

## PART 1

Along with the Father and the Son, the Holy Spirit is God, and rather than a mystical force, He is a person. It is through the Holy Spirit we can know God personally. Jesus came as Emmanuel - God with us, and promised to be with us till the end of the age. He fulfils this promise through the presence of the Holy Spirit.

## PASSAGES FOR REFLECTION

**Jn 14:15-18, Gal 5:16, Gal 5:22-25, Eph 5:18**

## REFLECTIVE EXERCISE

**God gives us His Spirit to help us live the life God wants. Being filled with the Spirit is an ongoing necessity for every Christian.**

Take a few moments to quiet yourself.

*Ask God to simply help you become aware of His presence by the Holy Spirit.*

*Ask the Lord to fill you (again) with His Spirit.*

## PART 2

### PASSAGES FOR REFLECTION

**What does the Holy Spirit do?**

**Jn 15:26** - The Holy Spirit points people to Jesus.

**Ro 8:16** - The Holy Spirit confirms we are God's children.

**Eph 1:13-14** - The Holy Spirit seals our salvation.

**Acts 1:8** - The Holy Spirit empowers us to witness about Jesus.

**2 Cor 3:17** - The Holy Spirit frees us to love and serve God.

### REFLECTIVE EXERCISE

**Take time to thank God for the gift of the Holy Spirit. Ask him to help you hear anything he may want to speak to you.**

*Use this space to write down anything He says to you...*

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### HELPFUL TOOLS

[Resource - 50 things the Holy Spirit does.](#)