

PRACTICAL GUIDE

BREATH  
*of* GOD

JOEL DEACON





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# AN INVITATION

***“Your relationship with God will be deepened and enriched if you think about how you’re relating to the Father, to the Son, and to the Spirit. Think about how each member of the Trinity is relating to you and how you’re responding to them ... When we talk about having a relationship with God, that’s really shorthand for having a relationship with God the Father, God the Son, and God the Holy Spirit.”***

— TIM CHESTER, *ENJOYING GOD*

A relationship with God, is a relationship with a trinitarian God. One God who exists in three distinct persons – Father, Son, and Holy Spirit. Our God always has and always will exist in a community of love. One beautiful reality of becoming a Christian is that you are included into this divine community or to put it another way – an eternal dance. To have a “relationship with God” is to have a relationship with the Father, the Son, and the Holy Spirit.

***“And when he had said this, he breathed on them and said to them, ‘Receive the Holy Spirit.’”***

— JOHN 20:22

Many Christians feel comfortable with God the Father and Jesus, but have curiosity or uncertainty about what a deeper relationship with the Holy Spirit looks like.

This booklet is an invitation for you not only to believe in the Holy Spirit but to walk with him. It exists to help you walk in the Spirit and not in the flesh. It’s an invitation to breathe in the breath of God.

It’s an invitation for you to pray a prayer that Christians have prayed for hundreds of years: “Come, Holy Spirit, come.”

Throughout the booklet you will find multiple practical exercises for you to do. Some are easier than others; some are more familiar to you than others. Think of these exercises like workouts at the gym – don’t rush them, but instead, try to do a few each week. If it’s helpful do these exercises with others and talk about them with other followers of Jesus.

EXERCISE #1  
THE SWORD OF THE SPIRIT

*"We come into the power of the Spirit most healthily when we open ourselves through the word of Scripture to the full range of the promises of the Father and the Son."*

— T. SMAIL, *THE GIVING GIFT: THE HOLY SPIRIT IN PERSON*

This booklet has been written to help you know the Holy Spirit, walk with him, depend upon his power and experience his personal presence in your life. As you start this booklet, it's vital that you understand that the predominant way the Holy Spirit teaches us and reveals himself to us is through the Scriptures.

In Ephesians 6, the apostle Paul calls the Word of God "the sword of the Spirit". As Saint Augustine once said, "When the Bible speaks, God speaks." At times, the Spirit will guide us through other means outside of the Scriptures, but never in a way that contradicts the Scriptures. In this exercise, invite the Holy Spirit into your heart and ask him to speak to you, ask him to set the truth of the Scriptures on fire.

*"The Spirit of God has made me, and the breath of the Almighty gives me life."*

— JOB 33:4

Read the following passages below about the Holy Spirit and answer the questions below:

Genesis 1:2

John 16:13

1 Corinthians 12:4-11

Isaiah 11:2

Acts 1:8

Galatians 5:22-23

Isaiah 63:10-11

Acts 2:38

Ephesians 1:13-14

Ezekiel 36:26-27

Acts 4:31

Revelation 22:17

Joel 2:28-29

Romans 8:26-27

John 14:26

1 Corinthians 2:10-11

What stood out to you as you read these verses? What do you think the Spirit is trying to say to you?

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EXERCISE #2  
NOTICING THE HOLY SPIRIT

*“The Holy Spirit is at work in our lives in every encounter, in our daily work, in our communities, and indeed throughout our whole universe. We experience the Holy Spirit all the time ... the first spiritual practice [is to notice him].”*

— TREVOR HUDSON

This exercise comes from Trevor Hudson's book, *Holy Spirit – Here and Now*.

Reflect on your life – when have you felt the Holy Spirit's presence, love, voice, conviction, or power in your life? Be as specific as possible and name how you felt at the time. Ask the Holy Spirit for his help as you do this exercise.

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Reflect on the last few days. When did you notice the Holy Spirit? When did you feel loved? When did he convict you? Guide you? Empower you? Fill you with God's love and presence? When did you grieve him or ignore him?

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*“By using this practice of daily review on a regular basis, we will fine-tune our ability to receive and acknowledge the Spirit as events occur through the day. We will begin to receive the Spirit in every breath we take, every bite of food we eat, every hug we receive, every person we meet ... Right now, as you read these words, you can receive the Spirit. Right now, as you feel the chair you are sitting in, as you think about what you are reading, as you look around where you are, you can receive God's love and grace. Right now!”*

— TREVOR HUDSON



# THE HOLY SPIRIT

***And we believe in the Holy Spirit,  
the Lord, the giver of life,  
he proceeds from the Father and the Son,  
and with the Father and the Son is worshiped and glorified.***

— NICENE CREED

At City on a Hill, we affirm the Nicene Creed. We believe that the Holy Spirit is the giver of life and is to be worshipped and glorified. We affirm Article 5 of the Anglican 39 Articles of Faith which says that, “The Holy Ghost ... is of one substance, majesty, and glory with the Father and the Son, very and eternal God.”

- “The” is an article that stresses the uniqueness of the Holy Spirit; there are many spirits but one Holy Spirit.
- “Holy” emphasises the Spirit of Christ as separate and divine. We can’t make demands of him; he makes demands of us.
- “Spirit” comes from the Hebrew word *ruach* or the Greek word *pneuma*, both of which mean “wind” or “breath”. Like the wind, the person of the Holy Spirit cannot be controlled or predicted.

***“The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”***

— JOHN 3:8

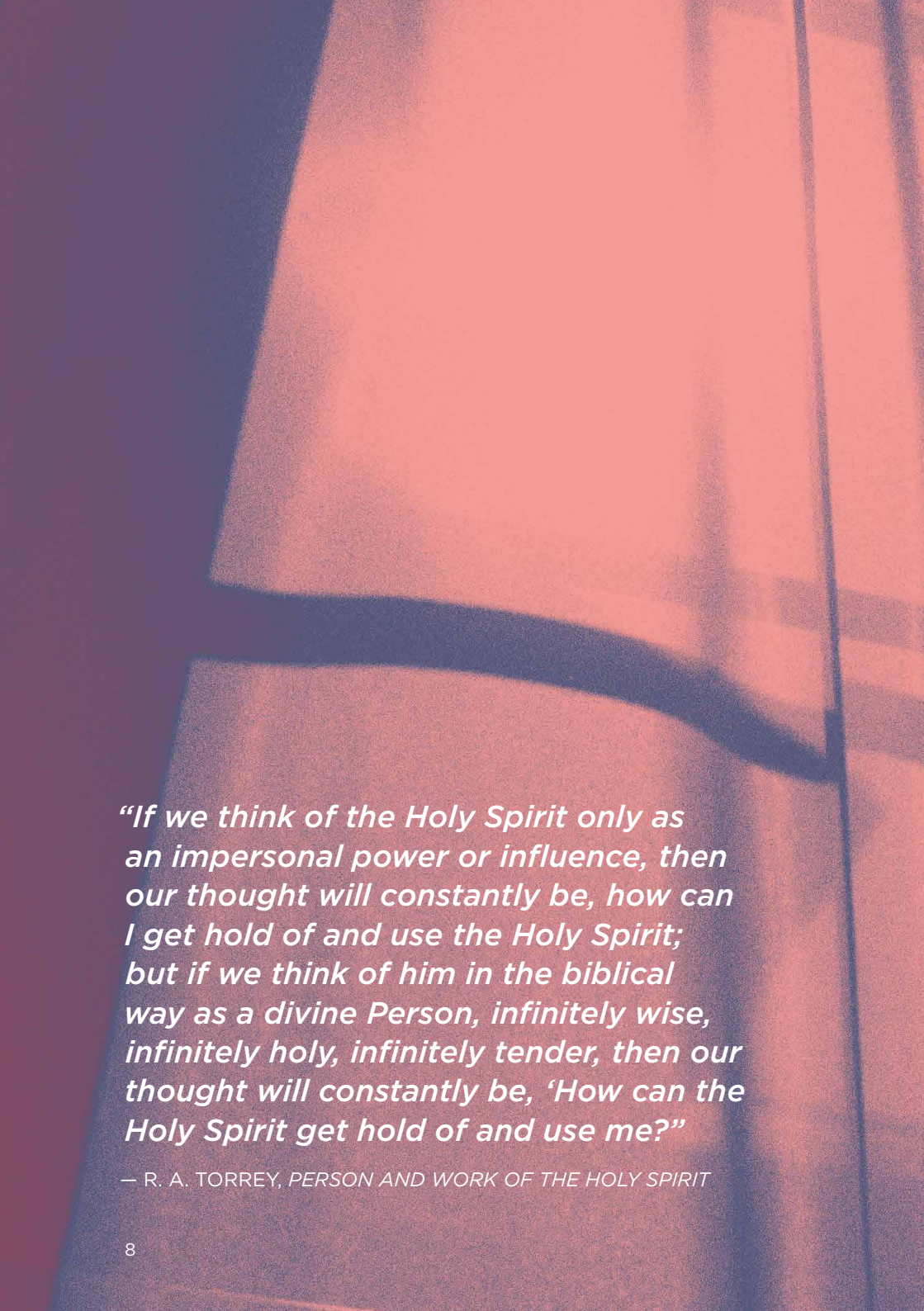
To be born again, or born of the Spirit, is to become a follower of Jesus.

In Acts 2, Peter preaches, “Repent and be baptised, every one of you, in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.”

The Holy Spirit is the greatest gift we can receive in this life! For when we accept Jesus and receive the Holy Spirit, God dwells with us and in us! When we receive the Holy Spirit, we are given new desires to grow in holiness and we receive power and gifts to fulfil the Great Commission of Jesus.

***“Pray daily for a great outpouring of the Spirit on the Church and on the world. This is the grand need of the day - it is the thing that we need far more than money, machinery, and men.”***

— J.C. RYLE, *THE PERSON AND WORK OF THE HOLY SPIRIT*



*“If we think of the Holy Spirit only as an impersonal power or influence, then our thought will constantly be, how can I get hold of and use the Holy Spirit; but if we think of him in the biblical way as a divine Person, infinitely wise, infinitely holy, infinitely tender, then our thought will constantly be, ‘How can the Holy Spirit get hold of and use me?’”*

— R. A. TORREY, *PERSON AND WORK OF THE HOLY SPIRIT*



PART 1

THE  
PERSON

# HE, NOT IT

The Holy Spirit grieves (Ephesians 4:30), intercedes (Romans 8:26–27), testifies (John 16:12–15), wills (1 Corinthians 12:11), loves (Romans 15:30), speaks (Acts 10:19), creates (Genesis 1:2; Luke 1:35), comforts (John 12:26), teaches (Luke 12:12), possesses a mind (Romans 8:27), fixes our prayers (Romans 8:26), has desires (Galatians 5:16), can be lied to (Acts 5:3), resisted (Acts 7:51), and blasphemed against (Mark 3:28–29).

In John 16, Jesus says, “Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you.”

Jesus referred to the Holy Spirit as a person, as a “him”, and never referred to the Holy Spirit as an “it”. Jesus calls the Holy Spirit the Helper, the *paraclete*, a word which means “counsellor” or “comforter”— a description that Jesus also gave to himself. And, remarkably Jesus says it’s to our advantage that he goes and the Holy Spirit comes!

***“God waits to be wanted.”***

— A.W. TOZER, *THE PURSUIT OF GOD*

The trinitarian God wants to have a personal relationship with you through the Holy Spirit.

- He wants you to speak to him through prayer.
- He wants to speak to you through the Bible, the saints, and your spirit.
- He wants you to spend time with him in prayer, silence, and solitude.
- He wants you to experience the love of God the Father, God the Son, and God the Spirit.
- He wants you to become like him and bear his fruit.

But for this to happen, our hearts need to be open, humble and hungry for more of God.

### EXERCISE #3 AN ASSESSMENT

Ephesians 5:18 instructs us to “be filled with the Spirit.” When we yield to the flesh, conform to worldly ways, or succumb to the devil’s lies, we grieve the Holy Spirit. But, when we ask for the Spirit’s help, walk in obedience, and believe the truths of Jesus, we become filled with the Holy Spirit.

The assessment below is a tool to help you evaluate your relationship with the Holy Spirit. The devil will want to condemn you with this tool, but the Spirit will want it to inspire you to deeper prayer and a deeper relationship with a God who loves you and is for you.

#### How often do you seek communion with the Holy Spirit?

- 1: Rarely or never
- 2: Occasionally
- 3: Sometimes
- 4: Often
- 5: Daily

#### How dependent do you feel on the Holy Spirit?

- 1: Not dependent at all
- 2: Slightly dependent
- 3: Moderately dependent
- 4: Quite dependent
- 5: Fully dependent

#### How sensitive are you to the Holy Spirit’s promptings throughout the day?

- 1: Insensitive
- 2: Occasionally sensitive
- 3: Moderately sensitive
- 4: Quite sensitive
- 5: Highly sensitive

#### How much does grieving the Holy Spirit bother you?

- 1: Not bothered at all
- 2: Slightly bothered
- 3: Moderately bothered
- 4: Quite bothered
- 5: Extremely bothered

#### How often do you seek the Holy Spirit’s guidance in challenges and decisions?

- 1: Rarely or never
- 2: Occasionally
- 3: Sometimes
- 4: Often
- 5: Always

#### Do you see the fruits of the Spirit manifested in your life?

- 1: Rarely or never
- 2: Occasionally
- 3: Sometimes
- 4: Often
- 5: Consistently

#### How willing are you to yield to the Holy Spirit’s promptings, even when uncomfortable?

- 1: Unwilling
- 2: Reluctant
- 3: Neutral
- 4: Willing
- 5: Eager

#### How bold do you feel in stepping out in faith and obedience to the promptings of the Holy Spirit, even in challenging or uncertain circumstances?

- 1: Not bold at all
- 2: Slightly bold
- 3: Moderately bold
- 4: Quite bold
- 5: Extremely bold

Total

Turn the page for results



EXERCISE #3  
ASSESSMENT RESULTS

**A SEEKER (0-10):** Limited awareness and minimal engagement with the Holy Spirit, often in the early stages of seeking a deeper relationship.

**A GROWING DISCIPLE (11-20):** Demonstrates some engagement with the Holy Spirit, showing potential for growth and actively seeking deeper connection.

**A MATURE DISCIPLE (21-30):** Has a solid foundation in their relationship with the Holy Spirit, regularly engages in spiritual practices, seeks guidance, and exhibits fruitfulness.

**A SPIRIT-DEPENDENT DISCIPLE (31-40):** Strong and intimate relationship with the Holy Spirit, deeply aware of his presence, yields to his guidance, and empowered to fulfill their purpose.

EXERCISE #4  
HONEST PRAYER

*“Repentance – facing up to ourselves as honestly as we can, turning toward Christ with open hands, and accepting his personal love – creates the space for God’s Spirit to do this deep inner work.”*

— TREVOR HUDSON

1. Write out a prayer of gratitude for the Holy Spirit and repentance to the Holy Spirit.

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2. Out loud – pray this prayer called ‘God the Spirit’ from the prayer book, *The Valley of Vision*.

*I pray not so much for graces as for the Spirit himself, because I feel his absence, and act by my own spirit in everything. Give me not weak desires but the power of his presence, for this is the surest way to have all his graces, and when I have the seal I have the impression also; he can heal, help, quicken, humble suddenly and easily, can work grace and life effectually, and being eternal he can give grace eternally. Save me from great hindrances, from being content with a little measure of the Spirit, from thinking thou wilt not give me more.*

***“I don’t want my life to be explainable without the Holy Spirit ... I don’t believe God wants me (or any of his children) to live in a way that makes sense from the world’s perspective, a way I know I can ‘manage’ ... If we never pray audacious, courageous prayers, how can he answer them? If we never follow him to positions where we need him, how can he show up and make his presence known? ... No matter where you live and what your days look like, you have the choice each day to depend on yourself, to live safely, and to try to control your life. Or you can live as you were created to live - as a temple of the Holy Spirit of God, as a person dependent on him, desperate for God the Spirit to show up and make a difference.”***

— FRANCIS CHAN, *THE FORGOTTEN GOD*





PART 2

THE  
PRESENCE

# EXPERIENCING

In the Old Testament, God's presence was powerfully manifested through fire, storms, and thunder, specifically at the tabernacle and temple. On the day of Pentecost, the Holy Spirit arrived with fire and wind, identifying himself as the same God of the Old Testament. Jesus' death and resurrection made it possible for a Holy God to dwell within humanity. Jesus ripped the temple curtain in two and sent the Holy Spirit to create new temples – "your bodies are temples of the Holy Spirit" (1 Corinthians 6:19).

But what does it mean to experience the presence of the Holy Spirit? Experiencing the Holy Spirit is akin to the force of wind, the intimacy of breathing, the gentleness of a dove, the energy of fire, the refreshing quality of water, the power of thunder, and the soothing balm of oil. His presence will always be personal and divine, but how he manifests himself will vary depending on what we need.

When it comes to experiencing the Holy Spirit, as followers of Jesus, we need to cultivate discernment, distinguishing what comes from the Holy Spirit and what does not. In 1 John 4:1, John instructs us, "Beloved, do not believe every spirit, but test the spirits to see whether they are from God." The Word of God teaches us about the character and person of the Holy Spirit. Equipped with God's Word, we need to discern the Holy Spirit's voice. For example, he convicts us of sin but does not condemn us; he encourages us but never condones sin. He works through our emotions with the ultimate aim of fostering holiness.

## EXERCISE #5 PRACTICING THE PRESENCE

The Holy Spirit desires to fill you, here and now. All you need to do is ask, seek, and practise noticing his presence. "Practicing the presence of God" is a concept attributed to the 17th-century monk, Brother Lawrence, who stressed the importance of being aware of God's presence in every aspect of life. The apostle Paul calls this "praying at all times in the Spirit" (Ephesians 6:18-20).

However, before we can pray at all times, we need to start praying some times. We need to learn how to practice being aware of the presence of God. We need to train our minds to think of the Spirit and then pray in the Spirit.

Today, intentionally practise thinking about God in everything you do, for example:

- Pray for the Spirit's energy and presence as you make your morning coffee.
- Leave the seat next to you empty while commuting and imagine Jesus next to you.
- When you check your emails, imagine an email from the Holy Spirit – what would he be saying to you. How would he be encouraging you or challenging you?
- Look for the presence of God in others, remembering everyone is made in his image.
- Say grace before meals, thanking God for his provision.



# THE DOVE

At his baptism, Jesus identifies himself with us, as one of us. Like most commands, entering the waters of baptism is an act where we follow Jesus and do what he did. Jesus' baptism marks the beginning of his earthly ministry. After the Spirit descends upon him like a dove, Jesus is immediately led by the Spirit into the wilderness to be tempted.

The dove is a symbol of love. At Jesus' baptism, God the Father declares his love for Jesus, before he's done any ministry. The amazing news of the gospel is that when we put our faith in Jesus' death and resurrection, we inherit his righteousness and his position of love. So when God looks at us, he doesn't look at our flaws but he says, "This is my son or daughter – whom I love." When you understand and feel the love of God for the first time or the tenth time, the Holy Spirit descends upon you like a dove. Romans 5:5 says, "God's love has been poured into our hearts through the Holy Spirit who has been given to us."

In Romans 15:30, Paul says, "I appeal to you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to strive together with me in your prayers to God on my behalf." Whenever you feel the love of God, the Spirit is at work. The Holy Spirit saves souls by illuminating the beautiful truth of God's love and grace. He also matures us as disciples of Jesus by deepening our love for him day by day. As you discern the voice of the Holy Spirit, remember his voice is one of love. Remember, he is for you and works for your good.

## EXERCISE #6 ON YOUR KNEES

For this exercise, follow the example of Paul and get on your knees while you pray this passage. Make Paul's prayer for the Ephesians your prayer.

*"For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God."*

— EPHESIANS 3:14-19

Don't miss the significance of this passage. Paul is saying we can't comprehend the depth of God's love without the Holy Spirit! On your knees, pray: "Spirit, reveal to me the love of God – help me know it, and experience it. May it be truth on fire in my soul."

***“And when Jesus was baptised, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him; and behold, a voice from heaven said, ‘This is my beloved Son, with whom I am well pleased.’”***

— MATTHEW 3:16-17

# THE WILD GOOSE

*“The early Celtic Christians called the Holy Spirit ‘the wild goose.’ And the reason why is they knew that you cannot tame him.”*

— JOHN ELDRIDGE

Do not be mistaken, the Holy Spirit is God and should be revered. At Pentecost, when the Holy Spirit came, he came with fire and a sound like a mighty rushing wind. In Acts 4, when the disciples prayed for boldness, the Holy Spirit filled them and shook the building! And in Acts 5, when Ananias and Sapphira lied to the Holy Spirit, they met their demise.

The Celts referred to the Holy Spirit as a wild goose, believing him to be mysterious, unpredictable and uncontrollable. The Spirit of God cannot be tracked or tamed. There’s an element of danger and unpredictability surrounding him.

Danish philosopher and theologian Søren Kierkegaard believed that boredom is the root of all evil. Many Christians are bored with their faith because they settle for spiritual mediocrity rather than striving for spirit-filled maturity. Many live as if the purpose of life is to arrive safely at death. The Holy Spirit wants us to step out of our comfort zone and follow Jesus.

## EXERCISE #7

### BE BOLD

**INVITE:** Find a quiet space. Take a few deep breaths and invite the Holy Spirit to guide you in this exercise.

**READ:** Reflect on passages in the Bible where the Holy Spirit empowered individuals to do brave things. Passages like the disciples preaching boldly, David facing Goliath, or Esther approaching the king.

**LISTEN:** Spend time in silence listening for the voice of the Holy Spirit. Pay attention to any impressions, thoughts or feelings that come to mind.

**BE BOLD:** As you sense a prompting from the Holy Spirit, take a step of faith and act on it. This could be texting someone a word of encouragement, sharing the gospel with a stranger, calling someone you need to forgive, confessing a sin to someone, being generous with your finances, saying God bless you to a stranger or walking to a certain place the Spirit wants you to go to.

**REPEAT DAILY:** Listen to the Holy Spirit and get in the habit of doing something bold once a day.





PART 3

THE  
POWER



# JESUS

*David Livingstone, a missionary in Africa, once asked Charles Spurgeon, "How can you accomplish so much in one day?" "You forget, Mr. Livingstone," Spurgeon replied, "there are two of us working."*

Question – Was Jesus able to heal, raise the dead, walk on water, and change water into wine because he was God or because he was filled with the power of the divine Holy Spirit?

The answer to this question has been debated by scholars and theologians for centuries. The hypostatic union of Jesus is mysterious; we don't know if Jesus' miracles were always a demonstration of his divinity or an example of what it looks like for a human to be led by the power of the Holy Spirit. Either way, this question should make us ponder – do we underestimate the power of the Holy Spirit?

Gordon Fee describes the Holy Spirit as "God's empowering presence". Luke's Gospel uniquely emphasises that Jesus' life and ministry were spirit-filled. In Luke 4:14 it says, "And Jesus returned in the power of the Spirit to Galilee," and then in Acts 10:38, "God anointed Jesus of Nazareth with the Holy Spirit and with power." Jesus lived the perfect Spirit-filled life, and in Acts 1:8, he encourages his disciples to follow his example when he says, "But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses".

Followers of Jesus have the Holy Spirit within them. There isn't one Holy Spirit who filled and empowered Paul and the other apostles, and another, somewhat weaker and less effective Holy Spirit who fills us. For this reason, we have untapped power and potential available to us – if only we're willing to ask for the Spirit's help. The Holy Spirit indwells within Christians to nudge them, empower them, push them, and form them into the likeness of Jesus, and be his witnesses for his glory on earth (2 Peter 1:3; Colossians 1:11, 29).

By the power of the Holy Spirit, we can do the miraculous like Jesus, we can do incredible ministry like Spurgeon and we can reach our potential in life. The Spirit wants to fill you and empower you for life, ministry, and mission. But for what purpose? Your glory? No. In John's gospel Jesus said "he will glorify me"(John 16:14). The Spirit's aim is to glorify Jesus and not satisfy the cravings of our flesh to be powerful and successful.

Christian, may we live for Jesus. May we live like him, empowered by the Holy Spirit. May we fulfil our potential in life, not for our glory but for Jesus' glory.

# GOSPEL POWER

***“Because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction.”***

— 1 THESSALONIANS 1:5

A person’s final words are important, and the last words of Jesus to his disciples were, “Go and make disciples of all nations” (Matthew 28:19). Jesus says you will receive the Holy Spirit’s power for the purpose of being witnesses for the gospel. The disciples’ main mission was preaching the gospel that saves. Miracles accompanied them for the purpose of helping them preach the good news. In the epistles, the apostle Paul said if you want to see the power of the Holy Spirit, preach the gospel and see what it does, see how it saves!

***“I wonder if some of us don’t ‘feel’ the work of the Spirit because we’re not on the frontline – we’re not on the frontline of the battle against sin or we’re not on the frontline of the battle for mission.”***

— TIM CHESTER

## EXERCISE #8 SPIRIT-LED WITNESSING

**BELIEVE:** Before sharing the gospel of Jesus, you need to remind yourself of the beauty of the gospel. You need to intentionally believe that Jesus is with you when you witness, that the gospel is powerful, and that the Holy Spirit will empower you.

**BE AVAILABLE:** Ask the Holy Spirit daily for opportunities to share the gospel. At times, the Holy Spirit will open doors for you, and at times, he will encourage you to open them yourself! But be available as you walk to work, do the shopping, go to the gym, or visit the doctor. Jesus sent out his disciples in pairs, so when you do walk-up witnessing, go with a partner.

**BE BOLD:** Once you sense a prompting from the Holy Spirit, take a step of faith and act on it. This could look like you asking a question during a conversation, inviting someone to dinner or a church event, asking someone if you could pray for them, or sharing with someone a word of encouragement.

**REPEAT:** Sharing the gospel in a secular country is a daunting task, but it gets easier with practice. Keep sharing, trusting in the Holy Spirit to open hearts. Keep sharing, trusting in Jesus’ promise that he’s with you.

# GUIDANCE

The Holy Spirit is a guide. The Spirit guided the Israelites via dreams, visions, voices, prophets and signs. In John 16:13, Jesus said, “When he, the Spirit of truth, has come, he will guide you into all truth.” In Romans 8:14, Paul says, “for all who are led by the Spirit of God are sons of God.” In Acts 8, the Spirit guided Philip to go to the chariot of the eunuch; and in Colossians 4, Paul prays for God to open doors for the gospel.

The Holy Spirit wants to guide us in our decision-making, both in ministry and life. But how does he do this? He mainly guides us through the truths of the Bible, but he also guides us through godly counsel, our desires, conscience and emotions. Determining what is the Spirit’s guidance and what is the flesh takes discernment.

***“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.”***

— ROMANS 8:5

Too often, we make plans and then seek God’s confirmation. As followers of Jesus, our desire is to be led by the Spirit, as Jesus was. However, being led by the Spirit requires intentionality, humility, patience, faith, wisdom, practice, and a community of faith. As you discern the Spirit’s guidance, invite fellow believers to join you on the journey – to help you see your blind spots and confirm the Spirit’s guidance.

## EXERCISE #9 DISCERNMENT

**INVITE:** Find a quiet space. Take a few deep breaths and invite the Holy Spirit to guide you in a decision. Ask for the Spirit’s power to do what the Spirit guides you to do.

**THINK:** Write down on a piece of paper a decision you are wrestling with. Write down fears, emotions or concerns you have.

**IMAGINE:** Imagine making the decision and what your life would look like. How do you feel about this particular decision? Do you have peace about it? Is your conscience clean? Does God approve? Do you feel uneasy? Do you lack joy? Do you feel guilty for some reason? Write down your thoughts. Then do the same process for the other scenario. Along the way, invite the Holy Spirit to constantly guide you.

**SHARE:** After going through this process, engage your Christian community. Share your thoughts with them and ask them to pray and reflect on your findings, and either affirm your decision or challenge it.


**EVALUATE AND DECIDE:** Once you’ve made a decision, go ahead with it. Step out in faith and trust the Holy Spirit.

# FEELS WWS

***“Trying to do the Lord’s work in your own strength is the most confusing, exhausting, and tedious of all work. But when you are filled with the Holy Spirit, then the ministry of Jesus just flows out of you.”***

– CORRIE TEN BOOM





*“God desires that you pursue: the full potential of your love. None of us loves others as we know we should or even as we want to love ... It is the Holy Spirit who continually prompts us to find new ways of reaching out to others with genuine compassion and godly love.”*

— CHARLES STANLEY

# GIFTS

***"I'm not opposed to the use of spiritual gifts inventory tests. ... [But] If we spent less time obsessed with some introspective search to identify our spiritual gift(s) and more time actually praying and giving and helping and teaching and serving and exhorting those around us, the likelihood greatly increases that we will walk headlong into our gifting without ever knowing what happened. God will more likely meet us with his gifts in the midst of trying to help his children than he ever would while we're taking a spiritual gifts analysis test."***

— SAM STORMS

The New Testament lists of gifts are comprehensive but not exhaustive. In 1 Corinthians, the apostle Paul says the gifts are given to unite the church, not divide it. Later, Paul says, "if I speak in tongues or speak prophecy, or have faith, or give, but don't have love, I am nothing!" Before we think about, discuss or pray for spiritual gifts, we need to think about love. We need to check our heart, and ask the Holy Spirit to deepen our love for Jesus, his church and the world around us.

***"Whoever loves already has the Holy Spirit, and by having him he becomes worthy of having even more of him. And the more he has the Spirit the more he loves."***

— AUGUSTINE

## EXERCISE #10 LOVE

**PRAY:** Before you leave for work, church, study or other duties, invite the Holy Spirit to grow your love for people. Ask and you shall receive.

**LOOK:** As you go about your day, look for opportunities to take interest in others and love them. Ask the Holy Spirit for guidance on who to love and how.

**FIND A NEED:** When talking to someone, discern if there's a need they have that the Holy Spirit can fulfill. Do they need healing, encouragement, a word from God, a miracle, service, finances, wisdom, mercy, leadership, faith, the gospel, help or pastoral advice?

**ACT IN FAITH:** Ask the Spirit for help, and inquire if the Spirit wants you to assist. If so, step out in faith and try. If you don't have the resources or gifting they need, ask the Spirit to send the right person with the right gifting or resources.

# EARNESTLY DESIRE

**“Pursue love, and earnestly desire the spiritual gifts.”**

— 1 CORINTHIANS 14

“Spiritual gifts” comes from the Greek word *charisma*, which means “grace gifts.” We experience God’s grace through the gift of the Holy Spirit. Spiritual gifts are abilities graciously given by the Holy Spirit for ministry, the common good of the church and the glory of Jesus.

With the motive of love, we are commanded to pursue spiritual gifts, to pursue more of God’s grace through his Spirit! At City on a Hill, we don’t believe that tongues is the sign of the Holy Spirit, but it is a sign and a gift. And yet, please read 1 Corinthians 12–14 and understand that tongues is a beautiful gift that should be desired and prayed for.

## EXERCISE #11 A SURVEY

Read through this list of spiritual gifts mentioned in the New Testament and answer the questions at the end.

### PROPHECY

1 Corinthians 12–14; Romans 12:6;  
Ephesians 4:11; Acts 15:32

Prophecy, words of knowledge, and words of wisdom are messages from the Holy Spirit intended to strengthen and encourage the church with love. They can take the form of verbal insights, images, or Scriptures and may include glimpses of the future. Unlike Old Testament “thus says the Lord” prophecy, they are subject to the authority of the Bible and should be carefully weighed and given.

### ENCOURAGEMENT

Romans 12:8

Those with the gift of encouragement/exhortation guide others towards their full potential in Christ. The word encourage means “to inspire courage”. Those with this gift empower others to have faith, hope in God, and resist the deceitfulness of sin (Hebrews 3:13). This gift is similar to prophecy but is more focused on action and implementation rather than revelation.

### GIVING/HOSPITALITY

Romans 12:8

This gift refers to sacrificially giving time, talents, and money to build up the church. Givers find joy in giving beyond the norm and believe Jesus’ words that it’s more blessed to give than receive.

### LEADING

Romans 12:8

Elder, shepherd, pastor, overseer are some terms that describe the gift of leading. Leaders model, influence, equip, cast vision, make wise decisions and unite God’s people to be on mission.

## MERCY

Romans 12:8

The gift of mercy is showing extraordinary compassion to the broken and less fortunate. Those with this gift find joy in feeding the poor, helping the homeless, and caring for those in need.

## CELIBACY

1 Corinthians 7:1-7

The gift of celibacy is the ability to remain single and find fulfillment in singleness. Those with this gift dedicate themselves to God's service and ministry. Self-control usually accompanies this gift.

## SERVICE

Romans 12:7; 1 Corinthians 12:28

Those with this gift often have a strong desire to meet the practical needs of others. They love that Jesus was the servant king who washed people's feet and are eager to help others in a similar way.

## TEACHING

1 Corinthians 12:28-29; 14:26; Romans 12:7; Ephesians 4:11

The gift involves sharing biblical truths in a way that's understood and fruitful for listeners. Teachers help us see and feel that God's word is alive and active, and reveal to us the nature and glory of God.

## MIRACLES/POWER

1 Corinthians 12:10

The Bible often classifies driving out demons as healing or miraculous (Matt. 15:21-28; Acts 8:7). The gifts of miracles are used in the plural sense as God gives grace to certain believers to perform specific miracles. There is an important relationship between the gifts of miracles and the gift of faith. Miracles are a clear display of God's power, but like all gifts, they must be discerned. The Greek word of miracles means power.

## HEALING

1 Corinthians 12:9-10, 28; James 5:13-18

The gifts of healing are always referred to in the plural. It could be that some are gifted to heal specific areas in the body (similar to medicine), or that those with this gift will see more healings than others. All believers are encouraged to pray for healing and when needed go to the elders as James prescribes. These gifts of healing could be similar to evangelism in that it's something we should all pray for, but some will see more fruit than others.

## TONGUES

1 Corinthians 12-14;  
Acts 2:4; 8:17-18; 10:46; 19:6

This gift can be a personal prayer language useful to build up a believer (1 Cor. 14:2) or a never-studied human language given to the speaker to preach the gospel (Acts 2:11). In 1 Corinthians 12:10, Paul says there are "different kinds of tongues." Not everyone receives this gift, and when communicated in the public church gathering, there must be an interpreter and order.

## INTERPRETATION

1 Corinthians 12:10, 30

Interpreters in the gathering are empowered by the Spirit to decipher messages delivered through the gift of tongues. These believers can comprehend tongues whether they're spoken in an unstudied human language or a coded heavenly language, ensuring public understanding through interpretation.



## DISCERNMENT

1 Corinthians 12:10

The gift looks like supernatural insight to distinguish between the work of the Spirit of God and the work of an evil spirit or human flesh. This gift is useful to weigh prophecies.

## EVANGELISM

1 Corinthians 12:9-10, 28

This gift is the ability to proclaim the gospel and lead more people to Christ than normal. All believers are called to share the gospel, but those who regularly and joyfully lead people to the Lord have this gift.

## APOSTLESHIP/MISSIONARY

Ephesians 4:11

The original 12 disciples (minus Judas, plus Matthias) who were part of the initial church were apostles. In the New Testament, to be an apostle was not a spiritual gift but a person who had a divinely-given commission and ministry. The 12 Apostles are irreplaceable. However, the word apostle means "sent one". Therefore, it is appropriate and helpful to name missionaries or church planters as lowercase "a" apostles who have the gift of pioneering new ministries.

## FAITH

1 Corinthians 12:9

This gift trusts in God's word and character, even when they defy human expectations. It's a supernatural confidence that believes in God's presence and power despite the circumstances.

## ADMINISTRATION

1 Corinthians 12:28

This gift involves guidance and bringing order, unity and clarity. This gift complements and works alongside others to maximise the gifts of others to benefit and build up the church.

## PASTORING

1 Corinthians 12:28; Ephesians 4:11

Those with this gift want to protect, care for, counsel, guide and coach others toward holiness. Not everyone with this gift will have a teaching gift, but they will convey biblical teaching and long to see others healed and comforted by it.

## OTHER GIFTS

Spiritual gifts are abilities and talents given by the Holy Spirit for mission and ministry, for the common good of the church and to love others. The lists in the Bible are not exhaustive. What other gifts has the Lord given you that help build the church?

1) Which gift do you find exciting? And why?

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2) Which gift do you least want? And why?

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3) Which gift would you like to have? And why?

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4) What gifts does your church body need right now? Are there areas where your gifts and experience would be helpful?

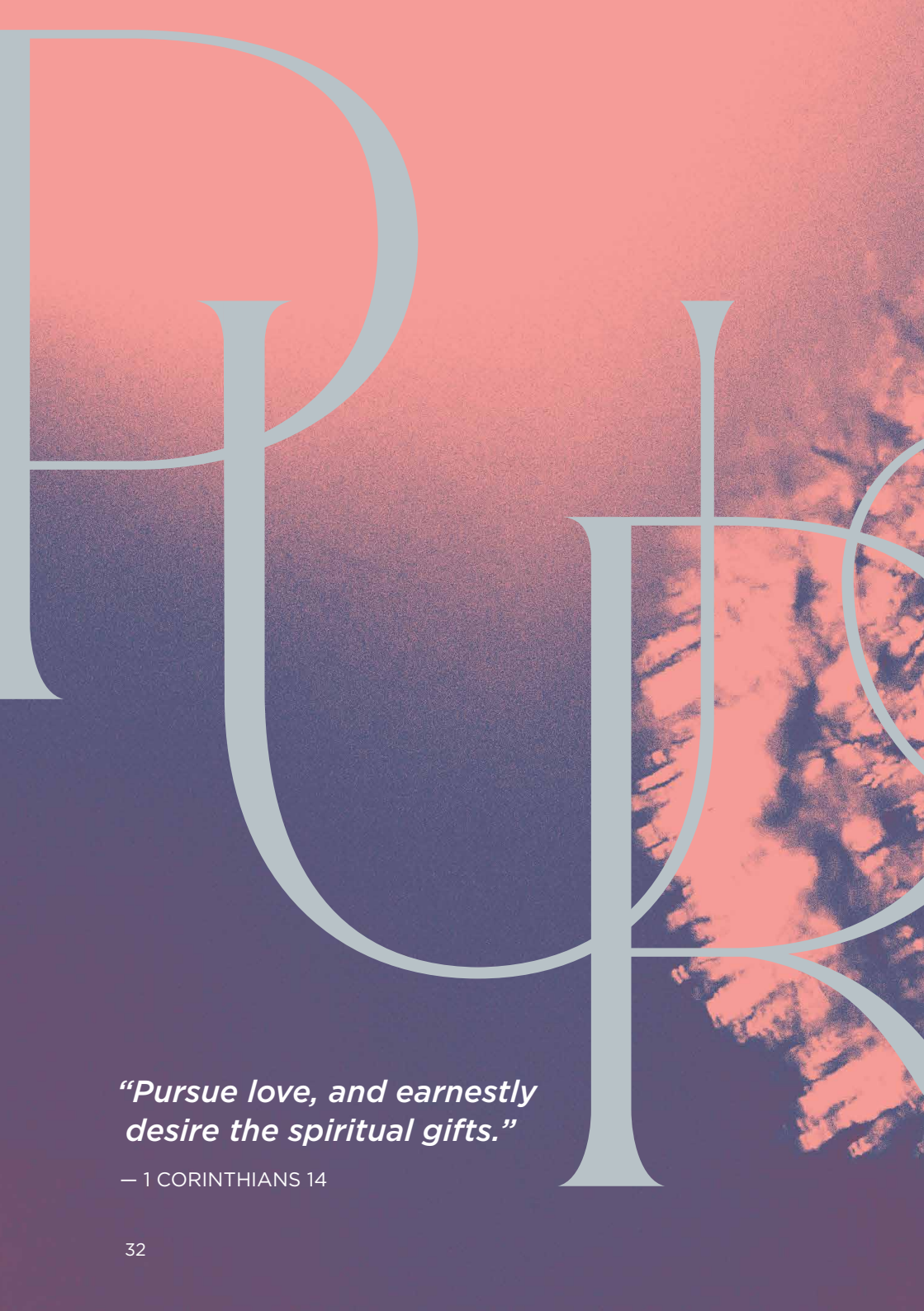
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5) Pray for the Holy Spirit to equip you with spiritual gifts to bless others and deepen your relationship with God.



*“Pursue love, and earnestly  
desire the spiritual gifts.”*

— 1 CORINTHIANS 14





# SPIRITUAL GIFTS

*“For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*

— 2 TIMOTHY 1:6-7

Like natural abilities, spiritual gifts need to be stewarded. We all need to fan into flame the gifts that God gives us. We need other believers who have similar gifts to encourage us, passing on wisdom and learnings. When it comes to spiritual gifts, many of us expect the Holy Spirit to supernaturally tell us what our gift is, when in reality, he works through our desires to prompt us to step out in faith. We discover our gifts by listening to the Spirit's prompting to try something, stepping out in faith to see if he has gifted us with a certain gift. We discover our gifts by trying them out and seeking feedback from others, remembering that gifts are for the good of the church. If the church believes you don't have a certain gift, you should listen to their feedback.

Below is some guidance on how to fan into flame some spiritual gifts.

## EXERCISE #12 FAN INTO FLAME

### HOW TO PRAY FOR HEALING

- 1) ASK PERMISSION TO ASK QUESTIONS:** Not everyone is in a position to share or is comfortable to share.
- 2) ASK CAREFUL QUESTIONS:** Where does it hurt? How long have you struggled with this affliction? What have doctors said? Is the problem primarily physical, emotional, or spiritual? Do you feel under spiritual attack? Ask the Holy Spirit as you ask the person! Ask the person to ask the Holy Spirit.
- 3) DISCERN:** Try to discern if the pain is due to illness, sin, demonic influence, stress, addictions, or bad choices. Be careful. Be nuanced. Be gracious.
- 4) PRAYER:** Name the affliction. Be specific for the Holy Spirit's healing power in the name of Jesus. Ask if you can lay hands. Respect people's boundaries if they don't want hands laid on them. Ask the person to close their eyes as you keep your eyes open. Take your time. If someone is shaking or crying, ask follow-up questions and keep praying.
- 5) ASK & ENCOURAGE:** How do you feel? Remind them of God's love and how he works in time. Encourage them to keep having faith and keep praying. Remember that healing or relief is not the measure of success: obedience is.

## HOW TO SPEAK IN TONGUES

**1) PRAY:** Invite the Holy Spirit to give you the spiritual gift of tongues. Like all gifts, we're meant to pray for it and desire it, but cannot demand it. Like all of God's graces, we need to be persistent in our prayer. Consider asking a pastor or mentor to lay hands on you and ask with you for the gift.

**2) SPEAK WITH FAITH:** When you are ready, speak with faith and see what the Spirit does. This takes vulnerability, courage but also trust in the Holy Spirit. Allow the Holy Spirit to take control. Don't over think it. Don't worry if it seems choppy, repetitive or awkward. Like all languages it takes time to learn.

**3) REFLECT:** Is your language a heavenly prayer language or a human language? Are your words gibberish or a spiritual gift? Was your heart filled with faith, and a desire to worship Jesus and pray in the Spirit, or was it filled with doubt and awkwardness? Reflect with others who do and don't speak in tongues to understand this gift.

### NOTES:

**ORDER:** Read 1 Corinthians 12-14. Without an interpreter, those with the gift of tongues are to use their gift in a discreet way.

**UNITY:** Tongues is a beautiful gift that should be desired and yet, it's also a gift that people debate over, are sceptical of, or believe is a must for all believers. In 1 Corinthians 13, Paul writes "If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal".

The people in your church will have diverse gifts and views on the gifts; may we respond with curiosity, love, and a desire for unity, love and to be filled with the Spirit.

## HOW TO DO WALK-UP EVANGELISM

**1) PRAY & WORSHIP:** Invite the Holy Spirit to give you open doors for the gospel, and boldness to share Jesus with others. You cannot talk about Jesus if he is a stranger to you, so spend time worshipping him and reflecting on his goodness, grace and glory.

**2) WAIT:** Rather than approaching everyone, wait for the Spirit's prompting to talk to specific individuals. Ask the Spirit for guidance on how to engage, whether through prophecy, encouragement or a simple question.

**3) ENGAGE:** This takes vulnerability and courage but follow the Holy Spirit's guidance. Step out in faith and engage.

**4) SHARE THE GOSPEL:** When the opportunity arises, share why you've approached them, explaining the gospel's message of Jesus' love for all. Share the bad news, good news and need for a response, and invite them to pray in response and believe in this good news.

**5) INFORMATION:** Ask for the person's contact details to disciple them in the future or offer your details.

### NOTES:

**PAIRS:** Jesus sent out the disciples in pairs; ideally, you should evangelise with a partner.

## PROPHECY/WORDS OF ENCOURAGEMENT OR WORDS OF KNOWLEDGE

**1) FOCUS:** Choose someone you will minister to.

**2) PRAY:** Invite the Holy Spirit to give you a prophetic word, word of encouragement, Scripture passage or word of knowledge to encourage the person you're ministering to.

**3) WAIT:** Leave space and time for the Holy Spirit, don't be in a rush. We cannot demand the Holy Spirit and so sometimes we will not receive anything and that's okay.

**4) REFLECT:** Once you've discerned the prompting, reflect: why might the Spirit be giving you this prompting? And ask what author Pete Greig calls the A.B.C. of Prophecy: is the message Affirming? (encouraging, strengthening, edifying) Is the message Biblical? (consistent with the teachings of the Bible) Is the message Christlike? (consistent with the character, mission and message of Jesus).

**5) SHARE:** This takes vulnerability, courage and faith but trust the Holy Spirit and share what the Holy Spirit is putting on your heart. Carefully and pastorally share the Holy Spirit's message, and try to do so without commentary or promises.

**6) RECEIVING PROPHECY:** The person receiving the prophecy needs to weigh it up and wait on it, before walking in it. Firstly, ask the person to weigh the message themselves using the A.B.C framework. Encourage them to pray, seeking the Spirit's guidance through Scripture and the counsel of saints. Encourage them to weigh not just the message but the messenger. Secondly, wait on it. Not all prophecy is for the now; there are many examples in the Bible that took years to fulfil. Thirdly, walk in it. When the Spirit prompts you, obey him and step out in faith. Not all words of prophecy will be true or from the Lord, and that's why they need to be weighed. However, poor attempts at trying to speak prophetic words should not discourage us from using or receiving this gift. In 1 Thessalonians 5:19-21, Paul says, "Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast what is good."

### NOTES:

**ENCOURAGEMENT:** You don't have to be perfect – just be faithful, humble, and pastoral.

**ADVICE:** Be careful with your words. e.g. avoid saying, "thus says the Lord ..." rather try, "I believe the Lord is saying this ..."

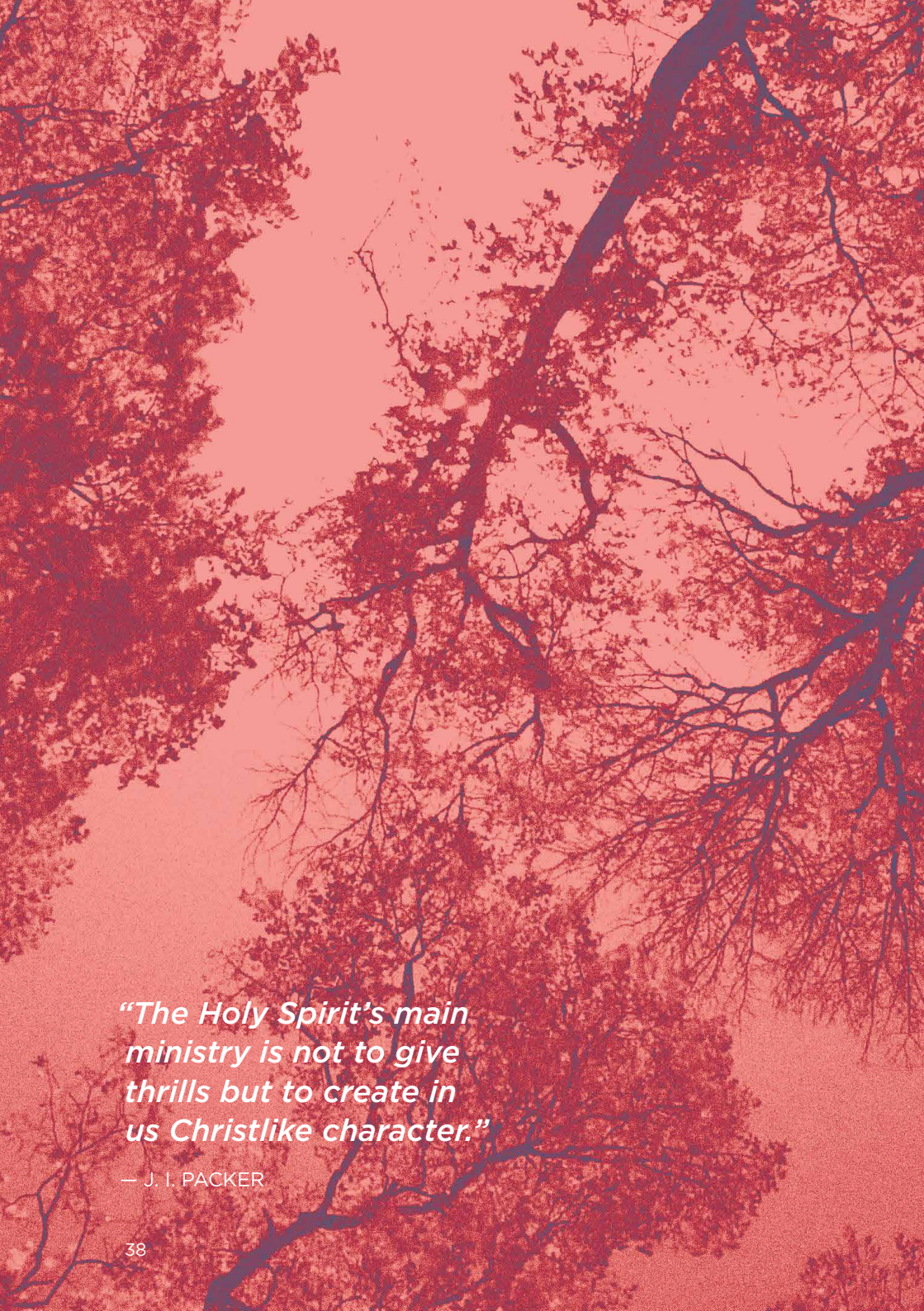
**RECOMMENDATION:** Any prophecy that is a prediction of the future, confronting, contentious or potentially pastorally harmful (e.g. telling a woman who's struggling to conceive that she will have a child), should be taken to a pastor to be weighed before sharing.

# LOVE

*“If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.”*

— 1 CORINTHIANS 13:1-3





*“The Holy Spirit’s main ministry is not to give thrills but to create in us Christlike character.”*

— J. I. PACKER





PART 4

# THE PURPOSE

# HOLINESS

In John 16, Jesus said, “when the Holy Spirit comes, he will convict the world concerning sin and righteousness and judgment.” The Holy Spirit does perform miracles, and yet the first thing he did after descending upon Jesus at his baptism was to immediately send him into the desert to face temptation. At times, the Holy Spirit will draw us into the wilderness, into places we’d rather not go, to deepen our faith and dependence. The Spirit does this to make us aware of the desires of the flesh, the world and the devil so that we can choose to walk in the Spirit.

Our desert experiences will be less dramatic than Jesus’s, but they will be equally real and challenging. In our moments of suffering, frustration, and temptation, the Holy Spirit is there to be our comforter, guiding us toward the truth of God’s Word and helping us become like Christ.

A word of warning: The Holy Spirit is a holy God. In Acts 5, when Ananias and Sapphira lied to the apostles Peter said, ‘Why has Satan filled your heart to lie to the Holy Spirit? You have not lied to man but to God.’ When Ananias heard these words, he fell down and breathed his last.” This story illustrates the consequences of unconfessed sin and lying to the Holy Spirit. Don’t grieve the Holy Spirit but allow him to form you into the likeness of Jesus.

## EXERCISE #13 THE ICEBERG

This exercise comes Pete Scazzero’s book, *Emotionally Healthy Discipleship*.

**INVITE:** Find a quiet space. Close your eyes. Take a few deep breaths and invite the Holy Spirit to guide you in this exercise.

**ASK:** Give yourself time and space to answer these questions. Don’t rush them. Discuss them with the Holy Spirit. Name your feelings to tame them.

What are you angry about?  
What are you upset about?  
What are you anxious about?  
What are you thankful for?

**WAIT:** Allow the Holy Spirit space to work, heal, and strengthen you. Sit in silence.

**RECITE THE BIBLE:** Like Jesus in the wilderness, remind yourself of Bible passages that speak into and against your anger, sadness, and worries. Let the Holy Spirit speak to you through his Word!



# REPENTANCE

What sin are you addicted to and unwilling to repent from, that is grieving the Holy Spirit?

In Jesus' first sermons, he called people to repent, and from that moment onwards, repentance was a key theme in his teaching. At Pentecost, Peter said to the crowd, "repent and believe, and you shall receive the Holy Spirit." Repentance is the doorway into our journey with God and a pathway we're called to keep walking along if we long to encounter and be empowered by the Spirit. In James 5, it says, "Therefore, confess your sins to one another and pray for one another, that you may be healed."

*"In order to feel God's forgiveness, we need acceptance from his people. If we confess our offences to one another and are accepted in spite of them, our relationship to the ideal changes. We begin to internalise the acceptance we feel from others, and our conscience changes: it becomes more loving."*

— HENRY CLOUD, *CHANGES THAT HEAL*

Confession can be painful, as it exposes the darkness within your heart. But know this – because the Holy Spirit loves you, he will bring sin to light. Confession heals – it heals the body, soul, and relationships. Confession is a means by which the Holy Spirit deepens our understanding of grace and fills us with the love of God.

## EXERCISE #14 AN EXAMEN

**REQUEST:** Invite the Holy Spirit's guidance and light during your reflection.

**READ:** Psalm 139: "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

**REFLECT:** Ask the Holy Spirit to disclose hidden areas of weakness or habits that are hindering your relationship with God, self, others, or the environment.

**REPENT:** Confess to God and someone you trust and apologise. 1 John 1:9 says, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

**REST:** Remind yourself of the gospel of grace and humble yourself before God, accepting your limits and your frailties.

**REPEAT:** Get in the Spiritual rhythm of praying the prayer of examen. Be it daily, weekly, or monthly.



# FORGIVENESS

Who do you need to forgive? Are you aware of how your bitter spirit is hindering you from experiencing more of the person, power and presence of the Holy Spirit?

Jesus entered the world to live, suffer, die and rise again, offering the gift of forgiveness. As he hung on the cross, his final words were a plea for forgiveness, “Father, forgive them, for they do not know what they are doing.” To mirror Jesus’s example and grow in holiness, we must embrace forgiveness. It’s a non-negotiable aspect of following him. In Matthew 6:14–15, Jesus underscores this truth, “For if you forgive others their trespasses, your heavenly Father will also forgive you. But if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”

Notably, Jesus emphasises forgiveness over reconciliation, understanding that true reconciliation requires willingness from both parties. What matters most to Jesus is a heart that is ready to forgive—a heart that forgives consistently and unconditionally.

***“Don’t wait to forgive until you feel like forgiving; you will never get there. Feelings take time to heal after the choice to forgive is made.”***

— NEIL ANDERSON

## EXERCISE #15 THE LIST

**STEP 1:** Get a sheet of paper and invite the Holy Spirit to reveal to you any people you are annoyed at or feeling hurt by. Write down any names that come to mind. Trust that God understands your heart, even when you may not fully comprehend it yourself.

**STEP 2:** Reflect on the immense forgiveness you have received through Jesus Christ. Consider how he paid the price for your sins. Ask the Holy Spirit to remind you how forgiven and loved you are.

**STEP 3:** Go through the list of names one by one, praying, “Because of the forgiveness I’ve received through Jesus, I choose to forgive \_\_\_\_\_.” As you speak each name, symbolically release any bitterness or resentment by crossing it off the list.

This powerful exercise comes from Sam Gibson (Church of the City New York). It’s okay if you repeat the same names each time. Remember, this is a personal process, so keep it private—it’s about your heart, not about reaching out to those on your list. You’ll know forgiveness has truly occurred when you can pray for blessings upon those individuals.

# FORGIVE

*“To forgive is to set a prisoner free and discover that the prisoner was you.”*

— LEWIS B. SMEDES

# FORMATION

*“Although God will grant Christlikeness to us when Jesus returns, until then he intends for us to grow toward it. We aren’t merely to wait for holiness; we’re to pursue it.”*

— DONALD S. WHITNEY

If we’re not being intentionally formed by Jesus, then we’re unintentionally being formed by someone or something else. In Galatians 5, the apostle Paul calls us to walk in the Spirit, not in the flesh, saying, “For the desires of the flesh are against the Spirit.”

Your flesh is a flawed god compared to Jesus, and a horrible counsellor compared to the Holy Spirit. Your flesh drives you towards self-love, quick dopamine kicks, anxiety, impatience, snappiness, evil thoughts, fickle infidelity, violence, laziness and impulsiveness.

But in Galatians 5:22–23, the apostle Paul says, “the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

Like physical fruit, spiritual fruit can take time to grow, mature and multiply. Just like a gardener who works hard to take care of a fruit tree, so we need to be wise and reflective on the fruit we’re producing in our lives.

## EXERCISE #16

### FOCUS

**STEP 1:** Reflect on your character. In prayer, ask Jesus what aspect of your character he wants to transform this month. Is it impatience, lack of self-control, anxiety, anger, laziness or addictions?

**STEP 2:** Focus on one spiritual fruit. Read Galatians 5:22–23 and choose one fruit of the Holy Spirit to cultivate in your life for the upcoming month.

**STEP 3:** Brainstorm ideas to nurture this fruit. Alongside prayer (which we’ll explore in the next exercise), consider spiritual disciplines that could aid in focusing on this fruit. For instance, if you’re working on patience or overcoming anger, you might memorise Scripture or have a quote ready to recite to yourself when you feel angry, or to work on self-control you may fast once a week.

## EXERCISE #17 BREATH PRAYER

This exercise comes from Jennifer Tucker's book, *Breath as Prayer*. Breath prayers combine deep breathing exercises with prayerful meditation on God's Word. This exercise will help you pray for fruits of the Holy Spirit in your life. You can do this at anytime or after a moment in which you fell and walked in the flesh.

### STEP 1. BREATHE DEEPLY:

Breathe deeply and gently through your nostrils, allowing your lungs to expand fully. Exhale slowly, completely emptying your lungs. Repeat this process several times, gradually establishing a slow and steady breathing pattern.

### STEP 2. PRAY WHILE BREATHING:

**Inhale:** Allow your lungs to fill gradually as you recite the "inhale" portion of the prayer.

**Exhale:** Release your breath slowly as you recite the "exhale" portion of the prayer, emptying your lungs completely.

### STEP 3. REPEAT:

Go through the fruits of the Holy Spirit breathing in the fruit and breathing out the opposite.

**inhale:**

*Spirit fill me with peace*

**exhale:**

*anger leave me*

**inhale:**

*Spirit fill me with self-control*

**exhale:**

*anxiety leave me*

**inhale:**

*Spirit fill me with patience*

**exhale:**

*fleshly desires leave me*

### STEP 4. PRAY THE GOSPEL OVER YOURSELF:

Use the same exercise to meditate and breathe in the gospel.

**inhale:**

*Spirit fill me with the love of God*

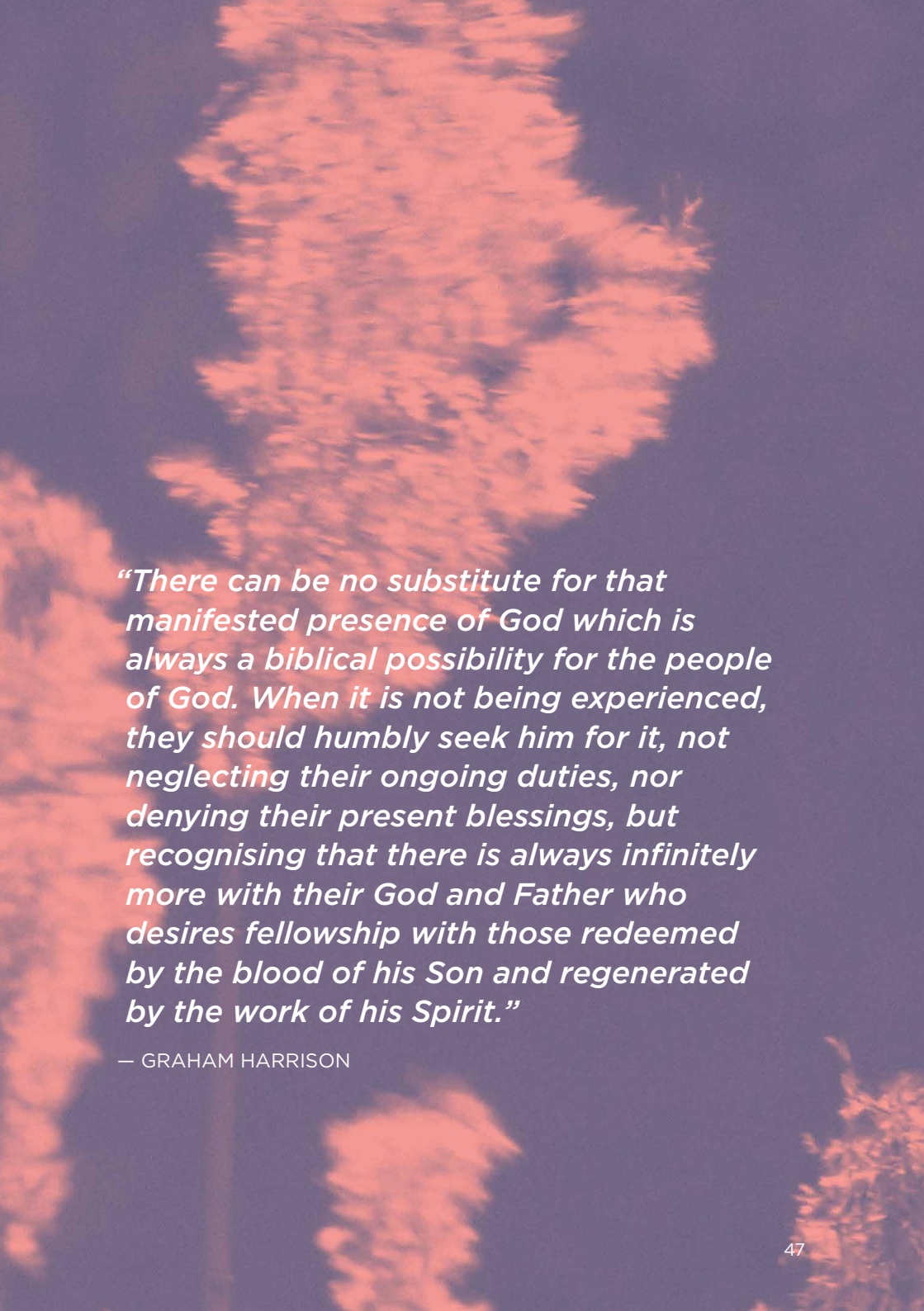
**exhale:**

*condemnation leave me*



# THE S E





*“There can be no substitute for that manifested presence of God which is always a biblical possibility for the people of God. When it is not being experienced, they should humbly seek him for it, not neglecting their ongoing duties, nor denying their present blessings, but recognising that there is always infinitely more with their God and Father who desires fellowship with those redeemed by the blood of his Son and regenerated by the work of his Spirit.”*

— GRAHAM HARRISON

# WORSHIP

The Holy Spirit deeply loves the church – the bride of Christ. Thus, when God’s people gather it’s a sacred occasion where the Spirit longs to lead, speak, reveal, convict, encourage, comfort, save, form, empower and manifest his presence – in the hope that God’s people would respond with love, worship, and with thankfulness in their hearts. Our God loves the chorus of the saints when they worship from their hearts.

The Spirit’s presence and love are more than doctrines – they are gifts to be experienced and felt. How the Spirit of God manifests himself, and how individuals feel and notice the Holy Spirit will vary immensely. And, like all things with the Spirit, we are called to be discerning. We are not called to ignore the pursuit of God’s presence because saints have misrepresented or misunderstood it. Since the church began, mistakes about the person, presence, and power of the Holy Spirit (study 1 Corinthians!) have been made. And yet, mistakes should not discourage us or slow down our hunger to know and experience God!

*“Worship is the arena in which God recalibrates our hearts, reforms our desires, and rehabituates our loves. Worship isn’t just something we do; it is where God does something to us. Worship is the heart of discipleship because it is the gymnasium in which God retrains our hearts.”*

— JAMES K. A. SMITH

## EXERCISE #18 PURSUE

**PRAY:** Before church, during worship, during the reading, and the sermon, pray with your hands open, “Come, Holy Spirit, come, fill me with your presence and power.”

**SERMON:** As you’re listening, keep your Bible open and pray, “Spirit, reveal your truth to me.”

**WORSHIP:** As you’re praising Jesus with your lips, listen for the Holy Spirit. If he prompts you to smile, smile. If he prompts you to sing louder, sing louder. If he prompts you to put your hands up or even be silent, listen to him. Be led by him and trust him.

*“... but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.”*

— EPHESIANS 5:18-20







**CITY**  
**ON A HILL**