

Overflow

THE HOLY SPIRIT.

While there is definitely a degree of mystery to the nature of the Holy Spirit, he is not just a bundle of warm fuzzies or some vague cosmic force. We're not pulling out the snakes just yet.

No, the Holy Spirit is an actual person of God - real, impactful, powerful - equal to God the Father and God the Son.

He's also *in us* - ready and available to transform us, fill us up, and overflow into fruit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Whether or not you currently see these fruits in your life, God is right here offering to connect and fill you up so that you do.

IN THE BIBLE.

Acts 1:8

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

Matt. 5:6

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Galatians 5:16-24

6 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

John 14:16-17, 26

16 And I will ask the Father, and he will give you another Helper, to be with you forever, 17 even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

QUESTIONS.

1. Based on these verses, how do you think someone gets filled up/overflowing with the Holy Spirit?
2. Based on these verses, how can you/could you see the Holy Spirit working in your life?
3. What does it mean to you that the Holy Spirit is referred to as a "Helper?" How do you feel, knowing he "dwells with you and will be in you?"

Whenever you read the Bible, ask yourself these three questions:

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?