

“So What About... The Holy Spirit?”

Part 5: How do I know I have the Holy Spirit?

Ephesians 1:12-14 - [watch online](#)

Summary:

When we don't feel the Holy Spirit like we think we are supposed to it can create a lot of anxiety. Can we ever actually KNOW that the Holy Spirit is in us? Can we lose the Holy Spirit?

Main Points:

[00:42] When we don't feel the Holy Spirit like we think we are supposed to it can create a lot of anxiety.

[01:19] God's gift of the Holy Spirit isn't a feeling. It's a fact.

[04:02] God loves and adopts his children simply because he wants to.

[09:11] Belief is choosing to be confident that God will do what he promised.

[11:12] The moment we trust that God keeps his promises he promises that we have the Holy Spirit.

[13:13] The Holy Spirit is God's guarantee that he will fulfill his promise to restore us forever.

[14:40] Every Jesus Follower has the Holy Spirit, but not every Jesus Follower is walking with the Holy Spirit.

[17:38] If God seals it, no one can steal it.

[20:54] Goal: Trust that God keeps his promises.

[22:17] The more we walk with the Holy Spirit the more we are aware that he is with us.

This Week's Practice [21:00]

Read: Ephesians 1:13-14

Pray: God, Help me put my confidence in your promise and not my feelings.

Live it out: God says you are sealed: live like it. Love confidently. Live freely.

Discussion Questions:

1. On a scale of 1-10, how trusting do you generally tend to be?
2. Read John 14:15-18. What words or thoughts stand out to you?
3. Jon said, "Belief is choosing to be confident that God will do what he promised." Do you think this type of belief leaves room for doubts and questions? Why or why not?
4. What questions do you still have about the Holy Spirit? What realizations have been helpful?
5. How can you pray for your group this week?

Transcript:

IN: What are you afraid of? Spiders? Clowns? Posters of babies dressed as adults?

A lot of us fear the unknown...

And when it comes to the Holy Spirit one of the biggest unknowns is... How do I know I have the HS... can create a lot of anxiety and tension... and FEAR.

That's no way to live. So... Let's talk about it together.

WE: Maybe everything we've talked about in this series so far has created some anxiety for you... b/c we aren't sure we're doing it "right."

When we don't feel the HS like we think we are supposed to it can create a lot of anxiety.

All the dramatic stories of HS.... (NT or Maybe in your Connect groups)

- *I didn't have that*
- *Haven't really felt anything... never spoken in tongues or heard his audible voice like others..."*
- *"Am I just fooling myself?" besides, I've messed up... a lot. Do I even have the HS????*

Here's what I've discovered... **God's gift of the HS isn't a feeling. It's a fact.**

But for that to make sense and sink in... See what Apostle Paul had to say about it...

For Jesus Follower... give you confidence in walking w/ the HS daily

But if you're Still checking all this out... maybe give you some insight of what to expect if take the step.

GOD: Around 60 AD, Paul wrote letter to Church in Ephesus- very religious city

- A lot of different religious experiences.
- Paul explains what it means to Follow Jesus in their culture/lives

Starts w/ a type of song or lyrical poem... Very rich... a lot of theological depth

Eph. 1:3-5 United w/ Christ... Holy and w/o fault in his eyes... Huge...

If Jesus Follower- Do you feel that way? If we are in Jesus... that is how God sees us.

Triune God, from the beginning loved us. And has invited us into his family/dance

- Not to grovel to some distant deity...
- But to enjoy his love as a fully adopted child.

He did it through Jesus' life, death, resurrection.

Why?

B/c we deserved it b/c we are the highest evolved species?

B/c we proved our worth by worshiping him really really good?

No b/c he WANTED to. **God loves and adopts his children simply b/c he wants to.**

Triune God is relational/communal.

He redeems/resurrects us to be a new community for a new earth/universe with him

That truth seems to overwhelm Paul who can't help but celebrate... **V. 6-7**

Belong to his dear Son... if you are Jesus Follower, you belong to Jesus.

V. 8-10 Mysterious will- Something that was once unknown but has now been revealed.

What's the plan? To bring everything under Christ- Jesus Followers are the first fruits

- Already Not yet ppl of God
- Already under Christ
- Not yet fully living in the restored world that will be completely renewed through and to him.

But Jon... I don't know if I'm really there... I don't feel it...

- We'll get there.

V. 11 B/c we are united to Jesus... we have an inheritance?

New heaven/new earth- eternal life in community with him and in him and with each other.

Next is the part I want to focus on...

V. 12-13a "Have heard the truth, The good news that saves you"

Good News/Gospel- "*Euangelion*"

- God has come to save humanity... bring KoG to earth now... restore humanity to dance
- To make that happen, Jesus has defeated death/sin
 - Saves us from being slaves to sinful nature/and its death/corruption now and forever
 - Saves us from fear, from the terror of the unknown in this life and the next.
- And now he is making a people that loves their enemies, a people that doesn't have to fear death
- Anyone can be part of this dance/kingdom... now!

"But Jon, I don't feel it..." - Hold on, we'll get there... Paul goes on...

13b. When you believed in Christ...

I don't want to minimize this... b/c I know belief is such a difficult idea/concept for so many... b/c can't measure it/explain it.

So, have you ever gone to the chiropractor?

My friend, who we'll call Jason, is an awesome chiropractor.

- Not sure I've trusted anyone more with my life if I think about it...
- I've seen the movies where they break necks

- Put all my future of being able to walk/live literally in his hands.
- Have to relax and trust

How know if trustworthy? Recommendations/his explanations...

But at some point have to just take the step and put all my hopes of being able to walk again on whether or not he will prove to be reliable... can/will do what he says he can/will do.

Belief is choosing to be confident that God will do what he promised.

The moment someone takes that step of trust... SOMEHOW something unimaginable happens...

“He identified you as his own by giving you the Holy Spirit whom he promised long ago” v13b

Identified = SEALED, marked

- Seal is a personal sign of the owner of something important
- Documents/belongings... a mark of authority over/of.

When we choose to trust God’s good news, we are permanently marked as God’s own child by receiving the HS.

- Meaning, God himself comes and seals us with his own personal presence.

*But Jon... I haven’t experienced all the stuff others have... **HOW DO I KNOW I have the HS?????***

1st Q: What are you trusting in to make you new/save you/get you back into the dance with God?

- Is it Jesus, or yourself?
- If it’s you... you’ll always be questioning... b/c you’re always shifting/growing/questioning
- If it’s Jesus, then God *promises* you have the HS.

I can’t make it any fancier than this... If you choose to trust Jesus as your King and Savior then... You know you have the HS b/c God says you do.

The moment we trust that God keeps his promises, he promises that we have the HS.

- It’s what Peter said when the HS 1st came upon the 1st Jesus Followers- **Acts 2:37-39**
- There’s no ritual. No special outward sign.
- We don’t need to invite, seek, or coax him to be in us...
- It’s a simple if/then statement.
- **IF** you believe Jesus is who he says he is and can do what he says he can do **THEN** you have the HS.

There’s more... the HS doesn’t just seal us, he guarantees God’s promise to us.

V. 14a God's 'Guarantee' = Downpayment

- Pledge/Promise of what is to come... Inheritance = Eternal life we talked about earlier.
- We will be fully restored to the dance of God... made perfect in a new perfect universe

Engagement ring...Already not yet

- **Already**-sealed... belong to each other
- **Not yet**- experiencing/enjoying final relationship that you've promised to have

The Holy Spirit is God's guarantee that he will fulfill his promise to restore us forever.

Gordon Fee- *"The Spirit therefore serves as God's down payment in our present lives, the certain evidence that the future has come into the present, and the sure guarantee that the future will be realized in full measure."*

"But Jon..." We're getting there I promise.

Why does God do all of this?

V. 14b Purpose- To be his own people... so we would praise and glorify him

Praise and Glorify? - Ego maniac?

No! Praise and glorify make him famous... show others his goodness/love/mercy/empowerment

The Holy Spirit is creating the people of God to show the world the love of God.

So you're not "feeling" what you think you should "feel"?

Next question: Are you walking w/ the HS? Is there proof you are becoming more of the people of God?

Every Jesus Follower has the Holy Spirit but not every Jf is walking with the HS

Last week- We can either work with the HS or hinder the HS

The proof we have the HS is by choosing to walk with him and having his fruit be produced in our lives.

"But... Jon... what if I was and lately I've messed up so much..."

If your kid came to you and said... I hate you. They change their name. Disown own you... does it change their DNA?

Does it change how you feel/see/know them?

Does it change the fact that in reality they are your child and you are their parent?

No... God keeps his promises... he promised to adopt you forever... **2 Tim 2:11-13**

Deny- Refuse to believe

Unfaithful- Don't live up to what we say we will do.

Can't deny himself... he has already sealed you with his own personal presence... he can't deny who he is.

When he sealed you... he already knew everytime you would go off of the path, every time you would deny loving him or knowing him.

He made his promise anyway... b/c it's never been based on you and what you can do... it's always been based on him and his love for you.

Who is stronger? you, your doubt, fear, bad choices... or God? **If God seals it no one can steal it**

- What would be strong enough to unseal what God has marked as his own?
- God himself is holding on to you... keeping you sealed/marked for himself.
- So we are free to ask questions, have doubts, and explore... b/c his love is more powerful than any of it.

"Ok I get that.. ***But I still feel guilty***" ...

1 John 3:18-20

"But how do I KNOW..."

B/c he said so ... **1 John 5:11-13**

Tim Suttle- "*Deep down, what it means to follow Jesus is knowing and believing that his love has made us worthy of being called the children of God.*"

It's that knowledge and belief that assures us we have the HS living in us and walking with us.

This HS guided life is like an old train...

Engine... Coal... Caboose

Engine is the promise of God.

Coal is our trust in that promise/living it out.

Caboose is feelings.



If we put all our coal/trust in the caboose/feelings we won't go anywhere and we'll wonder why this isn't working/frustrated/guilty/not experiencing what others are experiencing.

But if we put our coal/trust in the engine/God's promise then the train will move and the caboose/feelings will follow along.

Isn't that what faith is?

No matter our doubts, our questions, our uncertainty, our weaknesses... we cling to God, his trustworthiness, and his promises.

It's not a matter of gaining more knowledge and it's not a matter of relying on feelings... its a choice to trust the fact that God promised it, so it is reality.

YOU:

Goal: Trust that God keeps his promises.

Remind ourselves of God's promise...

Read: Ephesians 1:13-14

Pray: God, Help me put my confidence in your promise and not my feelings.

Live it out: God says you are sealed... live like it.

- Love confidently
- Live freely. He is guiding you and he is with you.

WE: The life Jesus offers isn't a life of anxiety ... fear...or unrelenting, nagging guilt.

It is a life of confidence, peace, assurance, love, even when we don't have all the answers.

He gives us the HS as a promise and guarantee that we are his now and forever.

We can trust him b/c hes proven he is trustworthy.

Now we can walk with him daily, and experience a confidence in who we are and who is with us... no matter what ups and downs we experience.

The more we walk with the HS the more we are aware that he is with us.