

## ***Fellowshipping with the Holy Spirit***

### **I. WALKING IN THE SPIRIT: SUSTAINING AN ACTIVE DIALOGUE WITH HIM**

- A. In Gal. 5:16, Paul exhorts all believers to “walk in the Spirit” or to develop a dynamic relationship with Him. We do this best as we sustain an active dialogue with Him.  
*<sup>16</sup> I say then: walk in the Spirit, and you shall not fulfill the lust (sinful desires) of the flesh. 17 For the flesh lusts (wars) against the Spirit, and the Spirit against the flesh... (Gal. 5:16–17)*
- B. We walk in the Spirit to the degree that we “fellowship with Him.” The Spirit is a dynamic Person who lives inside us to empower our hearts as we walk in fellowship with Him.  
*<sup>14</sup> ...The communion (fellowship, NAS) of the Holy Spirit be with you all. (2 Cor. 13:14)*
- C. We seek to be a “people of the Spirit” both in our inner life as well as in our ministry to others. We must deeply value our relationship with the Spirit. A vibrant walk with the Spirit is essential in our quest to experience more of God. It is futile to seek deep experiences with God while neglecting the Spirit’s presence and leadership. ***We cannot go deep in God with a dull spirit.***
- D. In Gal. 5:16, Paul exhorts us to “walk in the Spirit” and then gives us one of the great promises in Scripture, “You shall not fulfill the lust of the flesh.” Paul did not promise us that all fleshly desires would be gone, but that we would have power to not fulfill or walk them out. The only way to overcome the power of lust is by growing in a relationship with the Holy Spirit.
- E. In Gal. 5:17, Paul described the violent war inside every believer. The flesh wars against the Spirit and the Spirit wars against the flesh (to the degree that we are actively engaged with Him).
- F. The “flesh” in Paul’s theology includes sinful physical pleasures (sensuality, gluttony, alcoholism, etc.) as well as sinful emotions (pride, bitterness, anger, defensiveness, etc.). Paul gives 17 expressions of the flesh in Gal. 5:19-21.

### **II. GOD CREATED US IN THREE PARTS: SPIRIT, SOUL AND BODY**

- A. God created us in three parts, spirit, soul and body. Our inner man is comprised of spirit and soul (mind, emotions, will). Our outer man is our physical body.  
*<sup>23</sup> May your whole spirit, soul, and body be preserved blameless... (1 Thes. 5:23)*  
*<sup>16</sup> Our outward man is perishing...the inward man is being renewed day by day. (2 Cor. 4:16)*
- B. God beautifies our inner man (hidden person of the heart) by releasing His Spirit in us.  
*<sup>3</sup> Do not let your adornment be merely outward...4 let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit... (1 Pet. 3:3-4)*  
*<sup>10</sup> Put on the new man who is renewed...according to the image of Him... (Col. 3:10)*

### III. THE NEW BIRTH: THE UNCREATED GOD LIVING IN THE HUMAN SPIRIT

- A. At the new birth, the Holy Spirit comes to live in our spirit as a real Person. The uncreated life of God dwelling in us is the core reality of the new birth. The new birth is much more than being forgiven. It emphasizes being born into a new connectedness with the Spirit.
- <sup>5</sup> *Unless one is born of water (natural) and the Spirit, he cannot enter the Kingdom... 6 That which is born...of the Spirit is spirit. 7...You must be born again. 8 The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit. (Jn. 3:5-8)*
- B. The glory of the New Covenant is that at our new birth, the Spirit makes us one spirit with God.
- <sup>17</sup> *But he who is joined to the Lord is one spirit with Him. (1 Cor 6:17)*
- <sup>17</sup> *You know Him (Holy Spirit), for He dwells with you and will be in you. (Jn. 14:17)*
- C. God deposited His seed or His very life into our spirit. The eternal uncreated life of God came to live in us at the new birth. One purpose for this was to destroy the works of darkness in us. The one born of God no longer lives in habitual sin (as they formerly did) but wages war against it.
- <sup>8</sup> *Jesus...was manifested, that He might destroy the works of the devil. 9 Whoever has been born of God does not sin (habitually, uncontested), for His seed remains in him. (1 Jn. 3:8-9)*
- D. Jesus is a high priest according to the power of the Spirit who is described as an “indestructible life”. In other words, the Spirit has power to destroy all the lust and darkness that opposes Him.
- <sup>15</sup> *If another priest (Jesus) arises according to the likeness of Melchizedek, 16 who has become such...according to the power of an indestructible life. (Heb 7:15-16, NAS)*
- E. Jesus manifests His power in our heart as we fellowship with the Holy Spirit.
- <sup>20</sup> *Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us... (Eph. 3:20)*
- <sup>27</sup> *The riches of the glory of this mystery...which is Christ in you, the hope of glory. 28 Him we preach...that we may present every man perfect in Christ Jesus. 29 To this end I also labor, striving according to His working which works in me mightily. (Col. 1:27-29)*
- F. Scripture describes God in us as light, fire and living water (false religions counterfeit this).
- <sup>5</sup> *The message which we have heard from Him and declare...that God is light... 7 If we walk in the light as He is in the light, we have fellowship with one another... (1 Jn. 1:5-7)*
- <sup>38</sup> *Out of his heart (belly, KJV, inner most being, NAS) will flow rivers of living water. 39 This He spoke concerning the Spirit, whom those believing in Him would receive... (Jn. 7:38-39)*
- <sup>6</sup> *Set Me (Jesus) as a seal upon your heart...for love is as strong as death...its flames are flames of fire, a most vehement flame. (Song 8:6)*

#### IV. TALKING TO THE HOLY SPIRIT

- A. In prayer, we focus our mind on God in two ways: on the Father who sits on His Throne (Rev. 4) and on God the Holy Spirit who lives in our spirit.
- <sup>9</sup> In this manner, therefore, pray: Our Father in heaven... (Mt. 6:9)*
- <sup>9</sup> The Spirit of God dwells in you... 10 If Christ is in you, the body is dead because of sin, but the Spirit is life...11 If the Spirit...dwells in you, He who raised Christ from the dead will give life to your mortal bodies through His Spirit who dwells in you... (Rom. 8:9-11)*
- B. Principle: we walk in the Spirit by talking with the Spirit. The fundamental way to walk in the Spirit is by maintaining an active dialogue with the indwelling Spirit. This is key to our renewal and transformation. It is so simple that many miss it.
- C. To get started, I suggest talking directly to the Spirit 5-10 times a day for 3-5 minutes each time.
- D. If we just talk to Him, He will talk back. He will speak to us once He gets us in the conversation. He speaks to us by giving us subtle impressions that release power on our mind and heart if we respond to them. He will lead us by giving us promptings to act on and to restrain us.
- E. We will not walk in the Spirit more than we talk to the Spirit. We will not obey Him more than we talk to Him. He will talk us out of sinning and quitting.
- F. We talk to the Spirit as the way to experience the release of His power in our inner man. The moments that we dialogue with Him are the moments we are most aware of His power in us.
- G. He releases small measures of power on our mind and heart, but the power is real. We experience the Spirit's power in small incremental ways like we do with food and water.
- H. We must cultivate our friendship with the Spirit, being careful not to quench or resist Him. Paul exhorted us to not quench (1 Thes. 5:19) or grieve the Spirit (Eph. 4:30). Therefore, we prize, watch, and guard the prompting of the Spirit on our heart. We must renounce all that causes the Holy Spirit's work in our heart to be minimized (Gal. 6:8; Rom. 8:6). We can grow in our experience of the indwelling Holy Spirit.
- <sup>7</sup> Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. 8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. 9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. (Gal. 6:7-9)*
- I. The language of our mind and spirit is images. Whatever images we behold or set our mind on, whether good or bad, is what we open our spirit to and therefore, it is what is imparted to our spirit. If we set our mind on impurity, then impurity is imparted in our spirit.

- J. The more we talk to the Spirit the less we talk to people in a way that quenches the Holy Spirit, our spirit, and their spirit. Words release (activate) as well as hinder the Spirit's work in us.  
*<sup>29</sup> Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 And do not grieve the Holy Spirit... (Eph. 4:29-30)*
- K. If we only talk to the Spirit in the crisis of temptation, rather than as a lifestyle, then we will not sustain our dialogue with Him in an effective way that results in righteousness in our emotions.  
*<sup>13</sup> For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live...<sup>16</sup> The Spirit Himself bears witness (communicates) with our spirit that we are children of God. (Rom. 8:13-16)*

## V. THE HOLY SPIRIT EMPOWERS OUR EMOTIONS

- A. The emotional resources of the Spirit or the power of God on our emotions has 9 different facets of the one "diamond" of our relationship with the Holy Spirit.  
*<sup>22</sup> The fruit (result) of the Spirit is love, joy, peace, longsuffering (patience, NAS), kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control. (Gal. 5:22-23)*
- B. We fellowship with the Holy Spirit by recognizing or honoring His presence in us. We do this by thanking Him for it. We thank the indwelling Spirit for His presence, power and leadership inside us. We pray, "Thank you Holy Spirit, for Your presence in me that is mighty in indestructible love, peace, patience, self-control, etc."
- C. When we address God on the Throne, we ask for strength. When we address God in our spirit we thank Him for strength that is already in us by His indwelling Presence.
- D. John refers to this as walking in the light which is synonymous with walking in the Spirit.  
*<sup>5</sup> God is light...<sup>7</sup> if we walk in the light...we have fellowship with one another... (1 Jn. 1:5-7)*
- E. Walking in the light includes several activities such as walking in the light of revelation by meditating on the Word, fellowshipping in the light by sharing our life in God with one another and bringing our sins into the light through confession to one another. We must not limit our concept of walking in the light to any of these important activities.
- F. We need to focus on the presence of the indwelling Holy Spirit in our war against sin. Many put their primary focus on the necessity of denying sinful desires. We walk in the Spirit or walk in the light as the condition for overcoming lust. We remove darkness by turning on the light.  
*<sup>5</sup> Light shines in the darkness, and the darkness did not comprehend (overpower) it. (Jn. 1:5)*
- G. As we stare into the bonfire of God in our spirit and as we look at God's light that is brighter than diamonds (at His Throne or in our spirit), then His light is manifest in us in a greater measure. The test for the truth of this is that gazing into the Spirit's light always leads us to glorify and obey Jesus and His Word.

- H. The lamp of the body (that which brings light to our inner man) is the eye of our heart. The body speaks of our whole person (not just our physical body). God promises that those with a good eye will have a bright and vibrant heart that is full of light.  
*<sup>34</sup> The lamp (source of light) of the body is the eye (of the heart; Eph. 1:18). Therefore, when your eye is good (single, KJV), your whole body also is full of light. But when your eye is bad, your body also is full of darkness. 35 Therefore take heed that the light which is in you is not darkness. 36 If then your whole body is full of light, having no part dark, the whole body will be full of light, as when the bright shining of a lamp gives you light. (Lk. 11:34-36)*
- I. A good or single eye refers to having a vision for our heart to realistically pursue 100-fold obedience (as set forth in Mt. 5-7) as we fellowship with the Holy Spirit.
- J. Isaiah prophesied that God’s people would show forth the indwelling God by being filled with brightness (the indwelling light of Holy Spirit) and burning (indwelling fire of the Holy Spirit).  
*<sup>1</sup> For Jerusalem's sake I will not rest, until her righteousness goes forth as brightness, and her salvation as a lamp that burns. (Isa. 62:1)*  
*<sup>35</sup> He (John the Baptist) was the burning and shining lamp. (Jn. 5:35)*  
*<sup>29</sup> For our God is a consuming fire. (Heb. 12:29)*
- K. Walking in the Spirit is within the reach of all believers by beholding the Spirit in our inner man. This is for “all” believers. We are all weak and in need of beholding or gazing on the Spirit.  
*<sup>18</sup> We all beholding...the glory of the Lord, are being transformed...by the Spirit. (2 Cor. 3:18)*
- L. We behold and know the Spirit by beholding (gazing) Him in our inner man. The NAS translates this as beholding or seeing the Spirit. It suggests gazing into the bonfire of God’s presence.  
*<sup>17</sup> The Spirit...whom the world cannot receive, because it neither sees Him (it does not behold Him, NAS) nor knows Him; but you know Him, for He...will be in you. (Jn. 14:17)*
- M. **Linger in God’s presence:** in dialoging with God in the Word. Take time to linger as you speak slowly to God (include declaring your love). I sigh or groan in-between moments of silence much more than I speak actual words. Speak slowly with occasionally whispering, “I love You, Holy Spirit” while praying in the spirit gently and intermittently.
- N. **Journaling:** take time to record thoughts and prayers as you “pray-read” through Scripture. This helps us capture the truths that the Spirit gives us and to grow in our prayer dialogue with God.
- O. We “practice the presence of God” knowing that it takes time to grow in our sense of connectedness with the Holy Spirit. The more I speak directly to Him in private the more I have a sense of His presence while I am active in public life with others. We receive the Holy Spirit’s benefits and prophetic activity by beholding Him and knowing Him or by strengthening our relationship with Him over time.

## VI. PRACTICAL EXAMPLES

- A. Our dialogue with the Spirit in our inner man grows as we gaze at Him as light or fire that seals our heart with God's power. We set Jesus as a seal on our heart by fellowship with the Spirit.  
*<sup>6</sup> Set Me (Jesus) as a seal upon your heart...its flames are flames of fire. (Song 8:6)*
- B. *Thank you* – we recognize the Spirit's presence in us simply by thanking Him for it. We pray, "Thank you Holy Spirit, for Your bright presence in me, I am Yours, manifest Yourself to me."
- C. *Teach me* – we ask Him to lead us into truth, praying, "Consuming Fire teach me Your ways." We may pray, "Teach me, Oh! Bonfire of God, I love Your ways and thoughts."  
*<sup>26</sup> The Holy Spirit...will teach you all things... (Jn. 14:26)*  
*<sup>13</sup> The Spirit of truth...will guide you into all truth; He will tell you things to come. (Jn. 16:13)*  
*<sup>17</sup> May give to you the spirit of wisdom and revelation in the knowledge of Him... (Eph. 1:17)*
- D. *Lead me* – We thank the indwelling Spirit for His leadership inside us. We pray, "Holy Spirit lead me; in my speech (Ps. 141:3), into divine appointments/opportunities (Rom. 8:14) and away from Satan's traps/temptations (Mt. 6:13). I love Your leadership, I need Your leadership."  
*<sup>3</sup> Set a guard, O LORD, over my mouth; keep watch over the door of my lips. (Ps. 141:3)*  
*<sup>14</sup> For as many as are led by the Spirit of God, these are sons of God. (Rom. 8:14)*  
*<sup>13</sup> Do not lead us into temptation (lead me from it), but deliver us from the evil one. (Mt. 6:13)*
- E. *Anoint me* – we thank the indwelling Spirit for His power to minister to others. We pray, "Thank you Holy Spirit, for Your gifts and for Your desire to release them in me (1 Cor. 12:7).  
*<sup>7</sup> But the manifestation of the Spirit is given to each one for the profit of all: (1 Cor. 12:7)*
- F. *Strengthen me* – we thank Him for strength that already is in us by His indwelling Presence (Gal. 5: 22-23). We pray, "Oh! Living Flame of Love, thank you for the presence of Your indestructible love, peace, patience, and self-control" or "Thank you Holy Spirit, for Your presence in me that is mighty in indestructible love, peace, patience, self-control" or "Thank you Holy Spirit for Your commitment to war against my" flesh (Gal. 5:17).  
*<sup>16</sup> ...To be strengthened with might through His Spirit in the inner man... (Eph. 3:16)*  
*<sup>17</sup> For the flesh lusts (wars) against the Spirit, and the Spirit against the flesh...22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control.. (Gal. 5:17, 22-23)*  
*<sup>11</sup> Unite my heart to fear Your name. (Ps. 86:11)*
- G. Note: the Scripture that has most helped me to develop my dialogue with the Spirit is Jn. 14-17.