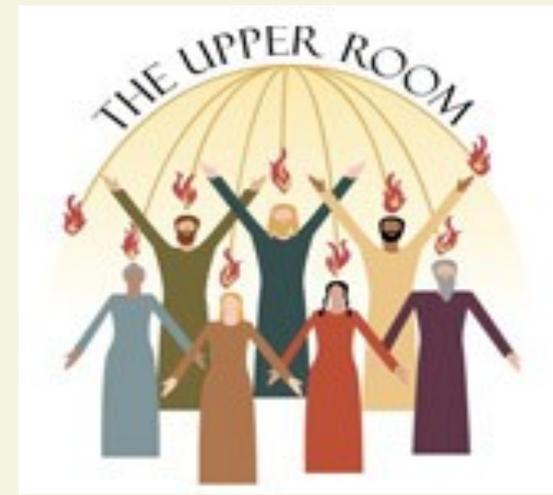


EMPOWERED FOLLOWERS

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Life in the Spirit

WALK
IN THE
SPIRIT
GALATIANS 5:16

Question

What Do you live by?

- ✓ People
- ✓ Pleasure Principle
- ✓ Position/Property
- ✓ Pants, Seat of – No Vision
- ✓ Purpose
-
- A Purposeful Life is a Life in the Spirit
-

Why Do You Live For?

- ✓ Affirmation
- ✓ Acceptance
- ✓ Approval
-
- Alignment with the Spirit of God plans and purposes

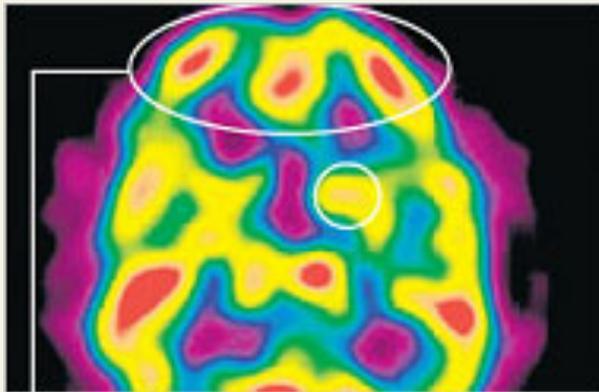
How Are You Living?

- Most people to include Christians find themselves living on for the approval or affirmation of people
 - They live for the day: seeking only those things that brings them pleasure or the means to ensure pleasure
 - They only want the Bible or choose churches that affirm what they believe or desire never looking for true revelation or truth
 - Without a godly vision or purposeful vision, they live their lives without moral constraint or healthy/meaningful goals for their lives
- True Living is living a life with an eternal mindset and a life submitted to and attending to God's purposes and Vision
 - While this may not sound like a meaningful life, there is joy, peace, and fulfillment in submission to God along with the promise of eternal life.

A Recent Study



- A study conducted in 2006 by Benedict Carey at the University of PA on speaking in tongues
- Researchers at the [University of Pennsylvania](#) took brain images of five women while they spoke in tongues and found that their frontal lobes — the thinking, willful part of the brain through which people control what they do — were relatively quiet, as were the language centers.



A Recent Study

- “The amazing thing was how the images supported people’s interpretation of what was happening,” said Dr. Andrew B. Newberg, leader of the study team, which included Donna Morgan, Nancy Wintering and Mark Waldman.
-
- “The way they describe it, and what they believe, is that God is talking through them,” he said.
- In [the study](#), the researchers used imaging techniques to track changes in blood flow in each woman’s brain in two conditions, once as she sang a gospel song and again while speaking in tongues. By comparing the patterns created by these two emotional, devotional activities, the researchers could pinpoint blood-flow peaks and valleys unique to speaking in tongues.
- The new findings contrasted sharply with images taken of other spiritually inspired mental states like meditation, which is often a highly focused mental exercise, activating the frontal lobes.

You Need the Holy Spirit

- **But didn't I receive the Spirit when I got saved?**
 - Upon salvation, we receive the Nature of God and we are made clean and whole
 - However, there is another aspect of the Holy Spirit which empowers us to do the work of God in the earth
 - We were made in the image and likeness of God, meaning we are to reflect God and also act like God in the earth. At Salvation, we become "Born Again," and New Creatures in Christ Jesus (2nd Corinthians 5:17)

Cont'd : Image and Likeness

- **Image/Likeness:** Being Like God/Acting Like God in dominion and power
- The Infilling or Power of the Holy Spirit allows us to act in dominion in the earth, empowering us for God's Purpose
- Many Christians who become born again and even disciples can reflect the nature of God in their lives under the influence of God's Spirit, however we can act in power through the empowering of God's Spirit in us.
- The disciples already believed Christ and were responding to his Word, but Jesus said, "Ye Shall Receive Power – this means that there was something else they needed
 - Christ said that the Spirit will abide with us and most importantly, in us

What Do You Want?

**God
Wants to
Give You**



Peace Joy
Character Direction
Power
Eternal Life

**Yet Many
Believers
Want**

**Carnality
Worldliness
Please Self
“The Temporals”
of Life**



Life in the Spirit

Amplified: Galatians 5:16 - But I say, walk and **live [habitually]** in the [Holy] Spirit [**responsive to and controlled and guided by the Spirit**]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God).

- Walking in the Spirit is about connecting and flowing with the Spirit
- We are to live under the influence of the Spirit (Eph 5:18)
- If the Spirit of God dwells in and rule your heart, the carnal mind is subdued along with its cravings

What is the Carnal Mind?

- The soulish part of man that is man's nature without God's influence
- “Well, who is influencing the carnal man?” Satan and the power of darkness
 - *Ephesians 6:12 - For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.*
 - *Genesis 3:1 - Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, "Indeed, has God said, 'You shall not eat from any tree of the garden'?"*
 - *Romans 8:7 - [That is] because the mind of the flesh [with its carnal thoughts and purposes] is hostile to God, for it does not submit itself to God's Law; indeed it cannot. (Amplified Version)*

Other Hindrances to a Spirit Filled Life

- Spiritual, Emotional, and Physical Strongholds (2nd Cor 10:3-6)
 - 2 Corinthians 10:4 - (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)
- A broken spirit from past hurts, trauma, evil alliances, etc. (Proverbs 15:13; Proverbs 18:14)
 - Proverbs 18:14 - The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?
- Generational strongholds from your past or previous generations (Exodus 34:7; Lamentations 5:7) – Inheriting the strongholds, addictions, sins, satanic influence and fleshly inclinations from past familial generations
- A rebellious, resisting spirit that demands its own way over God's way (Romans 1:18-24)
 - *Romans 1:21: Because when they knew and recognized Him as God, they did not honor and glorify Him as God or give Him thanks. But instead they became futile and [fn]godless in their thinking [with vain imaginings, foolish reasoning, and stupid speculations] and their senseless minds were darkened.*

How does the Spirit Lead Us?

- Through the revealed Word of God – We are transformed by receiving and adhering to the Word of God
- Through others who walk in the Spirit - Fellowship with a body of believers, sharing and building each other up in the faith
- Through inward direction by the Spirit as we mature in Christ - We must submit and understand the voice of the Spirit
 - The more you abide in Christ and the Spirit, the more you become sensitive to the Spirit's voice and leading

Jesus and the Holy Spirit

- Jesus was conceived in Mary by the Holy Spirit
- He was baptized in the presence of the Holy Spirit
- He was full of the Holy Spirit
- He was driven by the Holy Spirit
- He operated in the power of the Spirit
- He promised the Holy Spirit to his disciples

Problem: A Battle Going On



Galatians 5:17: For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

- The Spirit of God wishes to lead us one way while the carnal nature would lead us another way

Being Filled With the Spirit - Influence

Ephesians 5:18

If you are filled with the Spirit, What are you allowing the Spirit to do in you and through you?

- - Does He reveal God to you bringing God's Word to your remembrance? (John 14:26)
- - Does He Comfort You? Counsel You? Constrain You (Paul being constrained by the Spirit)?
- - Does He Lead You? (Romans 8:14)
- - Does He minister through you as you yield to Him?

Being Filled With the Spirit

- Believers are commanded to be “filled with the Spirit,” (representing fruit) but not commanded to speak in tongues (Ephesians 5:18)
 - Speaking among yourselves – Our worship should resemble that we edify ourselves by speaking psalms (songs of devotion), singing hymns and spiritual songs (honoring God), making melody in our hearts to the Lord – True Worship Service
- **The Baptism of the Holy Spirit is something you have to Desire**
-

How Do I Know the Spirit is Moving?

- **You Keep Talking About the Holy Spirit, but How Do I Know He's Operating in my Life?**
- How Do I Know He's Leading?
- What is this Inner Being/Inward Man?
- Is the spirit and soul of man interchangeable?

The Inward Man

- There is no Hebrew Word for soul, since we were created to worship God with out total being.
- “Man became a living soul” – “Nepesh” – a Complete being
- We spend hours trying to develop the soul, when we really need to develop and mature our inner man
- Our inward man delights in the Law of God (Rom. 7:22)
- Our inward man is influenced and strengthened with power by the Spirit in the inner man" (Eph. 3:16)
 - To be powerfully strengthened. That is, to give you abundant strength to bear trials; to perform your duties; to glorify God's name.

Inward Man

- The inner being is the human spirit
- The Inward Man is the Regenerated Man
 - Romans 7:22 - For I delight in the law of God after the inward man:
 - 2 Corinthians 4:16 - For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.
- If you have not been regenerated (through the process of being Born Again), your spirit is not connected to the Holy Spirit
- The Unchurched Movement reaches out to enlist man into a church seat, but he still remains his own moral agent

Inner/Inward

- **2 Corinthians 4:16; Proverbs 20:27**
- Inner being is the human spirit; called the “new man”
- The regenerate part of the soul; conscience
- Needs recovery, regeneration, and restoration after the new birth
- This is not the realm of feelings and emotions; or the realm of the subconscious
- The Holy Spirit deals with the inner man

Point of Emphasis

- When we became born again, our inner man was also reborn spiritually
- Carnal mindedness hinders the re-born spirit and prevents spiritual growth and maturity that most Christians must possess in order to be fruitful and useful to God
- Carnal Mindedness is a Choice
- Paul encourages us to “Walk in the Spirit and not in the futility of our carnal mindset, alienated from the life and power of God (Ephesians 4:17)

Building the spirit/inward man

- Meditate on God's Word (Joshua 1:8)
- Give God's Word first place in our lives (Proverbs 4:20-22)
- Practice doing the Word of God (James 1:22,25)
- Recognize and Respond to the voice of the Spirit
 - Inner man has a voice – conscience, inner voice, a leading
- Avoid Sin and participating in carnal and demonic activities that hinders spiritual growth and maturity

Are You Connected?

- Do you take time to pray and read God's Word and commune with God's Spirit?
 - Our Western culture does not foster the idea of someone being alone with their thoughts
- Jude 1:20: Are you exercising or developing your spirit through prayer
- Do you feel "constrained" at times to do what you have learned in the Word of god or to refrain from certain things that tends to lead to sin?

Seven Sins Against the Holy Spirit

- **Blasphemy against the Holy Spirit** (Matthew 12:31; Hebrews 10:29) – Insulting the Spirit by rejecting or refusing the Gift
- **Lying to the Holy Spirit** (Acts 5:3,8) – Ananias and Sapphira made a pledge to the church that they did not perform
- **Testing the Holy Spirit** (Acts 5:10)
- **Misrepresenting/Profiting from the Spirit** – Acts 8:18-20: Remember Simon the Sorcerer
- **Resisting the Spirit** – Rebelling against the authority and purpose of the Holy Spirit (Acts 7:51)

Sins Against the Spirit

- **Grieving the Holy Spirit** (Ephesians 4:31,32): You grieve the Holy Spirit through the following:
 - Corrupt communication (Gossiping, lying, jesting, foolish talking)
 - Bitterness (Hebrews 12:15)
 - Anger and Wrath: Poison to the soul (Ephesians 4:26)
 - Clamor: bickering, quarreling, contentious conduct
 - Evil speaking: abusive and blasphemous in language
 - Malice: spiteful and holding ill will against others
- **Quenching the Spirit** (1st Thess 5:19)
 - Means to put out the fire

Acts Against the Holy Spirit

- **Insult the Spirit of God** by deliberately continuing to sin after we know what is true; **(Hebrews 10:26-29)**
- **Lying to the Holy Spirit; (Acts 5:3-4) or to God's Servants**
- **Resist the Holy Spirit** by disagreeing or fighting against what He is telling us; **(Acts 7:51)**
 - Opposing the message which is brought to you by the authority of God and the inspiration of his Spirit.
- **Quenching (suppress or subdue) the Spirit; (1st Thess 5:19)**
 - This Spirit is represented as being quenched when any act is done, word spoken, or temper indulged, contrary to the Spirit dictates.

Grieving the Holy Spirit

- Isaiah 63:10 - But they rebelled And grieved His Holy Spirit; Therefore **He turned Himself to become their enemy, He fought against them.**
- Ephesians 4:30 - And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.
- **Read Ephesians 4:29-32 to learn how to Grieve the Spirit**
- There is a course of conduct which will drive that Spirit from the mind as if he were grieved and pained - as a course of ingratitude and sin would pain the heart of an earthly friend, and cause him to leave you

Albert Barnes Lists Six Ways We Grieve the Holy Spirit

- 1. **Open and gross sins.** They are particularly referred to here; and the meaning of Paul is, that theft, falsehood, anger, and kindred vices, would grieve the Holy Spirit, and cause him to depart.
- 2. **Anger, in all its forms.** Nothing is more fitted to drive away all serious and tender impressions of the Spirit on the mind of a believer than the indulgence of anger
- 3. **Licentious thoughts and desires.** The Spirit of God is pure, and he dwells not in a soul that is filled with corrupt imaginings
- 4. **Ingratitude.** We feel ingratitude more than almost anything else; and why should we suppose that the Holy Spirit would not feel it also?

Six Things Cont'd

- **5. Neglect.** Often the Holy Spirit prompts us to pray; he disposes the mind to seriousness, to read the Bible
-
- **6. Resistance.** Christians often resist the Holy Ghost. They proceed with their own plans and desires, neglecting the desire of the Spirit for their lives

Grieving the Holy Spirit: What are the consequences?

- Just as the Spirit of God becomes grieves at our rebellion and disobedience, it also affects our spirit as well:
- Our study of the Bible will become dry and boring
- We will become restless and dissatisfied and peace and comfort will be difficult to find;
- We will not display the fruits of the Spirit such as kindness, love and self-control;
- Our ability to discern right from wrong will be compromised – having our conscious seared
- We will not be effective in ministering in the Spirit

Abiding With the Spirit

- Realize that our body is the temple of the Holy Spirit (1st Corinthians 6:19)
- Stay in a Restored State: Keep clear of opportunities for sin and confess and repent quickly (1st John 1:7,9)
- Commune with the Holy Spirit (2nd Corinthians 13:14): keep in fellowship with the Spirit through the spiritual disciplines of prayer, worship, and meditation of the Word

Saul and David

- 1 Samuel 16:14: But the Spirit of the Lord departed from Saul, and an evil spirit from the Lord tormented *and* troubled him.
 - As soon as the Spirit of the Lord departed from Saul, an evil spirit came and tormented him
 - Most Christians are in duress, stressed, perplexed, and even dis-eased because they are limited the life giving Spirit from operating in their lives
- **Does the Holy Spirit today leave the Believer?**
 - Jesus states that the Father will give another Helper “to be with you forever.” (John 14:16)
 - The fact that the Holy Spirit will never leave a believer is also seen in [Ephesians 1:13-14](#) where believers are said to be “sealed” with the Holy Spirit until the day of redemption
 - While the Spirit may never depart from a believer, the Holy Spirit may be “limited” in a believer due to quenching, grieving, resisting, and not honoring the Spirit of God instructions

God Desires For You to Receive the Holy Spirit

Luke 11:13 - "If you then, being evil, 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?"

- We never need doubt God's desire to pour out His Spirit. The problem is in our receiving, not in God's desire to give.

Scripture

John 7: 37-39: In the last day, that great *day* of the feast, Jesus stood and cried, saying, **If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.**

(But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet *given*; because that Jesus was not yet glorified.)

Prayer

Lord, I Desire You More than Anything. You said if I would only ask that You would fill me with Your Spirit to Overflowing. Today, I Come and Drink from Your Fountain, desiring to be Filled with Living Water, Your Precious Holy Spirit.

Lord, Prepare Me to be a Sanctuary For Your Spirit. Cleanse Me from Sin and Guilt. Free Me My Limitations in Faith and those things that have been Oppressing Me.

Fill Me with Your Spirit. Empower Me to Serve and to be a Witness. In the Name of Jesus I pray. Amen