

# Confirmation Session 5

## **Fill** How Can I Be Filled With the Holy Spirit?

**God wants all of us to experience being filled with His Holy Spirit. When the Holy Spirit fills our lives, our experience is marked by a profound sense of God's love and power, a boldness to witness, and a renewed desire to praise God. This experience is unique for everyone.**

### **Be Filled With The Spirit**

- + Like a pilot light in a fireplace or furnace, the Holy Spirit lives within the heart of every Christian.
- + Like turning on the gas, when we're filled with the Holy Spirit, His power, presence and love are released into every part of our lives.
- + "Christians can't ever lose the Spirit, but His filling is something we should constantly pursue."7 - Francis Chan
- + Acts 8 describes Philip spreading the good news about Jesus in Samaria, resulting in many new believers. Peter and John arrived later and prayed for these new Christians to receive the Holy Spirit.
- + "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." - Ephesians 5:18

### **Go On Being Filled**

- + We need to continually be filled with the Spirit just as we must continually be loving towards others.
- + "The crux of it, I believe, is being filled with the Spirit is not a one-time act. Being filled with the Spirit is not limited to the day we first met Christ. Instead, throughout Scripture we read of a relationship that calls us into an active pursuit of the Spirit." - Francis Chan
- + "Sometimes people get tripped up wondering, 'Am I filled with the Holy

Spirit or not?’ or they look around and wonder, ‘Is that person filled with the Holy Spirit?’ But this way of thinking misses the point entirely: when I hear about all the Holy Spirit does, I get a deep desire in my heart for more of God. I want all that God has for me.” - Jason

## What Happens When We’re Filled With The Holy Spirit?

### Power

- + When the Holy Spirit showed up in power on the day of Pentecost, and in every other time in the Book of Acts, there was a noticeable response in the life of each person.
- + Each person’s response to the Holy Spirit is unique.
- + As you pray, don’t chase an experience of God’s power. Instead, chase God Himself.
- + The Holy Spirit can help us with words that our minds may not even understand.
- + In Acts 2 and again in Acts 10, believers praised God in different languages or “tongues”. The most common place for speaking in tongues is during personal prayer.

### Praise

- + Praise is the most natural response to the work of the Spirit in our lives. As you pray, you might have a deep desire to worship and give thanks to God.
- + “For many people, when God’s Spirit touches their hearts they experience an emotional response: tears of relief or joy, a new feeling of passion for life, laughter, happiness, or a deep sense of being loved.”  
- Jason
- + *“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”*  
- Romans 15:13

### **Boldness**

- + When we're filled with the Holy Spirit, we experience increased courage and passion to tell others about God.
- + Acts 4 says that the disciples prayed and were filled with the Holy Spirit, and as a result they went out and spoke about God boldly.
- + "We have the firm certainty that the Holy Spirit gives the Church with His mighty breath, the courage to persevere, to bring the gospel to the ends of the earth."<sup>9</sup> - Pope Francis (paraphrased)

### **Love**

- + "God's love has been poured into our hearts through the Holy Spirit, who has been given to us." - Romans 5:5

## **Will Anything Hold Us Back?**

- + Luke 11:9-13 describes praying for the Holy Spirit and what sorts of obstacles we might face.

### **Doubt**

- + *"If you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him."* - Luke 11:13

### **Fear**

- + *"You fathers—if your children ask for a fish, do you give them a snake instead? Or if they ask for an egg, do you give them a scorpion? Of course not!"* - Luke 11:11-12

### **Feeling Unworthy**

- + God loves us and wants to give us good gifts, not because we deserve them or earned them. He gives us good things because of who He is—our loving heavenly Father.

