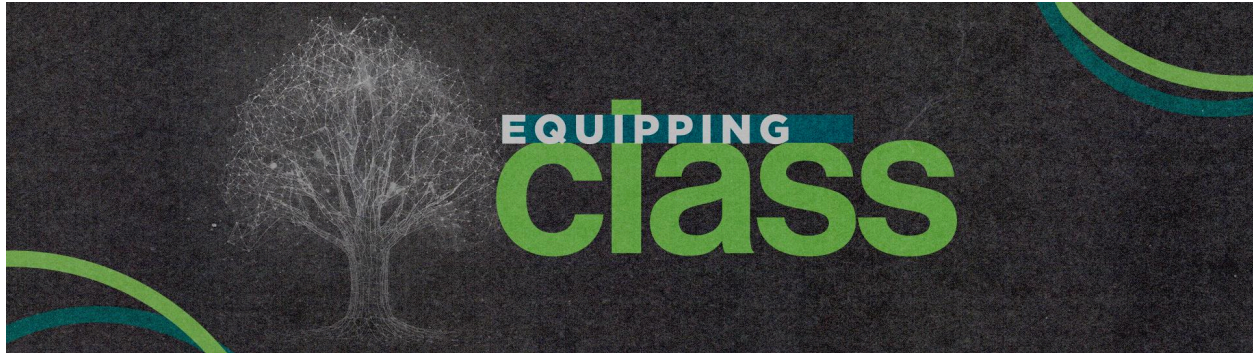




The Holy Spirit: Trade Your Do List for an Empowered Life

Jack Hawkins | September 13, 2026

All this I have spoken while still with you. 26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:25-27

What God Promises Through the Holy Spirit

1. He promises us power

“You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

-Acts 1:8

God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

-2 Timothy 1:7

2. He promises to give us hope in a hopeless world

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

-Romans 15:13

3. The Holy Spirit gives us power to speak for God

We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. 13 This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words.

-1 Corinthians 2:12,13

4. The Holy Spirit gives us the power to experience all the fullness of God

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.
-Ephesians 3:16-19

Do not quench the Spirit.

- 1Thessalonians 5:19

Reasons Why We Do Not Experience the Power of the Holy Spirit

1. We neglect to invite the Holy Spirit into our situation

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
-Philippians 4:6

The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
-Romans 8:26-28

2. We don't need the comfort of the Holy Spirit because we're already pretty comfortable.

"From my own experience, I have felt closest to God when nearness to Him was a necessity. Jesus refers to the Holy Spirit as the "Helper" or "Comforter." Let me ask you a simple question: Why would we need to experience the Comforter if our lives are already comfortable? It is those who put their lives at risk and suffer for the gospel who will most often experience His being "with you always, even to the end of the age."

-Francis Chan, *Forgotten God*