



SEVEN STRONG

Seven Strong is an 8-week discipleship journey designed to move us from simply believing in Jesus to truly following Him. Beginning with an introduction to what it means to be a disciple, we will then explore seven essential spiritual dimensions—Bible, Holy Spirit, Mission, Prayer, Worship, Service, and Generosity. Each week helps us grow deeper, live stronger, and become more like Christ as we build a faith that lasts.

Seven Strong — Week 3

DIMENSION #2: HOLY SPIRIT

INTRODUCTION

- Our view of the Holy Spirit is often shaped by experiences—good or bad.
- The Holy Spirit is not an atmosphere or feeling, but a Person.
- He leads, speaks, teaches, grieves, and empowers.
- Salvation comes through Jesus, but fruitfulness and power come through the Holy Spirit.

ENCOUNTERS WITH GOD (OT REALITY)

- Fallen humanity struggles to endure God's holy presence.
- Examples:
 - *Genesis 3:8* — God walked with Adam (pre-fall)
 - *Genesis 4:6* — God confronts Cain

- ***Genesis 35* — Jacob wrestles with God**
- ***Exodus 19* — God descends on Mount Sinai**
- ***2 Samuel 6* — Uzzah touches the ark**
- ***2 Chronicles 7* — Glory fills the temple**
- ***Isaiah 6* — Isaiah sees the Lord**
- ***Ezekiel 3:22–23* — Ezekiel falls before God's glory**
- Conclusion: We are not fit to encounter God's holiness on our own.

The Solution: God gives us access to His presence through the Holy Spirit.

WHO IS THE HOLY SPIRIT?

1. The Holy Spirit is God

- Fully divine, co-equal, co-eternal with the Father and Son
(*Matthew 28:19; Luke 3:22*)
- Possesses omniscience, omnipresence, and omnipotence
- Our access to God is made possible through Christ
(*2 Corinthians 5:21*)

2. The Holy Spirit is a Person

- Not an impersonal force, but One who speaks and guides
- Called our Advocate / Helper / Counselor
(*John 14:16–17*)
- Lives with us and in us

HOW DOES THE HOLY SPIRIT HELP YOU?

1. In Prayer

- Helps us pray according to God's will
(*Romans 8:26–27*)

2. In Worship

- Enables true worship in spirit and truth
(*John 4:23–24*)

3. In Holy Living

- Guides us toward obedience and truth
(*John 14:15–17*)

4. In Witnessing

- Convicts the world and empowers believers
(*John 16:8–11; Acts 1:8*)

HOW DO YOU RECEIVE THE BAPTISM IN THE HOLY SPIRIT?

- Repent (*Acts 2:38*)
- Ask (*Luke 11:13*)
- Receive the promise (*Acts 2:39*)
- Use your gifts to serve others (*1 Peter 4:10*)

CONCLUSION

- The Holy Spirit is our Helper, Empowerer, Guide, and Intercessor.
- Living in His power enables victorious Christian living.
- “*The one who is in you is greater than the one who is in the world.*”
(*1 John 4:4*)