

WORD

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. **2 CORINTHIANS 3:17**

Often, many Christians don't really understand who the Holy Spirit is. The Apostles' Creed affirms every Christian's belief in the Holy Spirit. He is part of the Trinity—The Father, Son, and the Holy Spirit—and these three persons of the Godhead live in perfect unity. Hence, the Holy Spirit is God; He is not a force. In this lesson, we will look at how the Holy Spirit lives and works in us.

1 The Holy Spirit lives in us.

¹⁶Do you not know that you are God's temple and that God's Spirit dwells in you? ¹⁷If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple. **1 CORINTHIANS 3:16,17**

As Christians, God's Spirit dwells in us. That means, our body is God's temple and we are to *present [our] bodies as a living sacrifice to Him* (Romans 12:1). This is only possible through the work of the Holy Spirit in our lives, helping us live according to God's will. We are not facing life on our own—we have the Holy Spirit. How has this assurance comforted you?

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2 The Holy Spirit helps us.

"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." **JOHN 14:26**

The Holy Spirit helps us understand and remember God's Word. He reminds us of the truth. The Holy Spirit also *helps us in our weakness* (Romans 8:26), so that we can live in light of the gospel. Whenever we feel overwhelmed with life's challenges, we can ask the Holy Spirit to strengthen us with His power. What is the promise of God to us? (John 14:18)

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3 The Holy Spirit empowers us.

"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." **ACTS 1:8**

The Holy Spirit is given to us not just for us to live holy lives, but also to empower us to become effective witnesses of the gospel. He gives us power as we go out and make disciples. He promised to be with us wherever we go. We are not going out on our own strength. He will give us the power to speak the right words. How has the Holy Spirit empowered you to be a witness?

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