



SUPERNATURAL POWER

5

**Benefits of
Holy Spirit**

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Introduction

Holy Spirit is even better than having Jesus with us in the flesh!

So many of us are missing out when it comes to all that Holy Spirit has to offer us. We go about our lives and we forget about Him, struggling just on our own strength when we could be accessing His incredible help, guidance and empowerment.

Holy Spirit is incredible—so incredible, in fact, that Jesus told His disciples that having Holy Spirit was even better than having Jesus with them in the flesh!

“Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.”

John 16:7 (NKJV)

If you want to benefit from more of what Holy Spirit has for you, then you have to realize that there's a big difference between having **Holy Spirit with you** and having **Him in you**. This is something that we often miss. All of the Old Testament leaders had Holy Spirit with them, but Jesus was talking here about being filled with the Spirit.

“But you know him, because he lives with you now and later will be in you.”

John 14:17 (NLT)

Holy Spirit coming to dwell IN the very spirit of a human being was unheard of! Before Christ's sacrifice this was impossible, but on the day of Pentecost, it became a reality. Now, if you are a believer, **Holy Spirit is within you!**

You may be thinking, “Okay, but what does that really mean?” Let's dive into five benefits you have as a believer guided by Holy Spirit.

Boldness, Courage and Strength

You and I were meant to live in such a way that our lives would point others to Jesus.

You're created to be courageous, but not just for any reason. There's a purpose behind this courage, because God has placed a calling on your life. Whether you're in business or healthcare, whether you're a parent or a student, **everything you do is about the Kingdom of God**. It's about getting the Gospel out.

"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."

Acts 1:8 (NLT)

Holy Spirit gives us courage, boldness and strength.

In Ephesians 6:19, Paul makes an interesting prayer request. He asks the believers in Ephesus to pray that he would have boldness to share the Good News. Yet when you look at Paul's life, he was already one of the boldest people you could ever meet. Although he was stoned, shipwrecked, whipped and hunted down, he kept going for the sake of his purpose. Yet he prayed for even more boldness!

Many of today's believers are on "spiritual birth control." We pray that our cities and nations would come to know Christ, yet we're too timid to get out there and share about Him ourselves. **You and I were meant to live in such a way that our lives would point others to Jesus.**

Proverbs 28:1 says that the righteous are as bold as lions. Bold to do what? Bold to come to Christ and get His ability to share the Good News with the people who need it. In whatever sphere of influence you have, whether that's in your neighbourhood, workplace or circle of friends, get out there and live the message of Jesus! Trust God to give you the words to say when you open your mouth.

You're empowered to live a bold, effective life of purpose as you share what you've found in Him!

Refreshment and Empowerment

Holy Spirit is like a well of fresh water within us.

Holy Spirit not only does things within you; He also flows out of you to do things for others.

"But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."

John 4:14 (NLT)

In John 4:14, it says Holy Spirit is like a well of fresh water within us. Nice, cold water from a well can be so refreshing on a hot day. **Holy Spirit refreshes us** in a similar way when we learn to fellowship with Him and ask Him to help us study God's Word.

"Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'"

John 7:37-39 (NLT).

When Jesus said "living water," He was speaking of the Spirit, who would be given to everyone believing in Him. But the Spirit had not yet been given, because Jesus had not yet entered into His glory.

But John 7:37-39 says Holy Spirit is also a river of living water flowing out of you. That's incredible, because when you think about what a river does, it ministers life to everything around it. It waters the surrounding vegetation, it can be a source of drinking water and it's a means of transportation and even recreation.

Holy Spirit is a river flowing out of us, impacting the world around us in so many ways!

Unfaltering Guidance

Holy Spirit teaches what we need to know as we need it.

Jesus also taught us that Holy Spirit would teach us and lead us into all truth.

“There is so much more I want to tell you, but you can’t bear it now. When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future.”

John 16:12-13 (NLT)

Holy Spirit provides guidance and direction in all areas of life—whether it’s at work, at home, in relationships or spiritually. In these verses, Jesus taught His disciples that there would be some things they couldn’t handle now, but that Holy Spirit would teach them what they needed to know as they needed it.

How does Holy Spirit teach us? **He reveals things to us within our spirit (Romans 8:16).**

Sometimes when we want direction from God, we look for some sort of sign, vision or spectacular event. He can direct our lives many ways, but the primary way in the New Testament is through His Spirit within our spirit—nudging, prompting, guiding and leading. **We need to spend quiet time in prayer and time in His Word, and as we do, we gain what I like to call a “knowing” inside.**

But it was to us that God revealed these things by his Spirit. For his Spirit searches out everything and shows us God’s deep secrets.

1 Corinthians 2:10 (NLT)

Sometimes we get a sense that we need to use caution—that something is just not right. Other times, we get a sense of peace, even when we don’t have it all figured out. He guides us on how to minister to people. When we open our mouths, He fills it with the right words. Holy Spirit is so precious!

Access to the Miracle-Working Power of God

The way that Jesus functioned on this planet was the way we are to function.

Having the Spirit of God Himself dwelling inside you means that you have access to Him always, anytime!

This was something that was impossible before Christ. In fact, from Adam until the Day of Pentecost, Jesus was the only person to experience this Holy-Spirit-within kind of life.

When we think of all of the miracles and incredible things Jesus did, we often think, "Well, of course Jesus did great things. He was the Son of God!" But we need to realize that Jesus gave up all the authority and ability that He had as the Son of God when He took on a human form.

Yes, Jesus was part of the Trinity, but Jesus Himself said that all the works He did were because the Father (or the Spirit of the Father, Holy Spirit) was in Him:

"Don't you believe that I am in the Father and the Father is in me? The words I speak are not my own, but my Father who lives in me does his work through me."

John 14:10 (NLT)

Jesus was fully human, just like you and me, and He performed no miracles until after Holy Spirit descended upon Him while He was being baptized by John the Baptist.

"I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father." John 14:12 (NLT)

The way that Jesus functioned on this planet was the way we are to function.

Holy Spirit was in Him just as He is in every believer, so we can learn from Jesus how to walk in authority with Holy Spirit. In fact, Jesus even said that we would do even greater things than He did (John 14:12)!

Receive a Prayer Language

Praying in the Spirit—He prays the perfect prayer for the situation using your voice.

The Bible says when we pray in other tongues (also called praying in the spirit), Holy Spirit within us is guiding that prayer.

For if I pray in an [unknown] tongue, my spirit [by the Holy Spirit within me] prays...

1 Corinthians 14:14 (AMPC)

When you pray in the spirit, you are praying in a language you don't understand, but God understands. Many believers find praying in the spirit a great way to reenergize. First Corinthians 14:4 (NLT) explains the process this way: "A person who speaks in tongues is strengthened personally."

Jude 1:20-21 (NLT) also says that praying in the spirit helps you to "keep [yourself] safe in God's love" It helps you experience God's love.

Praying in the Spirit can also benefit others. According to Romans 8:26-27 (NLT), Holy Spirit prays through you at these times "in harmony with God's own will" He prays the perfect prayer for the situation using your voice.

If this is something you have never experienced, the Bible teaches us very clearly in Luke 11:9-13 that Holy Spirit is available for any of us who ask in Jesus' name.

"How much more will your heavenly Father give the Holy Spirit to those who ask him."

Luke 11:13 (NLT)

Salvation is the first gift we receive when we become believers, but God's goodness doesn't stop there! Yes, Holy Spirit comes to live within you the moment you give your life to Christ, but there's another step. Being filled with Holy Spirit—access to praying in the Spirit and to being able to operate in the gifts of the Spirit—is something that is available to every believer. **All you need to do is ask!**

Ask Him to help you walk in the gifts of the Spirit, and to give you the evidence of praying in that beautiful prayer language we call speaking in tongues. Then just open your mouth and begin to make a sound. It may seem strange at first, but just keep practicing and enjoy this gift that has been given to us as believers.

Conclusion

Holy Spirit is our helper, not our doer.

People are fascinated with stories about superheroes like Batman, Wonder Woman, Wolverine, the Hulk and Superman. One thing they all share in common is hidden power. They each had to learn who they were, where their power came from and what they could do. Then they had to learn how to handle that power.

A while back, a Superman movie came out that showed him as a teenager, discovering his powers and understanding how to harness it and help others.

A lot of believers also walk through life unaware of the power they hold in Christ! Thanks to Christ's power and strength in us, we can handle every trial and rise up to every challenge if we believe (Philippians 4:13). Yet **many of us live so far below what we're capable of with the supernatural power of Holy Spirit inside us!**

Do you not know that you are God's temple and that God's Spirit dwells in you?
1 Corinthians 3:16 (ESV)

Often, we go through life begging God to do something. Meanwhile, **Holy Spirit isn't here to do the work for us. His power is at work within us as our helper, not our doer.** Holy Spirit works through us, and that's far more exciting!

Second Peter 1:3-4 tells us that God has given us all we need for living a godly life, and through His precious promises we are enabled to share in His divine nature. One of God's promises was to send Holy Spirit to those who accept Christ.

As we meditate on God's Word, the power of God begins to rise up in us internally, showing us who we are in Him and what we can do with Holy Spirit in us. That's more powerful than any superhero!