

I. Review

A. Previous Sessions

1. How to be Led by the Spirit

- a. Be led by hearing.
- b. Be led by obedience.

II. Accessing the help of the Spirit

A. **Help definition** = To give assistance or support to someone; To provide someone with something necessary in achieving a goal; *The act of assisting or supplying something needed.*

1. Two types of help

- a. When you simply need someone to assist you in completing a task. *These are things that I have some ability to do, but this type of help makes the job easier.*
- b. When I do not have the skill or ability to do what needs to be done. *This is the type of help you need from others when they are skillful at things you are not or when they have an ability that you do not have.*

Pastor's Note: *God offers both types of help, but especially the help that we need when we do not have the answers or ability to resolve an issue. Everyone needs this ongoing source of help! We need to learn to rely more on this supernatural help rather than depending upon our own wisdom and ability to get things done.*

B. Scriptures for consideration

1. Eph 3:14-16

NKJV "For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would **grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man.**"

NLT "I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit."

- a. Grant = to supply or furnish necessary things - *HELP you with whatever you need.*
- b. Strengthened – be made strong – *increase in strength.*
- c. Might – Strength, power, and ability – power and resources.
- d. Notice, the strength comes to us through HIS SPIRIT – in our inner man.

Pastor's Note: *Paul is praying for believers to be strengthened with all power and resources (HELP) made available to them in their inner man by the Holy Spirit. If Paul prayed for us this way, we should likewise ask to be strengthened (HELPEd) in our spirit by the Holy Spirit.*

2. Ephesians 3:20

NKJV "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."

AMP "Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us."

Pastor's Note: *According to his Power – (HELP) that worketh in us – or according to His help that is always at work on our behalf through our inner man.*

3. Col 1:28-29

NKJV "Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus. To this *end* I also labor, striving **according to His working which works in me mightily.**"

NLT "That's why I work and struggle so hard, depending on Christ's mighty power that works within me."

Weymouth N.T. "To this end, like an earnest wrestler, I exert all my strength in reliance upon the power of Him who is mightily at work within me."

Pastor's Note: *Paul says, "everything I do, I do it by reliance upon the power (HELP) of Him who is mightily at work in me."*

4. Eph 6:10

NKJV "Finally, my brethren, be strong in the Lord and in the power of His might."

Other translations:

- "Be strong in the Lord and in His mighty power"
- "Be strong in the Lord and His VAST STRENGTH"
- "Be strong in the Lord and in the FORCE OF HIS POWER"

AMPC "In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides]."

C. Practice relying on His help that has been freely provided through the work of the Holy Spirit in our lives.

1. Lean on Him rather than yourself. *Sometimes we must refuse to allow our natural strength to become our source of help – or power.*

- **Psalm 37:3-5**

AMPC “Trust (lean on, rely on, and be confident) in the Lord and do good; so shall you dwell in the land and feed surely on His faithfulness, *and* truly you shall be fed. Delight yourself also in the Lord, and He will give you the desires *and* secret petitions of your heart. Commit your way to the Lord [roll and repose each care of your load on Him]; trust (**lean on, rely on, and be confident**) also in Him and He will bring it to pass.”

2. Stay focused on HIM as the source of your help and don't focus on the issues.

- **Psalm 121:1-2**

NKJV “I will lift up my eyes to the hills—From whence comes my help? **My help comes from the LORD**, Who made heaven and earth.”

3. When help is needed for specific issues, lean into HIS help for that specific need.

- a. If you need strength – lean into HIS strength.
- b. If you need answers – lean into His wisdom.
- c. If unforgiveness is an issue – lean into HIS forgiveness.
- d. If a troubled mind is an issue – lean into HIS peace.
- e. If failure and wrong choices are an issue – lean into His corrective grace –
- f. If you are in warfare – lean into His strategies for battle.
- g. If finances are an issue – lean into HIS full supply of provision.
- h. If sickness is an issue – lean into His covenant supply of healing.
- i. If personal sin is an issue – lean into His mercy, forgiveness, and restoration.