

The Holy Spirit

QUICK REFERENCE GUIDE

An Excerpt from the *BIBLICAL COUNSELING KEYS*

Who Is the Holy Spirit?

- The Holy Spirit is the Third Person of the Trinity—the triune God. God the Spirit is coequal in power and glory with God the Father and God the Son. In several books of the Bible, all three members of the Trinity are mentioned together.
“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all”
(2 Corinthians 13:14).
- The Holy Spirit is the active presence and power of God in the life of an individual.
“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being” (Ephesians 3:16).

How Does the Bible Describe the Holy Spirit?

His Position

- He is the Spirit of God *the Father*. (Matthew 10:20)
- He is the Spirit of Jesus *the Son*. (Romans 8:9)
- He is the Third Person of *the Trinity*. (Acts 2:32–33)

His Character

- He is the *Spirit of Holiness*. (Romans 1:3–4)
- He is the *Spirit of Grace*. (Hebrews 10:29)
- He is the *Spirit of Truth*. (John 14:17)

His Work

- He *adopts* you into God’s family. (Romans 8:15)
- He *teaches* you all things. (John 14:26)
- He *guides* you into all truth. (John 16:13)

What Is the Evidence of Being Filled with the Spirit?

- **Love:** Am I seeking the highest and best for others or seeking to serve my own needs?
- **Joy:** Am I living with gladness over what I have or fretting over what I don’t have?
- **Peace:** Am I resting in the strength and security of God or worrying about my circumstances?
- **Forbearance:** Am I enduring difficult trials calmly or complaining and becoming bitter?
- **Kindness:** Am I exhibiting a benevolent heart by helping others or resenting having to meet the needs of others?
- **Goodness:** Am I displaying godly character with purity of heart or adopting the world’s standards of morality?
- **Faithfulness:** Am I trusting God in the midst of suffering and sorrow or doubting His perfect and persistent love?
- **Gentleness:** Am I treating others with tenderness and respect or being harsh and short-tempered?
- **Self-control:** Am I rising to God’s call to do what is right in His sight or giving in to my feelings and selfish desires?

“The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”
(Galatians 5:22–23)

What Are Spiritual Gifts?

- Supernatural abilities that the Holy Spirit bestows on each believer at the time of salvation for the purpose of strengthening the church
- Unearned, undeserved empowerment from the Spirit of God
- A means through which you express God’s love to others

The Gifts of the Spirit

The following are two of the passages that list spiritual gifts and how to use them.

Romans 12:6–8

- **Prophecy:** a supernatural ability to proclaim or reveal God's truth
- **Serving** (ministry): a supernatural ability to recognize and meet the needs of others
- **Teaching:** a supernatural ability to communicate and clarify truth
- **Encouragement** (exhorting): a supernatural ability to inspire and stimulate the faith of others
- **Giving:** a supernatural ability to entrust assets where they are most needed
- **Leadership:** a supernatural ability to administrate, organize, and coordinate efforts
- **Mercy:** a supernatural ability to reach out with active compassion to comfort others

1 Corinthians 12:7–11

- **Wisdom:** a supernatural application of knowledge
- **Knowledge:** a supernatural revelation
- **Faith:** a supernatural ability to believe that God will provide
- **Healing:** a supernatural ability to believe that God will cure human illness
- **Miraculous powers:** a supernatural ability to perform feats outside the laws of nature
- **Prophecy:** a supernatural ability to proclaim or reveal what is hidden
- **Discernment:** a supernatural ability to distinguish between truth and error, as well as good and evil spirits
- **Tongues:** a supernatural ability to speak in a language that the speaker has never learned
- **Interpretation of tongues:** a supernatural ability to understand and interpret messages in tongues

How Do You Discern Your Spiritual Gifts?

- Make sure you have come into a saving relationship with Jesus Christ.
- Pray for the Holy Spirit to lead you to the truth about your personal spiritual gift(s).
- With a humble heart, desire only the gift(s) that the Spirit has given you to serve others. Don't covet the gift of another.
- Think about the times when you as a Christian knew that God successfully used you to help others. Evaluate those successes in light of spiritual gifts.

- Be aware of God's confirmation through your own joy and fulfillment when helping others.
- Ask one or more mature Christians who know you well for their observations regarding your spiritual strengths and giftedness.

Are You Self-Centered or Spirit-Controlled?

Self-Centered People ...

- Misuse their freedom
- Are self-indulgent
- Destroy one another
- Live by sinful desires
- Desire what is sinful
- Display the acts of sin

Spirit-Controlled People ...

- Are called to freedom
- Are self-sacrificing
- Love one another
- Live by the Spirit
- Desire what is spiritual
- Display the fruit of the Spirit

Key Verse to Memorize

*"The mind governed by the flesh is death,
but the mind governed by
the Spirit is life and peace."*

(Romans 8:6)

Key Passage to Read

(Galatians 5:13–25)

How to Be Filled with the Spirit

Submit to the authority of Jesus Christ. (Matthew 16:24)

Pray for conviction of sin. (Psalm 139:23–24)

Identify with Christ's death on the cross. (Romans 6:11)

Recognize the indwelling presence of the Holy Spirit to teach you and to guide you. (John 14:26)

Initiate immediate obedience to the prompting of the Holy Spirit. (Galatians 5:16)

Trust in the Holy Spirit to be your supernatural power for living a holy life. (2 Peter 1:3)

Fellowship on a regular basis with other believers. (Hebrews 10:25)

Impant God's Word in your heart. (Psalm 119:11)

Learn to have a thankful heart. (1 Thessalonians 5:18)

Live with an attitude of prayer. (Ephesians 6:18)

Expect victory! (Zechariah 4:6)

Depend on the Holy Spirit to develop the character of Christ in your life. (2 Corinthians 3:18)

*"Therefore do not be foolish,
but understand what the Lord's will is.
Do not get drunk on wine, which leads to debauchery.
Instead, be filled with the Spirit."
(Ephesians 5:17-18)*

Questions and Answers

"When does a person receive the Holy Spirit?"

At the moment of salvation, every true believer receives the Holy Spirit.

*"You also were included in Christ when you heard
the message of truth, the gospel of your salvation.*

*When you believed, you were marked in him with a seal,
the promised Holy Spirit."
(Ephesians 1:13)*

"If I sin after receiving the Holy Spirit, will I lose my salvation?"

No, the Bible says that at the time of salvation every authentic Christian is sealed with the promised Holy Spirit, who is a guarantee, a promise from God that we will be physically redeemed in heaven.

*"He anointed us, set his seal of ownership on us,
and put his Spirit in our hearts as a deposit,
guaranteeing what is to come."
(2 Corinthians 1:21-22)*

"Can I be an authentic Christian and not have the Holy Spirit?"

No. You cannot have Christ without having the Spirit of Christ.

*"If anyone does not have the Spirit of Christ,
they do not belong to Christ."
(Romans 8:9)*

"Can I choose a spiritual gift?"

No. Each person's gift is chosen by the Spirit of God.

*"He distributes them to each one, just as he determines."
(1 Corinthians 12:11)*

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