

FOLLOWUP # 3: THE POWER SOURCE FOR LIVING THE CHRISTIAN LIFE

I. Who is the Holy Spirit?

God, the third person of the Trinity. (Don't get into a theological discussion here, but keep it simple.)

II. Why did the Holy Spirit come?

- A. He is a pledge that we belong to God.
 - Ephesians 1:13-14
- B. He is a Helper.
 - John 16:7
- C. He convicts us of sin.
 - John 16:8
- D. He guides us to the truth of God's Word.
 - John 16:13
- E. He came to glorify God.
 - John 16:14
- F. He empowers us to witness.
 - Acts 1:8
- G. He empowers us to live the Christian life. He is the power source. If we try to live the Christian life in our own strength, we will fail.

Illustration: A lamp is designed to give off light. You can turn the lamp on and off, but until you plug it in to the power source, the electric socket, it won't function effectively as a lamp. We need to draw from the power source in our lives, the Holy Spirit, in order to live the Christian life.

There are many Christians who are living defeated Christian lives because they don't know about the "power source" living within them, the Holy Spirit. They are not drawing from the power of the Holy Spirit to live the Christian life, but trying on their own strength and efforts, resulting in failure.

III. Paul tells us of three types of people.

- **1 Corinthians 2:14-3:3**

A. The natural man (verse 14)

1. How would you describe the natural man according to verse 14?
2. How does Paul describe the natural man in Galatians 5:19-21?
3. Is he a believer? Why or why not?

(The natural man is not a believer, and therefore does not have eternal life. He does not understand spiritual things nor is he indwelt by the Holy Spirit. He directs his own life according to his fleshly desires. The natural man is spiritually dead. The Holy Spirit is not in his life and self is in control.)

B. The spiritual man (verses 15-16)

1. How would you describe the spiritual man according to verses 15-16?
2. How does Paul describe the spiritual man in Galatians 5:22-23?
3. Is he a believer? Why or why not?
(The spiritual man is a believer and has eternal life. He understands spiritual things and is indwelt by the Holy Spirit. He allows the Holy Spirit to direct and lead his life. The spiritual man is spiritually alive.)

C. The carnal man (3:1-3)

1. How would you describe the carnal man according to these verses?
2. Is he a believer? Why or why not?
(The carnal man is a believer and has eternal life. He is indwelt by the Holy Spirit, but he is not allowing the Holy Spirit to direct his life. His life may look similar to the life of a non-Christian because his flesh continues to control his life. The carnal man is spiritually stagnant.)

If someone continues to sin over a period of time without repentance, this person may actually not be a believer, even though he thinks he is.

IV. Why are some people carnal instead of spiritual Christians?

A. Spiritual ignorance. They don't know about the "power source" that is available to them to live the Christian life, or they don't know how to draw from the power source of the Holy Spirit.

B. They choose to disobey. They want to be in control of their lives and not yield to the Holy Spirit's control. They, in reality, may not be believers at all.

V. So how does one become the spiritual man?

- A. Be filled with the Holy Spirit. It is a command in Ephesians 5:18. The spiritual man is filled with the Holy Spirit.
- B. What does it mean to be filled with the Holy Spirit?

The word "filled" actually means to be directed and empowered by the Holy Spirit. To be filled with the Holy Spirit (also called "abiding in Christ") is to live in conscious dependence upon Him, recognizing that it is Christ living in you, expressing His life through you by the power of the Holy Spirit. Jesus does not want **you** to live the Christian life on your own strength, but He wants to live the Christian life **through** you in the power of the Holy Spirit.

C. How do you become filled with the Holy Spirit?

Although there is not a "formula" spelled out for how to become filled with the Holy Spirit, there are several "prerequisites" for being filled with the Holy Spirit.

1. Sincerely **desire** to be filled and directed by the Holy Spirit. You must want it.
2. Confess all known sin.
 - Psalm 139:23-24
 - Why do you think it's important to confess sin in order to be filled with the Holy Spirit?
3. Yield every area of your life to Him.
 - Romans 12:1-2
 - What does that involve?
4. By faith, trust that His Spirit is in control and empowering your life. Don't go by feelings, but by the trustworthiness of His Word. He has commanded you to be filled with His Spirit in Ephesians 5:18. He has promised in 1 John 5:14-15 to answer all your requests which are in accord with His will. By faith, trust that He has answered your request to fill you with His Holy Spirit and produce in you the fruitful life He promised. Prayer is one way to express faith.

VI. How do I continue to walk in the power of the Holy Spirit?

- A. Are you Spirit-filled once and for all, like salvation? Is it a one-time decision? (No. Being Spirit-filled is a moment by moment, continual process. In Ephesians 5:18, the Greek tense of the verb "be filled" is "keep on being filled.")
- B. So what do you do if you retake control of your life through sin? (Campus Crusade for Christ teaches a concept called "spiritual breathing." Just like you exhale and inhale physically to breathe, you exhale and inhale spiritually in order to continue walking in the Spirit.)

1. Exhale: Confess your sin. 1 John 1:9. "Lord, I blew it when I did _____. I know it is sin, and I am sorry. I confess it. I don't want to do it again."

2. Inhale: Yield control of your life to Christ. Ephesians 5:18. "Lord, fill me (control and empower me) once again with Your Holy Spirit.) Romans 12:1-2. "I give you every area of my life again. I take my hands off, and step off the "throne" of these areas and of my life."

- C. How often do you need to breathe spiritually? (Every time you sin. Don't let your sins accumulate before you breathe spiritually. Do it immediately as God shows you your sin.)
- D. Do you become carnal every time you retake control of your life through sin? (No, not if you deal with it by confessing sin. **Unconfessed sin + time = carnality.**)