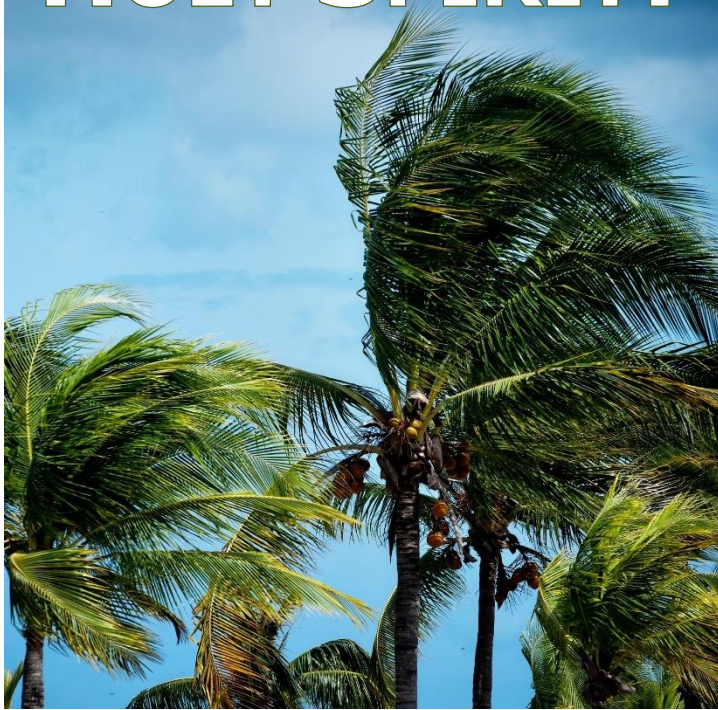


# WHO IS THE HOLY SPIRIT?



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'Who is the Holy Spirit?'  
by  
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# WHO IS THE HOLY SPIRIT?

God is amazing. He is the one true God, but He also exists in three different ways – Father, Son and Holy Spirit. God is the Father, Jesus is His Son and the Holy Spirit is the very presence of Jesus in the world. This is called the Trinity – one in three and three in one. The Holy Spirit isn't a thing, but a person, so He is 'He' not 'It'. It's difficult to get your head round all this, but people who have accepted Jesus as their Lord and Saviour, find they're no longer worried about being able to explain everything. They're far more interested in getting to know God personally and enjoying their relationship with Him.

The Holy Spirit has always existed. He was there when the world was created and has been involved in it ever since. He inspired the people who wrote the Bible, so they accurately and faithfully wrote down everything God wanted them to.

## *Upon, Among and Now Within*

Before Jesus was born, the Holy Spirit came on people and among people to give them power to do what God wanted them to do. But Jesus made it possible for people to have the Holy Spirit actually living inside them. This may well sound strange and perhaps a bit scary, but it isn't. It's not something that will control you in some way. God made people with free will and He will never take that away. If you have made Jesus your Lord and Saviour you are born-again and the Holy Spirit lives in you, but you can receive all His help and use His power or you can ignore it. The choice is still yours. If this does all seem weird to you, don't stop reading. It won't really start to make sense until you're born-again and you have the Holy Spirit living in you.

## Jesus

Jesus Himself needed the Holy Spirit. Matthew 3:16 says that when He was baptised – *‘the heavens were opened to him. He saw the Spirit of God descending as a dove, and coming on him.’* He was only able to do all the miracles He did by using the power of the Holy Spirit. Acts 10:38 says – *‘God anointed him with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with him.’* When Jesus went back to heaven, He made sure that His presence could still be with His followers. He sent His Holy Spirit to live in them to give them the power to live the very best life.

## What Does ‘Born-Again’ mean?

When you were born as a baby it was a physical birth. Jesus called it being born of water, as a baby is born out of the amniotic fluid it has lived in in its mother’s womb. Jesus said being born-again isn’t of water this time, but of the spirit. When a man asked him about this Jesus answered in John 3:5 – *‘unless one is born of water and spirit, he can’t enter into God’s Kingdom.’* It’s as you accept Jesus as your Lord and Saviour that you’re born-again because it is at that moment that the Holy Spirit comes and lives within you.

No-one is perfect. Everyone has thought, said and done wrong things – this is what the Bible calls sin. God is perfect. He loves people and wants to be in relationship with them, but He hates sin and His purity demands that it must be justly punished. So instead of punishing people, He sent His Son, Jesus, to earth to suffer the punishment for every person’s sin, past, present and future. Justice has been done. Sin has been punished, and if you accept that Jesus is God and that He died for you personally, the

forgiveness Jesus won for you as He died will become yours, and you will be free to be in relationship with God. You will be born-again and the Holy Spirit will live in you. 1 Corinthians 6:19 says – *‘don’t you know that your body is a temple of the Holy Spirit which is in you, whom you have from God?’* Being born-again is a gift – you can’t earn it and you can’t earn the Holy Spirit. It’s not about what you’ve done, it’s all about what Jesus did for you. You just need to receive - isn’t that great!

2 Corinthians 1:22 says God – *‘sealed us, and gave us the down payment of the Spirit in our hearts.’* The Holy Spirit within you is a guarantee that you are born-again and will spend eternity in joy and peace with Jesus. A seal protects something from being opened and spoilt or stolen. God seals born-again Christians to protect them. And they are sealed with His mark to make it clear that they belong to Him.

## ***Be Born-Again Today***

If you’ve never accepted Jesus as your Lord and Saviour then why not do so today. God loves you totally and unconditionally, but it’s only as you’re born-again that He becomes your Father and you are able to experience that wonderful love relationship with Him and receive the Holy Spirit.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you’ve done that sincerely, you are now born-again and Jesus has come to live in you. Everything you’ve ever done wrong or

ever will do wrong is forgiven, and after this life is over, you'll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God's love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

## ***There's More!***

After Jesus had come back to life, He spent a lot of time with His followers and it says in John 20:22 that – *'he breathed on them, and said to them, "Receive the Holy Spirit!"'* This was the first time people received the Holy Spirit to live within them. But He then said to them in Acts 1:4&8 just before He was taken back to heaven – *'wait for the promise of the Father, which you heard from me ... You will receive power when the Holy Spirit has come upon you. You will be witnesses to me in Jerusalem, in all Judea and Samaria, and to the uttermost parts of the earth.'* They already had the Holy Spirit, but Jesus was saying there would be more and that this is what would give them power to spread the good news of Jesus to others and perform the miracles that He had done.

And this is what happened on the day Christians call Pentecost. Acts 2:2-4 says – *'Suddenly there came from the sky a sound like the rushing of a mighty wind, and it filled all the house where they were sitting. Tongues like fire appeared and were distributed to them, and one sat on each of them. They were all filled with the Holy Spirit.'*

This 'more' is called 'baptism in the Holy Spirit'. For some people

this baptism will happen at the same time as they are born-again, but often it is a separate experience. It won't involve tongues of fire on your head and is unlikely to sound like a rushing wind, but it will be just as real and dramatic in how it changes your life.

## *What Difference Does it Make?*

It's like the difference between having the pilot light on in a central heating boiler, and the main burner igniting as the valve opens up. When just the pilot light is lit, there is a flame and it guarantees that heating is possible. But when the whole boiler ignites there is power leading to results – your house gets warm. The Holy Spirit pilot light is there within you and cannot be put out, but when you are baptized in the Holy Spirit, everything starts to change and the difference is power.

The Bible describes the Holy Spirit as the 'Helper' – He will always be there to help you in any and every way you let Him. He is the 'Teacher' and the 'Spirit of Truth' – He will help you understand the Bible, not just as words, but at a spiritual level. God will 'speak' to you through Him. He is the 'Comforter'. He is the 'Counsellor' who will always give you the best possible advice. He will gently point out when you get things wrong and turn you to Jesus to receive your forgiveness, helping you to let go of the guilt and shame, and not to doubt God's love for you. He will confirm in your heart that you really are born-again and a child of God. He will help you to pray. And He will give you the power to say and do all the things God wants you to do.

It won't all happen instantly, but there will be a definite change and things will continue to change. And the end result is a life which has more meaning, fulfilment, joy, peace and satisfaction.

## *Fruit of the Spirit*

When you are born-again the Holy Spirit comes to live in you along with what the Bible calls His fruit. Galatians 5:22-23 says – *‘the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control.’* The fruit comes complete and mature, so you don’t have to wait for the fruit to grow as is often said. No, you have to learn to allow it to influence the way you live. When you’re baptized in the Holy Spirit the fruit will become more evident in your life and you will find living that way easier.

You can’t lose the fruit, because it’s part of you. If you feel you’ve lost your joy or your peace, it isn’t true. What you have lost is your experience of it. When you’re born-again you don’t have to look for joy or peace or any of the fruit outside yourself. You need to release it from within. This is really encouraging when you are struggling. Decide to turn your thoughts onto the love of God and ask Him to help you experience your joy or peace again. When deciding how to react to something or someone, choose the way of the fruit. As you do this more and more, it will gradually become easier and eventually be your default reaction.

## *Gifts of the Spirit*

When you’re baptised in the Spirit, God gives you wonderful gifts. 1 Corinthians 12:8-10 lists them as – the word of wisdom, the word of knowledge, faith, gifts of healings, workings of miracles, prophecy, discerning of spirits, different kinds of languages, and the interpretation of languages. As a born-again Christian you have the ability to do all these things, but God will also have a particular one for you to focus on as your gift. He

wants you to use it in ways that help others and build them up, but, as so often with God when you seek to please Him, He blesses you too. As you recognize a gift, or others recognize it in you, start to use it. The Holy Spirit gives people gifts as He decides, but the Bible says to desire them, which means they can be yours if you sincerely want them for the right reason.

‘Different kinds of languages’ is called speaking in tongues. This gift was given to Jesus’s followers on that Pentecost day. Acts 2:4 says – *‘They were all filled with the Holy Spirit, and began to speak with other languages, as the Spirit gave them the ability to speak.’* It is available to every born-again believer. It can be speaking in a language you don’t know, or speaking in a heavenly language. It can help when you don’t know how to pray – you will be praying just what is needed. It builds you up. It is from God Himself, so it is speaking truth to you.

## *How to Receive Baptism in the Holy Spirit*

It’s so simple – just ask God for it, believing it will happen, and receive it. You can’t earn it – it’s a gift. In Luke 11:10&13 Jesus said – *‘For everyone who asks receives ... how much more will your heavenly Father give the Holy Spirit to those who ask him?’* Tell God you know you need His power to live as a Christian and ask Him to baptize you right where you are. Tell Him you receive it and thank Him for it. That’s it! God always honours His promises. If you’ve done that sincerely, then it’s happened. You will never need to ask God to baptize you in the Holy Spirit again – it’s done. But the Bible says to let Him keep filling you. And decide to choose to live knowing that you have the power and fruit of the Holy Spirit and that His gifts are available to you. To receive the gift of speaking in tongues you have to do your bit. Ask God for it and open your mouth and start to speak or sing.

It is always under your control - your mouth won't start to speak by itself. You have to start making a sound and the tongues will come. It may not be instant, but don't give up.

## *Faith, not Feelings*

Don't rely on your feelings. Being baptized in the Holy Spirit may be a wonderful emotional experience or you may feel nothing at first. The proof that something life-changing has happened will be shown in the days and years ahead as you grow in the fruit and gifts. Instead of focussing on feelings, rely on God's promises in the Bible. Feelings can vary – God's truth never changes.

## *People of Power*

Holy Spirit power is wonderful. On the day of Pentecost, Peter, one of Jesus's close followers, instantly started publicly declaring the good news of Jesus to all the people gathered around them. Acts 2:41 says – *'Then those who gladly received his word were baptised. There were added that day about three thousand souls.'* It wasn't Peter's own ability or courage that enabled him to speak like that - it was the power of the Holy Spirit now filling him. The Holy Spirit had changed him from a fearful person who often got things wrong to a man who was completely sure of Jesus and of his own faith in Him.

God may not call you to do anything so dramatic, but if you have been baptized in the Holy Spirit, then you are now a person of power too and are able to do what God wants you to do. Start out on your amazing adventure with Him and become the person God has always wanted you to be.

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and who Jesus is  
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This booklet will help you understand  
something of who He is, what He does  
and how He wants to work for you in your life.  
It also explains about  
being baptised in the Holy Spirit.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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