

FELLOWSHIP BAPTIST

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**WALKING IN THE SPIRIT:  
UNDERSTANDING THE HOLY SPIRIT  
AND HIS POWER IN YOUR LIFE**

# Walking In the Spirit: Understanding The Holy Spirit and His Power in Your Life

## Key Terms

- **Trinity:** A word to describe the 3 persons of the Godhead and the plurality of God. (This word is not found in Scripture, but used to explain a triune God.)
- **Baptize:** to dip, to place, to immerse
- **Regeneration:** The new life given to you by the Spirit of God and makes you new
- **Conviction:** Conviction is the work of the Holy Spirit where a person is able to see himself as God sees him: guilty, defiled, and totally unable to save himself
- **Sanctification:** The act of being made or becoming holy. It isn't a one-time or static event but an ongoing experience of God's grace.

*Galatians 5:22-23* "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law."

## THE IMPORTANCE OF UNDERSTANDING THE SPIRIT

God desires for us to know Him. If we want to truly know God, then we need to study every aspect of God. Understanding the difference between God the Father and Jesus is one thing, but many struggle to grasp who the Holy Spirit is and how He works in our lives. God is one God, but three persons. This can be complicated to explain and understand. To explain and describe this, we use the term, "Trinity." The Trinity is God the Father, God the Son (Jesus) and God the Holy Spirit. Understanding who the Holy Spirit is and His role within the Trinity is so important for us to know. This is important because it is the Holy Spirit that dwells and lives in us! Knowing the Holy Spirit will completely change your life because He is the way you will experience the life of God within you.

Questions being answered tonight:

- **What is the Trinity?**
- **Who is the Holy Spirit?**
- **How do we receive the Holy Spirit?**
- **What does the Holy Spirit do in our personal lives?**
- **What does it mean to walk in the Spirit?**
- **What is the fruit of the Spirit?**

# What is the Trinity?

The Trinity is not something that can easily be explained.

**There is only ONE God**

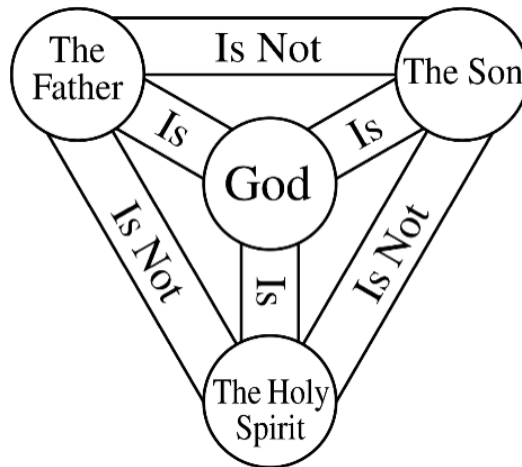
*1 Timothy 2:5 For there is one God, and one mediator between God and men, the man Christ Jesus;*

**God is made up of three parts**

*Genesis 1:1 "In the beginning God created the heaven and the earth."*

God = Elohim (used in the plural form) representing the three parts of God.

- The Father is God
- Jesus is God
- The Holy Spirit is God



**Scriptures show us the three distinct persons of the trinity working together**

*Matthew 3:16 "And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased."*

## The three parts of the Trinity have different roles or tasks

### The Father:

- The Father is shown in scripture as the ultimate cause and controller of the universe; divine revelation; and salvation. The Father does all these things through the Son, who functions as His agent.

**1 Corinthians 8:6** *“But to us there is but one God, the Father, of whom are all things,*

**John 3:16** *“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. and we in him; and one Lord Jesus Christ, by whom are all things, and we by him.”*

### The Son:

- The Son is the agent through whom God the Father works to perform the mission of God: the creation and maintenance of the universe; divine revelation; and salvation. The Father does all these things through the Son, who functions as His agent.

**Colossians 1:16** *“For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: And he is before all things, and by him all things consist.”*

**2 Corinthians 5:19** *“To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation.”*

### The Holy Spirit

- The Holy Spirit is the means by whom the Father does the following works: creation and maintenance of the universe; divine revelation; salvation; and Jesus' works. The Father does all these things by the power of the Holy Spirit.

**John 16:12-15** *“I have yet many things to say unto you, but ye cannot bear them now. Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew*

*you things to come. He shall glorify me: for he shall receive of mine, and shall shew it unto you. All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall shew it unto you."*

## Who is the Holy Spirit?

**The Holy Spirit is the third person of the Trinity.**

The Holy Spirit has always existed and we see Him throughout Scripture.

**The Holy Spirit was part of creation**

**Genesis 1:2** *"And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.*

**Genesis 1:26** *"And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth."*

**The Holy Spirit empowered people in the Old Testament**

- *This is empowering was not the same as the indwelling of the Spirit in the New Testament*

**1 Samuel 10:10** *"And when they came thither to the hill, behold, a company of prophets met him; and the Spirit of God came upon him, and he prophesied among them."*

**1 Samuel 16:13** *"Then Samuel took the horn of oil, and anointed him in the midst of his brethren: and the Spirit of the LORD came upon David from that day forward. So Samuel rose up, and went to Ramah."*

**The Holy Spirit gave special revelation to His Old and New Testament prophets**

**2 Peter 1:21** *"For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost."*

One example of this is Moses writing the first 5 books of the Bible. How did Moses know about creation? The Holy Spirit gave a special revelation to him.

**The Holy Spirit is the presence of God with us**

**John 14:16** *"And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;"*

**John 14:26** “But the **Comforter, which is the Holy Ghost**, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”

**Comforter - an intercessor, consoler:--advocate, comforter.**

- The Comforter is the “Spirit” of God with us

## The Holy Spirit is the power of God with us

When we speak of God working, God works through His Spirit

**Genesis 1:2** “And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.”

- “Spirit” - Hebrew Word = Roo-ock; roo'-akh
- “Spirit” (Hebrew) = wind; by resemblance breath; figuratively, life, a region of the sky; air, blast, breath

**Acts 1:8** “But ye shall receive power, after that the Holy Ghost is come upon you.”

- **Power = (Greek) Dunamis** = force (literally or figuratively); specially, miraculous power:--ability, abundance, meaning, might(-ily, -y, -y deed), (worker of) miracle(-s), power, strength, violence, mighty (wonderful) work.

## The Holy Spirit was introduced to the church in the New Testament

**Acts 2:2** And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. **3** And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. **4** And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance. “

- “like as of fire” – power!

**Hebrews 12:29** “For our God is a consuming fire.”

# How Do We Receive the Holy Spirit?

## The Holy Spirit draws the unbeliever to Christ

**John 6:44** “No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.”

**Why?** We are dead in our sins

## The Holy Spirit convicts the unbeliever

**John 16:8** *“And when he is come, he will reprove the world of sin, and of righteousness, and of judgment: 9 Of sin, because they believe not on me;”*

- We must respond to the conviction of God

**Romans 10:9** *“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.”*

## The Holy Spirit baptizes the believer into the family of Christ

- This is a spiritual baptism, not a physical baptism

**1 John 1:9** *“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”*

**1 Corinthians 12:13** *“For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.”*

## The Holy Spirit gives spiritual life (Regeneration)

We were dead in our sins. The Holy Spirit regenerates us at salvation.

**Ephesians 2:1** *“And you hath he quickened, who were dead in trespasses and sins;”*

**Titus 3:5** *“Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;”*

Because of all of this, YOU ARE NOT THE SAME! You are alive in Christ

**Romans 6:11** *“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.”*

## The Holy Spirit dwells in the believer

**Romans 8:11** *“But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.”*

The indwelling of the Spirit happens at the moment of salvation – it is what saves you and it is what makes you alive.

**1 Corinthians 6:19** *What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?*

You now belong to God and have been “sealed” by the Holy Spirit of God.

**2 Corinthians 1:22** “Who hath also sealed us, and given the earnest of the Spirit in our hearts.”

You are now the “temple” or residence of the Holy Spirit

- This is the constant presence of God in you
- This is the power of God in you
- This is the conviction of God in you
- This is the comfort of God in you
- This is the peace of God in you

## What does the Holy Spirit Do in our Personal Lives?

### The Holy Spirit equips us

There are gifts of the Spirit of God (1 Corinthians 12)

### The Holy Spirit guides us

**John 16:13** “Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.”

### The Holy Spirit convicts us

**John 16:8** And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:

- Remember: He is the HOLY Spirit

**1 Peter 1:16** “Because it is written, Be ye holy; for I am holy.”

- The Spirit of God will not ignore sin. He will convict us and draw our attention to what is wrong

### The Holy Spirit changes us

**1 Peter 1:2** Elect according to the foreknowledge of God the Father, through sanctification of the Spirit, unto obedience and sprinkling of the blood of Jesus Christ: Grace unto you, and peace, be multiplied.

- Sanctification – purification, i.e. (the state) purity;)--holiness, sanctification.
- Sanctify – to set apart

The longer you are saved, the more you will be changed!



# What Does It Mean to Walk in the Spirit?

There is a spiritual war and conflict between our flesh and the Spirit. The Spirit will lead us to Jesus and righteousness while our flesh will actively resist the Spirit's leading.

**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.”*

**Galatians 5:16** *“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”*

“Walk” is a metaphor used to describe daily living. The Bible gives us a description of how to live out this new life in Christ and walk in the Spirit and what it looks like to walk in the flesh.

## What does it mean to walk in the flesh?

**Galatians 5:19** *“Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, 20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,”*

To “walk in the flesh” means we:

- Do what is right in our own eyes
- Feed our flesh rather than feeding our spirit

Remember: The Spirit of God will convict us when we do these things. We are warned not to resist or “quench” the leading of God

**1 Thessalonians 5:19** *“Quench not the Spirit.”*

- *Quench - to extinguish; go out, quench.*

## What does it mean to walk in the Spirit?

**Galatians 5:25** *“If we live in the Spirit, let us also walk in the Spirit.”*

To “walk in the Spirit” means that we:

- Submit to His leading
- Listen to His voice
- Surrender to His conviction

- We say no to our flesh
- We live out spiritual disciplines
- We resist “affections and lusts”

**Galatians 5:24** *“And they that are Christ’s have crucified the flesh with the affections and lusts.”*

God strengthens us to stand against our flesh and temptation through the work of the Holy Spirit.

**Psalms 1:1** *“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2 But his delight is in the law of the LORD; and in his law doth he meditate day and night. 3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.”*

### **The Fruit of the Spirit**

**Galatians 5:22-23** *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law”*

The fruit of the Spirit is the practical working of the Holy Spirit in our lives. It is seen in the way we live and heard in the way we speak.

- Love—Care and compassion for others.
- Joy—A cheerful disposition even in difficult times.
- Peace—A strength and calmness of spirit.
- Longsuffering—Patience and the ability to wait
- Gentleness—Kindness and respect toward others.
- Goodness—A love for things that are right and true.
- Faith—A dependence on God.
- Meekness—Humility and graciousness.
- Temperance—Self control and discipline.

Every Christian ought to pray daily to manifest the fruit of the Spirit in their life.

# Group Discussion Questions

As a group, read the following questions and discuss. Be sure to give everyone an opportunity to answer.

- Read Galatians 5:22-23 aloud in your group and answer the following:
  1. What part of the fruit of the Spirit would you like to see more in your life?
  2. In what ways have you experienced the battle between the flesh and the Spirit?  
Give some specific examples and talk about the ways you have seen victory.
  
- What verse mentioned tonight was the most helpful for you? Was there anything that stood out to you to be encouraging, eye-opening, or helpful?
  
- How can the group pray for you?