

# A 60-day plan of transformation into Christlikeness

## Day #12: The Life-giving Power of the Holy Spirit

For latest edition of this article, see Day 12– The Life-giving Power of the Holy Spirit at, <http://www.fbcweb.org/Doctrines/day-12.pdf>

### A. SOLITUDE WITH GOD.

1. You need to take at least 30 minutes of solitude time with God. If you need to set your alarm 30 minutes earlier, do it. If you need to go to bed earlier, do it. Just as you need 6-8 hours of sleep to refresh your body, you need at least 30 minutes of solitude with God to refresh your soul.
2. During this 30-minute period, spend time in reflection of God, your life, and your plan for the day. Journaling is a great way to record your daily life and the pressing issues of life. Consider that many of the Psalms are but David's journaling about his feelings, concerns, and life with God. The book of Lamentations is Jeremiah's journal of how he felt about the destruction of Jerusalem. And these works were divinely inspired. I will cover journaling as a spiritual disciple in more detail in a later lesson.
3. During this time of solitude, it is important to relax and cultivate a spirit of not being hurried. Don't be concerned about the lesson below on the Holy Spirit. You can go through this material later in the day or on a day when I do not provide a lesson.
4. This is your time with God. Before the modern era, believers had plenty of time of reflection on God and life in solitude with God as they worked on their farms where they would only hear the noises of nature as they worked all day. In our social media age, voices are always cutting in on our souls, leaving little to no devotional time with Lord, time devoted to the Lord for reflection and planning on life with Him. Thus, we are often left with a very superficial life with God that is generally takes on more narcissism than Christ-centeredness.

### B. THE HOLY SPIRIT: GOD'S FLOWING, LIFE-GIVING POWER.

1. Jesus made staggering promises about His ability to transform human lives. Consider the new inner abundant life that He promises in John 7:37, "*On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. <sup>38</sup> "He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." <sup>39</sup> But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.*"
2. Note the promise of the Holy Spirit for inner transformation. The Holy Spirit indwells every believer without exception. He brings incredible divine power for inner transformation of our thoughts, emotions, wills, and personal relationships. The Holy Spirit is in us to take our selfish, self-centered, and dissatisfied souls, and bring forth a renewal described as "flowing rivers of living water (ποταμοὶ . . . ῥέουσιν ὕδατος ζῶντος)."

This is the satisfied life God that has for every believer. It is the full and satisfied life that is not tempted by the many temptations of the world that enslave others. For example, when one finds full and rich meaning in life with God, one is not tempted to try to find it in the world. When one is fully accepted and loved by God, one does not fret about not being accepted by the world.

3. Note that this flowing water is in the inner life. What the NKJV translates as “*out of his heart*” in the Greek is really “out of his belly” (ἐκ τῆς κοιλίας αὐτοῦ, as per KJV). The Greek word for belly is where we get our word *colitis*, which is oftentimes a result of rivers of stress running through our guts. Our gut/belly is the place we *feel* anxiety, fear, emptiness, and hollowness when we are depressed. We have neurons that produce feelings of well-being or threat deeper than we can often put into words. Jesus says He will produce vitality and feelings, a great wellness in the deepest part of our *feelings*. Yes, He transforms our emotions.
4. This life is from the Spirit. It is not something we produce. It is the very Spirit of God. The Holy Spirit produces an amazing life of power, love, joy, peace, patience, kindness, goodness, faithfulness, humility, self-control and discipleship under Jesus:
  - Acts 1:8, "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."
  - Galatians 5:22, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,<sup>23</sup> gentleness, self-control.”
  - 1 Peter 1:8, “whom having not seen you love. Though now you do not see *Him*, yet believing, you rejoice with joy inexpressible and full of glory,”
  - Matthew 11:28 "Come to Me, all *you* who labor and are heavy laden, and I will give you rest.<sup>29</sup> "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.<sup>30</sup> "For My yoke *is* easy and My burden is light."
5. If our bellies are not filled with the fullness of love, joy, and peace, it is because we are interrupting the flow of the Spirit of God in our lives. And we will never live a life that can be described in terms of being so satisfied that we are never thirsty for the base things of this world.
6. The solution is not trying harder, reading the Bible more, praying more, and making more resolutions. While there is a proper place for these as spiritual disciplines (see 1 Tim 4:7-8; 1 Cor. 9:24-25; Gal 5:23’s “self-control”), no activity in and of itself can create this flowing living water. All the disciplines can do is remove the dams that block His power in our lives.

7. The only way to become the person God made you to be is to live with the Spirit of God flowing through you like a river of living water. The Spirit of God is already at work in us. We just need to put ourselves in a position to let Him flow through our lives.
8. Blockage #1 of the Holy Spirit: Quenching the Holy Spirit: 1 Thessalonians 5:19, "*Do not quench (σβέννυτε) the Spirit.*" The imagery here is of the Holy Spirit as a flame. He warms the hearts, enlightens the mind, and empowers the inner life. In sum, our job here is not to get in His way. As we go about life, we are to open ourselves to the Spirit's influence in our lives, which Paul talks about in terms of "walking in the Spirit," "keeping in step with the Spirit," or "sowing to the Spirit." The context of this quenching has to do with Biblical revelation. We must feed on and live out the Word of God. When we accept human viewpoint over the Word of God, we quench the Spirit. When we follow the world in hating our enemies instead of loving them, we quench the Spirit. When we follow the world in socio-political-economics instead of God's politics, we quench the Holy Spirit. Anytime we follow the word of man instead of the Word of God, we quench the Holy Spirit's power to transform us on the inside. We must always be diligent about avoiding traditions, cultural and religious, that can quench the Holy Spirit.
9. Blockage #2 of the Holy Spirit in our lives: Ephesians 4:30, "*And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*" This is the other way of cutting yourself from the flowing inner power of the Holy Spirit. Note the issue in the following verse: Ephesians 4:31, "*Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.*" One of the quickest ways of neutralizing the flow of the Spirit in your life is in bitterness and malice. Consider all the rancor in politics today and how it is tearing the country apart. One of the quickest ways for Satan to get a foothold in your life is through anger (read Eph. 4:26-27). The politics of Jesus are much different (read Eph. 4:32; 5:1-2; Matt. 5:44-48; Luke 4:18-19).
10. It is in the easy yoke of Jesus that we embrace the Word of God and put away sin so that the flow of the Holy Spirit can renovate our lives into Christlikeness and give us a truly satisfied life that slakes all our thirsts. And as we learn the Word of God under His discipleship, He gives us many spiritual disciplines that put us in a position to both embrace the Word of God and put away sin. And the ministry of the Holy Spirit even helps us here by giving us His fruit of "self-control (Gal. 5:23)," which is a spiritual discipline.

### **C. SCRIPTURE MEMORY.**

1 Corinthians 10:13, "No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*."

## **The 60-day transformation of the mind, heart, and emotions into Christlikeness**

Day 1 – A life that lacks nothing (Psalm 23), <http://www.fbcweb.org/Doctrines/day-1.pdf>

Day 2 - Satan, the enemy (1 John 2:15-16), <http://www.fbcweb.org/Doctrines/day-2.pdf>

Day 3 – Review, reflect, journaling, and Psalm 19, <http://www.fbcweb.org/Doctrines/day-3.pdf>

Day 4 – The six areas of inner transformation, <http://www.fbcweb.org/Doctrines/day-4.pdf>

Day 5 – The Word of God, Joshua 1:8; Psalm 1, <http://www.fbcweb.org/Doctrines/day-5.pdf>

Day 6 – 2 warnings & promise of transformation, <http://www.fbcweb.org/Doctrines/day-6.pdf>

Day 7 - Solitude, Disciplines, Transformation, <http://www.fbcweb.org/Doctrines/day-7.pdf>

Day 8–VIM (Vision-Intent-Means) & transformation, <http://www.fbcweb.org/Doctrines/day-8.pdf>

Day 9–Solitude with God and Christ’s transformative yoke, <http://www.fbcweb.org/Doctrines/day-9.pdf>

Day 10– Discipleship-1, <http://www.fbcweb.org/Doctrines/day-10.pdf>

Day 11– Discipleship-2, <http://www.fbcweb.org/Doctrines/day-11.pdf>

Day 12– The Life-giving Power of the Holy Spirit, <http://www.fbcweb.org/Doctrines/day-12.pdf>

*Testifying to the need for discipleship under Christ,*

*Pastor Don*