

MY HELPER #6
THE HOLY SPIRIT “IN” US

1Co. 6 ¹⁹ Do you not know that your body is a temple of the Holy Spirit, **who is in you**, whom you have received from God? You are not your own;

John 14 ¹⁶ And I will ask the Father, and he will give you another Counselor to be with you forever— ¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. NIV

1Joh 3 ²⁴ Those who obey his commands live in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us. NIV

We have examined the Holy Spirit being “with us” and “on us”.

What happens when the Holy Spirit is “in us”?

Gal. 5 ¹³ You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love. ¹⁴ The entire law is summed up in a single command: “Love your neighbor as yourself.”¹⁵ If you keep on biting and devouring each other, watch out or you will be destroyed by each other. NIV

I. The Spirit in us helps us to fulfill the law of love.

A. Some interpret “freedom” as “license” and thinks he can do whatever he wants to do. V 13

B. Christian liberty is not a license to sin but an opportunity to serve.

C. Love is a commandment- “Love your neighbor as yourself.” V 14

God’s love takes the place of all the laws God has given. It solves every problem in human relations.

In v 15 He warns us that the absence of love will cause us to devour one another.

II. The Spirit in us helps us to overcome the flesh.

¹⁶ So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. ¹⁷ For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. ¹⁸ But if you are led by the Spirit, you are not under law.

A. The spirit and the flesh war with one another.
As Isaac and Ishmael who were unable to get along, so it is with the Spirit and the flesh.

B. Our old nature is like the pig and the raven.
It is always looking for something unclean to feed on.

The acts of the sinful nature

¹⁹ The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

C. Our new nature is like the sheep and dove;

It is always looking for something clean and holy.

V18 But if you are led by the Spirit, you are not under law.

We are free because our nature has been changed.

He is the Holy Spirit and he has come to help us overcome the flesh.

III. The Spirit in us helps us to produce fruit.

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. NIV

Matt. 12 ³³ “Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit.

A. Fruit must **grow out of life**; the life of the Spirit.

²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

B. The fruit of the Spirit **becomes pronounced**.

It is living fruit thus caring continual seed.

Gal. 5 ²² But the fruit of the Spirit is

Love- begets more love

Romans 5 5.... because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. NIV

Joy- begets more joy

Peace- begets more peace

patience,

kindness,

goodness,

faithfulness,

²³ gentleness
and self-control. NIV

Jesus is concerned about us producing fruit, more fruit, and much fruit. John 15 2

C. Three aspects of the fruit of the Spirit

1. **Godward**- love, joy, and peace
2. **Manward**- patience, kindness, and goodness
3. **Selfward**- faithfulness, gentleness and self-control

D. The fruit of the spirit must be **cultivated**.

²⁴ Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other. NIV

1. Fruit grows in the abundance of **Spirit and Word**.
2. Fruit grows in the abundance of **Worship, Praise, and Fellowship with the corporate body of Christ**.

E. The fruit of the spirit is produced **to be seen and eaten**.

People will see and want Jesus by the fruit of the spirit that is in us.