

## LESSON 4

### BE FILLED WITH THE HOLY SPIRIT ...

God wants us to live holy lives, with hearts that are cleansed, pure, and filled with his love. Only the fullness of the Holy Spirit in our hearts and lives can help us be all that God desires for us.

1. Repentance. **Acts 2.38** says, "Each one of you must turn away from your sins and be baptized in the name of Jesus Christ, so that your sins will be forgiven; and you will receive God's gift, the Holy Spirit". When people become Christians they believe that Jesus died on the cross to take away their sins. They are really repentant and ask God to forgive them for all of the wrong things they had done. Stealing, lying, living immorally, fighting, quarreling, drinking alcohol, smoking, drugs, are some of the things they did before they became Christians.

However Christians soon find out that there are some other feelings and attitudes which they do not like, such as jealousy, envy, lust, quarreling, anger, returning evil for evil, and an unforgiving spirit. They are ashamed of these thoughts and actions which come from deep within their hearts. They struggle to get victory over them but so often fail. They know that these habits are not right and hinder them from growing in their Christian lives. Have you experienced this in your life? We must sincerely repent of these bad habits. We must pray and ask God to cleanse our hearts, and take away this sinful nature (**Colossians 3.8-10 and Ephesians 4.22-23**).

2. Promise to Obey the Word of God and do what he wants us to do, **Acts 5.32** says, "...the Holy Spirit, who is God's gift to those who obey him. " If we want to be filled with God's Holy Spirit then we must be willing to obey God. God must have control of every area of our lives. **Romans 6.13** says, "... give yourselves to God, as those who have been brought from death to life, and surrender your whole being to him to be used for righteous purposes." What does this mean? God must control where we walk, what our hands do, what our eyes look at, what our ears listen to, and what our lips speak. Our money and material possessions are all to be used in whatever way God wants us to use them. Our families and children are all given to us by God and belong to him. When we surrender ourselves and all we have to Jesus, and promise to do what he says; then we will be ready to be filled with the Holy Spirit. We must live each day open to the guidance of the Holy Spirit and walk in constant obedience to God.

3. Ask God. **Luke 11.13** says, "...How much more, then, will the Father in heaven give the Holy Spirit to those who ask him!" We must have a real hunger in our hearts, pray from the depths of our inner being and ask God to cleanse, purify and fill us with his Holy Spirit.

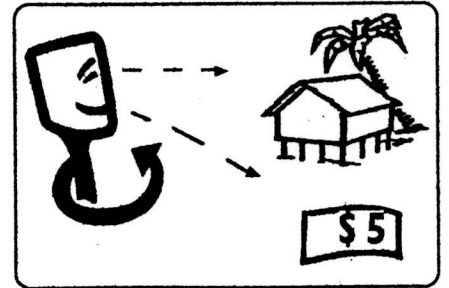
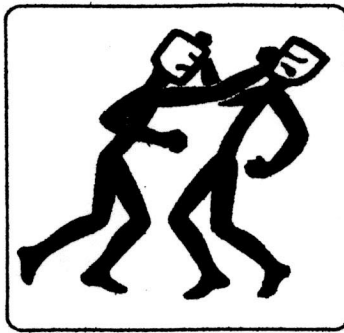
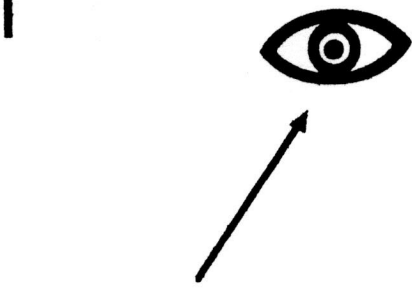
4. Believe. **James 1.6** says, "But when you pray, you must believe and not doubt at all." God has promised to give us the Holy Spirit **Acts 2.38-39**, "...You will receive God's gift, the Holy Spirit. For God's promise was made to you and your children, and to all who are far away -- all whom the Lord our God calls to himself." When we pray we must believe that God will answer our prayer. Sometimes we need to ask God to strengthen our belief and give us more faith. **Mark 9.24** says, "I do have faith, but not enough. Help me have more!" "If you believe, you will receive whatever you ask for in prayer" **Matthew 21.22**. God will fill us with his Holy Spirit. "Happy (blessed) are those whose greatest desire is to do what God requires; God will satisfy them fully!" **Matthew 5.6**.

There are four Steps to being filled with the Holy Spirit.

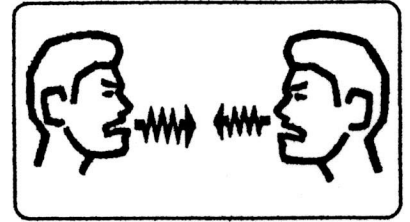
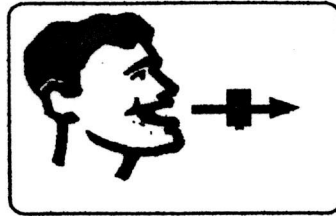
1. **Repent** of our sins, have a deep hunger in our hearts for God to make our hearts clean and pure.
2. **Promise** to obey God. We must surrender ourselves and all we have to God.
3. **Pray** and ask God to clean our hearts and fill us with his Holy Spirit.
4. **Believe** that God wants to answer our prayer, and say thank-you to God for what he has done.

How do we know that the Holy Spirit fills us? Some people look for a special sign but God does not have a special sign that he gives to people. God treats us as individuals, one person may experience overflowing joy while another will feel a deep peace. Someone else may feel that his heart has been cleansed through and through, another person may experience strength for overcoming temptation. The Holy Spirit will speak to us quietly in our hearts and we will have the assurance that he has filled us (**Romans 8.16**).

1



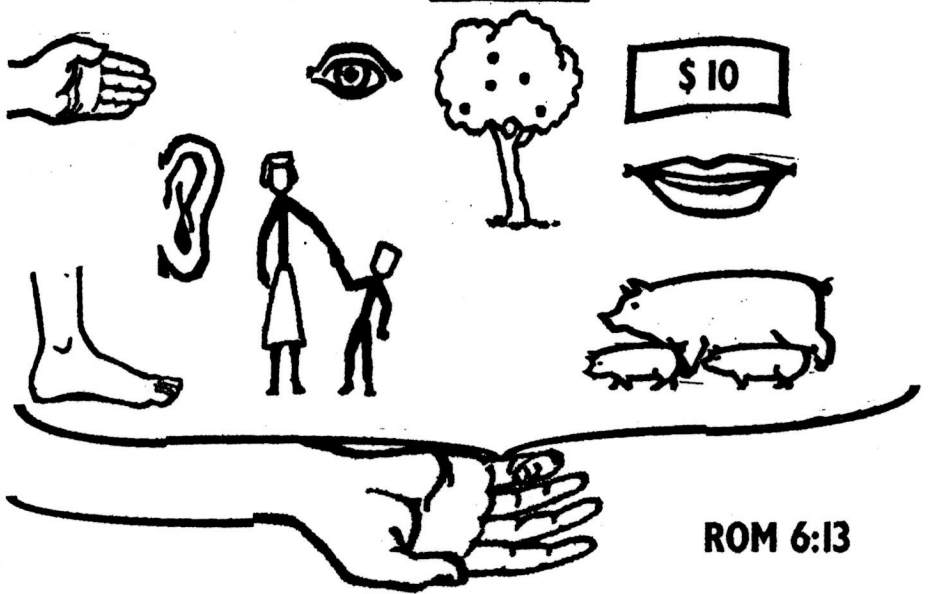
ACTS 2:38  
EPH 4:22-23  
COL 3:8-10



2

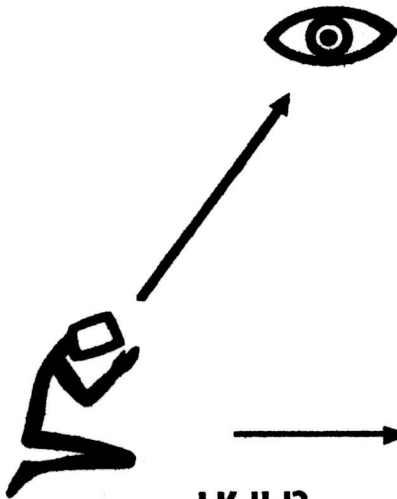


ACTS 5:32



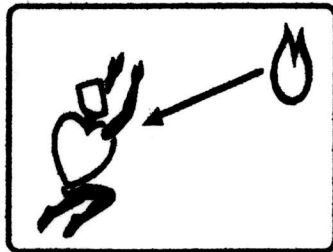
ROM 6:13

3



LK 11:13

4



ACTS 2:38-39  
JAS 1:6  
MK 9:24



MT 5:6 MT 21:22