

Catch the Wind – Week 7

## **Breathed Into Motion**

The Filling of the Holy Spirit

### **BIG IDEA**

The Holy Spirit doesn't just come upon you — He stirs within you.

His filling is not a one-time event but a divine rhythm. When the stirring comes, it's heaven's signal: It's time to move.

*“On the day of Pentecost all the believers were meeting together in one place. Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.”*

—Acts 2:1–4 (NLT)

### **1. You Were Designed to Carry God**

You were made in God's image — designed for His Spirit to dwell in you.

*“Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living person.”*

*—Genesis 2:7 (NLT)*

*“And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.”*

*—Ephesians 1:13 (NLT)*

## **2. Filling Is Not Just a Pouring — It’s a Stirring**

He’s already in you. The stirring is His signal to act. Sometimes what we call instinct is actually the Holy Spirit’s gift being stirred.

*“This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”*

*—2 Timothy 1:6–7 (NLT)*

## **3. The Stirring Activates What’s Already in You**

The filling is a reactivation of what the Spirit already placed inside of you.

*“The Spirit of God, who raised Jesus from the dead, lives in you.*

*And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.”*

*—Romans 8:11 (NLT)*

## **4. The Gifts Are the Overflow**

When the Spirit stirs, the gifts flow out to help others — not to highlight us.

*“Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God’s people to do his work and build up the church, the body of Christ.”*

*—Ephesians 4:11–12 (NLT)*

*“A spiritual gift is given to each of us so we can help each other.”*

*—1 Corinthians 12:7 (NLT)*

*“In his grace, God has given us different gifts for doing certain things well... If your gift is serving others, serve them well... If God has given you leadership ability, take the responsibility seriously... If you have a gift for showing kindness to others, do it gladly.”*

*—Romans 12:6–8 (NLT)*

## 5. The Gifts Are Given for Impact, Not Image

Don't confuse charisma with calling.

Spiritual showmanship never impressed Jesus —  
faithfulness did.

We are vessels, not the source.

Let's avoid spiritual ego and gift envy — and let the Spirit  
express Himself through our true selves.

## 6. The World Is Waiting on What's in You

You don't need a title or a platform — just a willing heart  
and the Holy Spirit's stirring.

*“Anyone who believes in me may come and drink! For the  
Scriptures declare, ‘Rivers of living water will flow from his  
heart.’ (When he said “living water,” he was speaking of  
the Spirit, who would be given to everyone believing in  
him...)”*

*—John 7:38–39 (NLT)*

## FAITH STATEMENT

I was created to carry the presence of God.  
I'm not just visited — I'm indwelt.

The Holy Spirit is alive in me.  
When He stirs, I move.  
I receive the filling, and I express the gifts.  
Not someday. Not somewhere. But here and now.