him to fill us. Jesus said in Luke 11:13 (AMP) that the Father gives the Holy Spirit to those who ask and continue to ask. We walk in His power by faith not feeling. If we dedicate ourselves to Him, He will fill and empower us to live a victorious Christian life.

## **2. WE MUST CONTINUE TO DIE DAILY TO OUR SELFISH DESIRES AND GIVE MORE AND MORE OF OURSELVES TO HOLY SPIRIT SO WE CAN WALK IN STEP WITH HIM.**

James 4:5 Does the Scripture mean nothing to you that says, "The Spirit that God breathed into our hearts is a jealous Lover who intensely desires to have more and more of us" (TPT)?

The Spirit of God loves us and wants the best for us. Submitting to an Almighty, all knowing, loving God is the only wise way to live. We must die to our flesh and desire His ways. There is often a conflict in us between the flesh and Holy Spirit (Gal. 5:17). If a thought not pleasing to the Lord comes into my mind, I will turn my mind towards pleasing Him. I want to take every thought captive to obeying Christ (2 Cor. 10:5). If I embrace the unholy thought and give in to it, it becomes sin (James 1:15); I then ask the Lord to forgive me and cleanse me from sin through His blood (1 John 1:9). I ask Holy Spirit to fill me again and help me gain victory over the flesh.

## **3. IF WE SET OUR MINDS ON BEING GOVERNED BY HOLY SPIRIT, HE WILL HELP US AND BRING HIS STRENGTH, LIFE, AND FRUIT INTO OUR LIVES.**

Rom. 8:5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace (NIV).

Rom. 8:11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you (NIV).

Holy Spirit brings resurrection power into our lives. Jesus sent Him to help us in every way. Leaning on Him is the only way to live.

Gal. 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23a gentleness, self-control (NKJV).

John 15:26 “But when the Helper (Comforter, Advocate, Intercessor—Counselor, Strengtheners, Standby) comes, whom I will send to you from the Father, that is the Spirit of Truth who comes from the Father, He will testify and bear witness about Me (AMP).

The Greek word *paraklētos* is translated as Helper or Comforter in most translations. The Amplified Bible gives a fuller understanding of the meaning.

Eph. 3:16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being (NIV).

I have depended on Holy Spirit for strength through severe trials throughout the last 40 years. I have dealt with an inner ear/dizziness disease over this time. I pray all the time for strength. He gives me what I need. In September, my dad fell and broke his knee cap. At the same time my mother, who was battling cancer, needed to be cared for. Holy Spirit gave me an amazing surge of strength to care for them despite battling through dizziness and weariness. Right before Christmas my mother died from cancer. Again, the Lord provided strength and also comfort. In these trials I have come to love Holy Spirit even more. Rom. 5:3-5 tells us that the end result of suffering is the love God is poured out into our hearts through Holy Spirit.

We have to seek Him and His strength to get it. Complaining and becoming bitter about our situation is not good. We must seek Him and His strength.

Ps. 105:4 Seek and deeply long for the Lord and His strength [His power, His might]; Seek and deeply long for His face and His presence continually (AMP).

I often feel myself going deeper into Him for strength. Holy Spirit loves to help us. He is called the Helper. He loves it when we tell Him we are weak and ask Him for help. I do it a lot! He is drawn to our weakness as we call on Him. He wants to teach us full dependence. His strength and power are perfected in our weakness.

2 Cor. 12:9 but He has said to me, “My grace is sufficient for you [My lovingkindness and My mercy are more than enough—always available—regardless of the situation]; for [My] power is being perfected [and is completed and shows itself most effectively] in [your] weakness.” Therefore, I will all the more gladly boast in my weaknesses, so that the power of Christ [may completely enfold me and] may dwell in me (AMP).

When I needed more strength especially in caring for my parents I would get alone with God and ask Him to renew me. He did it over and over again. Sometimes I needed to adjust my schedule and reprioritize what I would do the rest of the day. He would give me wisdom as I looked to and hoped in Him.

Isa. 40:31a But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power (AMP).

#### **4. HOLY SPIRIT IS THE YOKE DESTROYER AND THE ONE WHO TRANSFORMS US BRINGING FREEDOM FROM BONDAGE.**

Isa. 10:27 It shall come to pass in that day that his burden will be taken away from your shoulder, and his yoke from your neck, and the yoke will be destroyed because of the anointing oil (NKJV).

Israel was being oppressed by Assyria. The Lord was promising to make Israel strong so the burdens and bondage would be taken off of them. Today Holy Spirit destroys the oppression of the enemy off of us. He is the anointing of God (see 1 John 2:20 & 27, Luke 4:18, Acts 10:38). Where He is there is freedom.

2 Cor. 3:17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty [emancipation from bondage, true freedom].<sup>18</sup> And we all, with unveiled face, continually seeing as in a mirror the glory of the Lord, are progressively being transformed into His image from [one degree of] glory to [even more] glory, which comes from the Lord, [who is] the Spirit (AMP).

The truth sets us free. Holy Spirit is at work to teach us, bring revelation into our minds, and strength into our inner being which breaks yokes and strongholds off of us.

#### **5. WE MUST MEDITATE ON AND DECLARE SCRIPTURES OUT LOUD EVERY DAY SO HOLY SPIRIT CAN TRANSFORM US.**

Eph. 6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God (NIV).

Holy Spirit will use the word of God (Heb. 4:12) to work in us and also help us to battle against the enemy. 2 Cor. 3:2-3 says Holy Spirit writes on our hearts. He also uses prophetic words that are spoken over us as we declare them. I talked a lot about this when I taught in September.

I type and print out Bible verses and personal statements from them to meditate on and declare out loud. These truths must take hold in our souls. The inner ear/dizziness disease that I have dealt with is rooted in an attack of oppression from the enemy. I declare every day, "The yoke of the enemy that is on me is destroyed by the anointing of Holy Spirit. By the power of the Spirit, I am too strong for the yoke of oppression (Isa. 10:27)." Holy Spirit wants to bring His presence and glory on me replacing the oppression of the enemy.

John 7:37 On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." 39 By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified (NIV).

We have to put in effort to see Holy Spirit move in us. In John 7:37-38 Jesus said it was the thirsty believers that have rivers of living water flowing from within them. We need to turn our hearts toward Holy Spirit and ask Him to make it happen. I will say, "The rivers of living water of Holy Spirit are welling up in me bringing refreshment and life into my inner being."

I encourage you to meditate on and declare scriptures that correspond to whatever you are dealing with. Ask Holy Spirit to use the word to transform you and bring forth His fruit (Gal. 5:22-23).