

The Holy Spirit

Personal Study Guide - Week of 2/15/26

Overview

The Holy Spirit is not a distant force or vague spiritual energy - He is a person, fully God, who dwells in every believer. Without Him, we cannot know God, understand His truth, or live the life Christ calls us to. This week, we'll explore who the Spirit is, what He does in our lives, and what it means to be filled with Him. Take a few minutes each day to read, reflect, and respond.

A Quick Encouragement

Don't rush through these readings. The Holy Spirit is the One who opens our eyes to understand God's Word. Ask Him to teach you as you read. Let the questions sit with you throughout the day. Be honest about where you're trying to live by your own strength instead of His power. The Christian life isn't about trying harder - it's about yielding more fully to the Spirit who already lives in you.

Day 1 - The Spirit Is Essential

Read:

- John 16:7-15
- John 15:5
- Romans 8:9

Reflection:

Jesus told His disciples it was better for Him to leave so the Spirit could come. The Spirit is as essential to our spiritual life as air and water are to our physical life. Without Him, we cannot be saved, understand truth, or live for Christ.

Questions:

- Why would it be "better" for Jesus to leave and the Spirit to come?
- What does Romans 8:9 teach about the relationship between the Spirit and salvation?
- How does knowing the Spirit is essential (not optional) change your view of the Christian life?

Day 2 - The Spirit Is a Person

Read:

- John 14:16-17, 26
- Romans 8:26-27
- Ephesians 4:30

Reflection:

The Holy Spirit is not an impersonal force. He is a person with emotions, will, and the ability to think, speak, love, and be grieved. He teaches us, reminds us of Jesus' words, intercedes for us in prayer, and can be sinned against.

Questions:

- What traits or actions of the Spirit (from these verses) show that He is a person?
- How does thinking of the Spirit as a person change how you relate to Him?
- What might it mean to grieve the Holy Spirit in your daily life?

Day 3 - The Spirit Is God

Read:

- 1 Corinthians 2:10-11
- Psalm 139:7-10
- Romans 8:11

Reflection:

The Holy Spirit is fully God - omniscient (all-knowing), omnipresent (everywhere), and omnipotent (all-powerful). He is the third person of the Trinity, equal with the Father and the Son, and God Himself dwells in us through His Spirit.

Questions:

- How do these passages reveal the Spirit's divine nature and power?
 - What difference does it make to know that God Himself lives in you?
 - How should the Spirit's omnipresence impact the way you live each day?
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Day 4 - The Spirit's Work in Us

Read:

- John 14:26-27
- Galatians 5:16-25
- Romans 8:16

Reflection:

The Spirit does incredible internal work in believers: He seals us, comforts us, teaches us, produces Christ's character in us, helps us pray, empowers our witness, and gives us peace. He is the difference maker between striving in our own strength and living in His power.

Questions:

- Which work of the Spirit from these passages do you most need right now?
 - Looking at the fruit of the Spirit (Galatians 5:22-23), which one do you most need Him to develop in you?
 - How can you depend on the Spirit's power this week instead of your own effort?
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Day 5 - Being Filled with the Spirit

Read:

- Ephesians 5:18
- Romans 6:13, 19
- Galatians 3:1-5

Reflection:

Being filled with the Spirit doesn't mean getting more of Him - it means Him having more of us. It's about yielding control, being Spirit-controlled rather than self-controlled. Paul warns against "the Galatian problem" of being saved by grace but trying to grow by our own strength.

Questions:

- What does it mean practically to "yield yourself" to the Spirit?
- What is one specific area of your life where you're trying to grow by your own effort instead of the Spirit's power?

- How can you move from self-effort to Spirit-dependence today?
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Weekly Prayer

Holy Spirit, You are God, and You live in me. I confess I have often neglected You, relied on my own strength, and tried to produce spiritual growth through sheer willpower. Forgive me. I yield my life to Your control - my thoughts, my words, my actions, my relationships, my time. I cannot live the Christian life without You. Fill me with Your presence. Produce Your fruit in me. Guide me into all truth. Empower me to witness to others. I trust You completely. Thank You for dwelling in me and transforming me day by day. In Jesus' name, Amen.