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# Meeting the Holy Spirit

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John 16:5–7

Who is the Holy Spirit and how does he help us?

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## Introduction

I want to introduce you to one of my great friends who is so helpful as I grow in Jesus. He is the Holy Spirit and he helps us in many ways as we find out about Jesus and grow in him. When Jesus went to heaven he sent the Holy Spirit to help us know him and grow in him. Let's take a look at how the Holy Spirit helps us.

## Jesus sent the Holy Spirit to help us

- The Bible shows us that God the Father, Jesus his Son and the Holy Spirit work together to save us and help us become more like Jesus. The Father sent Jesus to us and Jesus saved us when he died on the cross. But when Jesus went to heaven to prepare it for us, how would he still be with us? That's why he sent the Holy Spirit.

**John 16:5–7 NIV**

“Now I am going to the One who sent me. But none of you asks me, ‘Where are you going?’ Because I have said these things, you are filled with sadness. “But what I’m about to tell you is true. It is for your good that I am going away. Unless I go away, the Friend will not come to help you. But if I go, I will send him to you.

- The disciples were sad that Jesus was leaving. Jesus told them he was going to heaven to prepare it for them and us.

- Since Jesus can't walk with us right now, he sent the Holy Spirit to live in us, guide us and help us connect with Jesus and live for him. Jesus knew exactly what they needed and what we need today.

**John 3:8 NIrV**

“The wind blows where it wants to. You hear the sound it makes. But you can't tell where it comes from or where it is going. It is the same with everyone who is born through the Spirit.”

- Even though Jesus was leaving the disciples for a while, sending the Holy Spirit in his place helps us with anything we face. We can't see the Holy Spirit like the disciples saw Jesus but he is working inside of us so that we can know Jesus and work for him.

## The Holy Spirit helps us know Jesus

**2 Timothy 3:16 NIrV**

God has breathed life into all of Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right.

- The word the Bible uses for breath and spirit comes from the same idea. The Bible teaches us about Jesus and the Holy Spirit told the writers of the Bible what to say.
- The Holy Spirit is also the one who shows us our sins and helps us meet Jesus.

**Romans 8:14–16 NIrV**

Those who are led by the Spirit of God are children of God. You didn't receive a spirit that makes you a slave to fear once again. Instead you received the Holy Spirit, who makes you God's child. By the Spirit's power we call God “*Abba*.” *Abba* means Father. The Spirit himself joins with our spirits. Together they give witness that we are God's children.

- You make sure that we know we are saved and Jesus is our best friend. Because of him we can hear about Jesus and be one of God's children.

## The Holy Spirit helps us grow in Jesus

- Not only did the Holy Spirit tell the writers of the Bible what to say, but he also helps us understand the Bible when we read it.
- He speaks to us and gives us ideas when we read the Bible. He makes the Bible real to us.
- He gives us a way to know Jesus better by becoming more like him. First, he works on our character by giving us the fruit of the spirit (Galatians 5:22-23).

**Matthew 3:11 NIrV**

“I baptize you with water, calling you to turn away from your sins. But after me, one will come who is more powerful than I am. And I’m not fit to carry his sandals. He will baptize you with the Holy Spirit and with fire.

**Acts 1:5 NIrV**

John baptized with water. But in a few days you will be baptized with the Holy Spirit.”

- Both John the Baptist and Jesus told us that God has more for us after we accept Jesus into our hearts. Not only can we be baptized in water to show others we know Jesus, but we can also be baptized in the Holy Spirit.
- He gives us power when we are baptized in the Holy Spirit (Acts 1:8; 2:1-4; 10:44-46; 19:1-7).
- To be baptized means that our bodies are fully dunked. Just like when we are baptized in water, and the water is all around us, we can also be baptized in the Holy Spirit.

**Illustration:** But how will we know we are baptized in the Holy Spirit? God does something to us so we are sure. Just like when you get wet from being baptized in water, when we are baptized in the Holy Spirit we will speak in a language we didn’t know before.

- Being baptized in the Holy Spirit gives us power to tell others about Jesus without being afraid. He can tell us what to say when we speak to them.
- Beyond this, he wants to give us gifts and abilities to help others know Jesus and grow in him as well.

# Conclusion

The Holy Spirit helps us in all of these ways and many more. When we know Jesus, the Holy Spirit is already at work in us. But he wants to baptize us in him so we can do even more for Jesus. All we have to do is ask the Holy Spirit to baptize us and wait until he does. Sometimes it happens right when we ask and other times after we wait. We should always be asking him and wanting him to make us more powerful to do Jesus' work. If you want to be baptized in the Holy Spirit, I and the other helpers want to pray with you and wait with you until you are baptized in the Holy Spirit.