

## How do I tap into the power of the Holy Spirit?

1. You must be indwelt by the Holy Spirit. This happens at the moment of spiritual re-birth.

*“But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life” (Titus 3:4-7).*

2. You must invite the Holy Spirit to fill you on a regular, moment-by-moment basis.

*“Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit” (Ephesians 5:18 New Living Translation).*

“be filled . . .”

**PRESENT TENSE:** “Keep on being filled with the Holy Spirit”  
(continuous action).

**PASSIVE VOICE:** “Allow yourself to be filled”  
(you receive; the Spirit gives).

**IMPERATIVE MOOD:** “DO THIS!”  
(A command, not an option; a necessity.)

*“Keep on inviting the Holy Spirit to fill (control, empower, guide) your life.”*

3. You must learn a technique called “spiritual breathing.”

- Exhale: Confess any sin(s) you are aware of.  
(See 1John 1:9).

- Inhale: Ask for the filling of the Holy Spirit by faith.  
(See Ephesians 5:18).

*Note from Pastor Bob:* “The best book I have ever read on the Holy Spirit is, *The Wonderful Spirit-filled Life*, by Charles Stanley. I highly recommend that you put this on your ‘must read’ list.”

\*Don’t forget to go on our website, [www.oakpointe.org](http://www.oakpointe.org) and click on God’s Gym to get your daily Training Tips (Monday – Friday). I assure you that if you do the daily work you will get so much more out of this 10 week spiritual fitness series.

## God’s Gym: Part 2 The Ultimate Energy Drink

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*“Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come” (1Timothy 4:7,8).*

*“Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. And everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified” (1Corinthians 9:24-27).*

*“I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate. But if I know that what I am doing is wrong, this shows that I agree that the law is good. So I am not the one doing wrong; it is sin living in me that does it. And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. But if I do what I don’t want to do, I am not really the one doing wrong; it is sin living in me that does it. I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin” (Romans 7:14-25).*

**“Just Do It” doesn’t work when it comes to spiritual fitness.**

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## The Cardinal Rule of Spiritual Growth:

### “SPIRIT”

RO 1:4  
 RO 2:29  
 RO 5:5  
 RO 7:6 (Paul’s failure)  
 RO 8:2  
 RO 8:4  
 RO 8:5  
 RO 8:6  
 RO 8:9  
 RO 8:10  
 RO 8:11  
 RO 8:13  
 RO 8:14  
 RO 8:15  
 RO 8:16  
 RO 8:23  
 RO 8:26  
 RO 8:27  
 RO 9:1  
 RO 11:8  
 RO 14:17  
 RO 15:5  
 RO 15:13  
 RO 15:16  
 RO 15:19  
 RO 15:30

(“Spirit” 14 times!)

### “I, ME, MY”

RO 7:1  
 RO 7:4  
 RO 7:7  
 RO 7:8  
 RO 7:9  
 RO 7:10  
 RO 7:11  
 RO 7:13  
 RO 7:14  
 RO 7:15  
 RO 7:16  
 RO 7:17  
 RO 7:18  
 RO 7:19  
 RO 7:20  
 RO 7:21  
 RO 7:22  
 RO 7:23  
 RO 7:24  
 RO 7:25  
 RO 8:18  
 RO 8:38

(“I, me, my” 20 times.)

You must have the power of the Holy Spirit enabling you from within.

*“Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?” (Galatians 3:3)*

*“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. 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. But if you are led by the Spirit, you are not under law.*

*The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 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.*

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit” (Galatians 5:16-25).*

Romans 7 - “Just Do It” and you will fail.  
 Romans 8 – Tap into the Holy Spirit and you will succeed.

*“The Spirit of God, Who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, He will give life to your mortal bodies by this same Spirit living within you” (Romans 8:11).*

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