

# Are We Resisting The Work Of The Holy Spirit?

Preparing this message that I bring to you “*scared the life out of me*” or did it “*scare the Life into me?*”

**1 Thessalonians 5:19** [Good News Bible] “*Do not restrain the Holy Spirit.*”

**1 Thessalonians 5:19** [NIV] “*Do not put out the Spirit’s fire.*”

## We could be resisting and frustrating the Work of God!

**What would such a lifestyle make us!**

**Romans 5:9-10** [NIV] “*Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him! For if, when we were God’s enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!*”

**Before we were justified [made just-as-if we had never sinned] by the blood of Jesus Christ we were God’s enemies.**

The blood of Jesus Christ reconciled us to God. Turned us from enemies to friends of God.

**But does this save us?**

**No!**

**We are saved by His life!**

What does this mean?

**How does the life of Jesus Christ save us from eternal death?**

Let us receive the answer to this question directly from the words Jesus Christ spoke to His disciples when here on earth.

Jesus had finally convinced the disciples after many hints and statements that soon He was going to leave them.

**John 14:1** [Living Bible] “*Let not your heart be troubled. You are trusting God, now trust in Me.*”

The disciples were going to lose the man they had followed for over three years and had come to love and rely on.

**John 14:15-16** [Living Bible] “*If you love me obey me, and I will ask the Father and He will give you another Comforter and He will never leave you.*”

**Who was this Comforter going to be?**

**John 14:17** [Living Bible] “*He is the Holy Spirit, the Spirit who leads into all truth. The world at large cannot receive Him, for it isn’t looking for Him and doesn’t recognise Him. But you do, for He lives with you now and some day shall be in you.*”

Notice certain statements that Jesus made. It was the Holy Spirit who was going to lead us into all truth.

**John 14:6** [Living Bible] *“Jesus told him [doubting Thomas] I am the Way, yes and the Truth and the Life.”*

The Holy Spirit will lead us to Jesus Christ to know Jesus Christ our Saviour.

As we follow and listen to the Holy Spirit we are doing exactly as the disciples of Jesus Christ did as they followed and listened to Jesus Christ Himself when on earth.

I now ask the question again!

Are we resisting and frustrating the work of Jesus Christ in our lives?

Are we becoming once again the enemies of God?

**If we are resisting the work of the Holy Spirit in our lives, then this is what God our Creator sees when He is forced to look at us.**

**2 Peter 2:20-22** [Living Bible] *“When a person has escaped from the wicked ways of this world by learning about our Lord and Saviour Jesus Christ, and then gets tangled up with sin and becomes its slave again, he is worse off than he was before. It would be better if he had never known about Christ at all than to learn about Him and then afterwards turn his back on the Holy Commandments that were given to him. There is an old saying that ‘a dog comes back to what he has vomited, and a pig is washed only to come back and wallow in the mud again.’ That is the way it is with those who turn again to their sin.”*

How do we receive the commandments of God?

**Through the Holy Spirit! He leads us into all truth, He is the One who shows us how to apply the sayings of Christ to our lives today.**

**Have I captured your attention with these words?**

**I hope so, for the words I present to you are a matter of life and death, eternal life or death.**

Yesterday I scattered the ashes of my mother in the garden of the church she loved so much. My mother lived a Christian life to the great age of over 103 years. She was continually laughing and joking with the nurses in the rest home in which she spent the last year of her life. All the staff and residents had come to love and respect her; they called her Princess Dolly, her real name being Dorothy.

The apostle John, we are told, lived to a great age.

I do not know if the John who is compiling this article will be allowed to live to a great age like his mother! Only God can answer that question!

But I pray that I may be able to continue to serve my God until my last breath in this life, by being guided and empowered by *“the Breath of Life”*, the Holy Spirit.

I pray that the Holy Spirit’s fire within me may never be quenched by anything that my many human weaknesses may cause me to do that will bring the Holy Spirit grief at times.

## What then does restrain the life giving work of the Holy Spirit in us?

**John 1:32-34** [NIV] *“Then John gave this testimony: “I saw the Spirit come down from heaven as a dove and remain on him. I would not have known him, except that the one who sent me to baptise with water told me, ‘The man on whom you see the Spirit come down and remain is he who will baptise with the Holy Spirit.’ I have seen and I testify that this is the Son of God.”*

**In this scripture and others, the Holy Spirit is likened to the nature of a dove.**

A dove is a very sensitive creature, very easily frightened and quickly flutters away when disturbed.

In John’s testimony the obviously important word is **“remain”**.

For a dove to alight voluntarily on a human being is unusual if not unprecedented, but for the dove to remain is quite astonishing.

In our relationship with the Holy Spirit, the One whom the Father sent to represent Jesus Christ on earth at this time, we must think ‘dove’.

**We must realise that the Holy Spirit is hypersensitive and His special presence will leave us if we grieve Him by our thoughts and actions.**

## First we need to recognise the presence of Holy Spirit

**1 John 4:1** [NIV] *“Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.”*

Visually there is little difference between doves and pigeons and some spirits that are not from God can disguise themselves as doves when they are pigeons.

**2 Corinthians 11:14-15** [NIV] *“And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, if his servants masquerade as servants of righteousness. Their end will be what their actions deserve.”*

**We need to know the different spirits by their nature and fruits.**

<b>Doves</b>	<b>Pigeons</b>
Never fight	Fight with each other all the time
Peaceful and quiet	Belligerent and noisy
Not territorial	Very territorial, bully one another for a special place to perch
Cannot be trained or domesticated	Can be trained to return to same place
Are very loyal – will mate with only one other dove for life	Not reliable or loyal – will often have many mates

**A pigeon could never represent the Holy Spirit because of its nature.**

Long before a dove came to be the symbol of peace in society God had designated the dove as a symbol of the peace He can bring to our lives.

**When the Holy Spirit is present in our lives we will be expressing His characteristics.**

## **Harmless**

**Matthew 10:16** [RAV] “... *therefore be wise as serpents and harmless as doves.*”

## **Gentleness**

**Galatians 5:23** [NIV] “...*gentleness and self-control. Against such things there is no law.*”

One of the fruits of Holy Spirit is gentleness.

**Philippians 4:5** [NIV] “*Let your gentleness be evident to all. The Lord is near.*”

A spirit filled person is recognised by their peaceable and gentle attitude.

How often have we mistaken the presence of a “*pigeon spirit*” with a genuine “*dove spirit*”?

Some spirit filled religion may be only “*pigeon religion*” not Holy Spirit led worship and fellowship with our Creator God.

**We all desire to experience the mighty rushing wind and fire of revival in God’s Church, but perhaps we should seek first to be aware of the dove-like sensitivity of Holy Spirit.**

Surely we should seek to know the Holy Spirit as a person, seek to honour and respect Him as God, not just try to use Him as a power to fulfil our own goals!!

**Our relationship with the Holy Spirit must be based on sensitivity.**

We need to learn what so easily grieves the Holy Spirit and avoid such attitudes and actions. We have to adjust to Him as He, being God, is Sovereign and will not adjust His character and will to fit in with our nature.

We also need to become sensitive to the Holy Spirit, to listen to His quiet prompting and seek to yield, submit, to His will so we avoid quenching His power and the work He desires to do through us.

The fact that the Holy Spirit remained on Jesus shows that they were both mutually adjusted to each other.

**We resist the Holy Spirit by grieving and quenching Him when we do not allow Him to be Himself in our lives.**

**We resist the Holy Spirit by Him not being allowed to do what He could do through us.**

Too often we have so many of **our own** “*irons in the fire*” that we put out the flame of the Holy Spirit in our lives.

**Romans 12:1-2** [NIV] “*Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God-- this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is-- his good, pleasing and perfect will.*”

I feel the Old Testament type of sacrifice that is being referred to by Paul is the “*burnt offering*”. This sacrifice was completely burnt up on the altar. No part was consumed by priests or by those making the offering.

God seeks every part of our life to conform with His will, as expressed by the indwelling of the Holy Spirit in us being the Director of our lives.

**Matthew 26:39** [NIV] *“Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”*

We follow the example of our Saviour Jesus Christ.

**Matthew 26:41** [NIV] *Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.”*

**The only way that our body will be empowered to perform what both we and God desire is through the Holy Spirit.**

How is this accomplished?

The Holy Spirit interacting with our human spirit can, if we in our mind [soul] submit to the will of the Holy Spirit, give power to our body to perform God’s will.

Only by being sensitive to the Holy Spirit can this be accomplished.

**The Holy Spirit by nature will never force His will on us, we have to invite Him to direct our lives.**

**Romans 8:14** [NIV] *“...because those who are led by the Spirit of God are sons of God.”*

**The Holy Spirit will only lead, He will not drive us, we have to ensure we recognise Him and follow Him, by being personally sensitive to His will.**

Too often Christians who read in God’s Word about the gifts and fruits of the Holy Spirit desire the powerful gifts of Holy Spirit in their lives before the indwelling of the Holy Spirit has produced the fruits of the Holy Spirit in their lives.

**Acts 8:9-11, 18** [NIV] *“Now for some time a man named Simon had practised sorcery in the city and amazed all the people of Samaria. He boasted that he was someone great, and all the people, both high and low, gave him their attention and exclaimed, “This man is the divine power known as the Great Power.” They followed him because he had amazed them for a long time with his magic.” ... “When Simon saw that the Spirit was given at the laying on of the apostles’ hands, he offered them money.”*

**Spirits other than the Holy Spirit are very willing and able to produce false gifts of the spirit in the lives of people who are seeking only the powerful gifts of spirit for their own gratification and prestige.**

**Acts 8:20-23** [NIV] *“Peter answered: “May your money perish with you, because you thought you could buy the gift of God with money! You have no part or share in this ministry, because your heart is not right before God. Repent of this wickedness and pray to the Lord. Perhaps he will forgive you for having such a thought in your heart. For I see that you are full of bitterness and captive to sin.”*

Peter recognised the work of these false spirits and told Simon why the Holy Spirit could not dwell in him because of two attitudes that would grieve the Holy Spirit, bitterness and sin.

**Acts 16:16-18** [NIV] *“Once when we were going to the place of prayer, we were met by a slave girl who had a spirit by which she predicted the future. She earned a great deal of money for her owners by fortune-telling. This girl followed Paul and the rest of us, shouting, “These men are servants of the Most High God, who are telling you the way to be saved.” She kept this up for many days. Finally Paul became so troubled that he turned around and said to the spirit, “In the name of Jesus Christ I command you to come out of her!” At that moment the spirit left her.”*

**The New Testament makes it clear that false prophets, deceiving spirits and lying signs and wonders may abound when the Holy Spirit is manifesting His power.**

**Matthew 7:22** [NIV] *“Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name, and in your name drive out demons and perform many miracles?’”*

**Miracles do not prove the presence or work of the Holy Spirit.**

Knowing Christ, having a personal relationship with Jesus Christ through His representative on earth at this time, the Holy Spirit, allows us to prove where the Holy Spirit is at work.

**Matthew 24:24** [Amplified Bible] *“For false Christs and false prophets will arise, and they will show great signs and wonders, so as to deceive and lead astray, if possible, even the elect, God’s chosen ones.”*

The major aim of false, evil spirits is to attack and deceive Christians, especially Christians who are being used powerfully by the Holy Spirit.

## **How do we recognise the work of false spirits?**

How can we know what is demonic, what is psychological and what is work of Holy Spirit?

(a) **1 Corinthians 12:3** [NIV] *“Therefore I tell you that no one who is speaking by the Spirit of God says, ‘Jesus be cursed,’ and no one can say, ‘Jesus is Lord,’ except by the Holy Spirit.”*

**A person who is being used by the Holy Spirit will show by their life that “Jesus is Lord”. They will be subject to the Will of the Holy Spirit in every aspect of their lives.**

(b) **1 John 4:2-3** [NIV] *“This is how you can recognise the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world.”*

**A person directed by the Holy Spirit will confess that Jesus the Christ is fully man and fully God and acknowledge Him as his Creator God.**

(c) **Matthew 7:15-20** [NIV] *“Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves. By their fruit you will recognise them. Do people pick grapes from thornbushes, or figs from thistles? Likewise every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognise them.”*

**A person who has the Holy Spirit dwelling in them will be exhibiting a measure of true godly love, compassion and holiness in their character.** In other words the “*fruits of the Holy Spirit*” will be evident in their lives, including genuine humility.

(d) **1 Corinthians 12:10** [NIV] *“...to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues.”*

Certain spiritual abilities will be evident in those who have the Holy Spirit dwelling in them. Such as ability to distinguish between false spirits and Holy Spirit at work.

**Remember the possibility of the counterfeit exists only with the presence of the genuine.**

## How can we resist the Holy Spirit?

We resist the Holy Spirit in two ways.

**We grieve the Holy Spirit** by not allowing Him to be Himself, what He could **be in us**, the fruits of the Holy Spirit.

**We quench the Holy Spirit** by not allowing Him to **do through us** all that He could do, by not using the gifts of Holy Spirit we have been given by God.

In both cases it is our resistance to the Holy Spirit being sovereign, as God, as Jesus Christ, in our lives.

**Ephesians 4:30-32** [NIV] *“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. **Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

## Bitterness resists the Holy Spirit

Bitterness or resentment is the major way in which we grieve the Holy Spirit.

**Sadly, resentment at the time always seems the right reaction to hurt. Resentment that develops into bitterness if we hold on to it will cause the Holy Spirit to leave as a special presence in our lives.**

At the time we will not realise the Holy Spirit has left and we can carry on as if we still have His special presence in our lives.

How can this happen? How is it we don't instantly know the special presence of the Holy Spirit has left us?

**Romans 11:29** [Amplified] *“For God's gifts and His call are irrevocable, He never withdraws them when once they are given, and He does not change His mind about those to whom He gives His grace or to whom He sends a call.”*

We do not realise the “dove” has fluttered away because we are for a period of time continuing on under our own strength and the gifts we received from God at our calling.

Resentment and bitterness do deprive us of the powerful presence of the Holy Spirit. How then do we recover from resentment so that the special presence of the Holy Spirit will return?

## Presumptuousness resists the Holy Spirit

**Psalms 19:13** [Living Bible] *“Keep back your servant from presumptuous sins, let them not have dominion over me! Then shall I be blameless, and I shall be innocent and clear of great transgression.”*

**Presumptuous sins are the result of two attitudes:-**

a) **Arrogance:-** Not having the humble approach to our Creator, not treating Him as Sovereign. **The Holy Spirit is God, He is Sovereign. We must adapt our will to His will.** Unless this is our relationship with the Holy Spirit, He will not remain as a special presence in our lives.

b) **Assumption or taking for granted:-** Just because the Holy Spirit has worked with one group of people in a certain way, or has manifested Himself and His Power to a certain group, we cannot assume He will work with us or if He does, He will manifest Himself in the same way with us.

**As with the analogy of the dove and pigeon the dove cannot be domesticated, we cannot use the Holy Spirit to empower our plans.**

**Our relationship with the Holy Spirit is to follow His lead. By being sensitive to His will, we may then join in where we see Him at work.**

## **An unforgiving attitude resists the Holy Spirit**

**Ephesians 4:32** [Living Bible] *“Become useful, helpful and kind to one another, tender hearted, compassionate, understanding, loving hearted, forgiving one another, readily and freely, as God in Christ forgave you.”*

When we are faced with an accusation, true or false, an insult or any form of unfairness, we do not challenge the people involved. We allow an offence to go unpunished, this is being gracious just as God is gracious towards us.

**Proverbs 25:2** [Living Bible] *“It is the glory of God to conceal a matter.”*

This is what God has done for us through Jesus Christ’s death. Our sins are covered or concealed.

**We conceal what could be told and brought out into the open, in this way we ensure the Holy Spirit will remain in us just as He did in Jesus Christ for we are following Christ’s example.**

## **Ungodly behaviour resists the Holy Spirit**

**Ephesians 5:3, 11, 18** [NIV] *“But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.” ... “Have nothing to do with the fruitless deeds of darkness, but rather expose them.” ... “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”*

Sins of all kinds will quench or grieve the Holy Spirit. Sexual freedom and perversion abounds today just as it did in Corinth in Paul’s day. The pressure of that society had affected some in the church at Corinth.

**1 Corinthians 6:18-20** [NIV] *“Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body.”*

**As God’s love for people is generated by the indwelling of the Holy Spirit in us, we need to be all the more on our guard lest a genuine, warm, spiritual love degenerates into immoral sexual practice.**

**Such scandal was exhibited to those in and out of the church at Corinth and has destroyed the work of the Holy Spirit in many others down through the ages.**

**The Holy Spirit will not remain or re-enter us if we allow our bodies, His physical temple, to be polluted by illicit sexual practices.**

## Neglect resists the Holy Spirit

**2 Timothy 1:6-7** [Living Bible] “... I would remind you to stir up, rekindle the embers, fan the flame and keep burning, the gracious gift of God ... for God did not give us a Spirit of timidity, of cowardice, cringing and fawning fear, but He has given us a Spirit of Power and of Love, a calm well balanced mind, disciplined and self controlled.”

The church in general and individual Christians in particular, urgently need the warmth of God’s Love in their fellowship. In this emotionally cold society people are drawn towards warm, friendly, loving people and fellowships to satisfy a need they have for such warmth.

**Acts 2:46-47** [NIV] “Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.”

If we neglect the gift of the Holy Spirit in our lives, if His fire in us is quenched, the resulting chilling coldness and carelessness will effectively keep others away from their Saviour we are trying to proclaim.

**John 13:35** [NIV] “By this all men will know that you are my disciples, if you love one another.”

**A warm loving fellowship is the sign of a Spirit filled group of Christians.**

## A lack of unity resists the Holy Spirit

In the early chapters of the book of Acts we see phrases indicating unity in the church: “with one accord” – “all together” – “all things in common” – “of one heart and soul”.

The Holy Spirit works in the whole of the body of the Church, the individual church or fellowship or the Universal Church.

**The power of the Holy Spirit is for God’s people, not just a few individuals.**

**Ephesians 4:16** [NIV] “From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.”

Each part of the Body assists the rest of the Body to grow.

**Matthew 18:19-20** [NIV] “Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them.”

The Greek word translated “agree” is “*sumphoneo*” which means “in symphony with” or “in harmony with”.

**It is not enough that two or three of us are praying for the same thing, our lives must be in complete harmony with each other. There must be in our relationship love and forgiveness. If any disharmony is present in our relationship then the “dove” has flown and the power of our prayers is gone with Him.**

**Mark 11:24-25** [NIV] “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.”

**The answer to prayers is dependent on unity that comes from love and mutual forgiveness.**

## A lack of true worship resists the Holy Spirit

**Ephesians 5:18-20** [Living Bible] “... ever be filled with the Holy Spirit. Speak out to one another in psalms, hymns and spiritual songs, offering praise with voices and instruments and making melody with all your heart to the Lord. At all times and for everything giving thanks in the name of our Lord Jesus Christ to God the Father.”

**Praise and thanksgiving more than anything else, will lead to a gracious sense of the presence of the Holy Spirit.**

The Old Testament, especially the psalms, is full of praise and thanksgiving.

The New Testament, likewise, frequently refers to thanksgiving and praise being offered to God.

**Revelation 4:6, 8-11** [NIV] “Also before the throne there was what looked like a sea of glass, clear as crystal. In the centre, around the throne, were four living creatures, and they were covered with eyes, in front and in back.” ... “Each of the four living creatures had six wings and was covered with eyes all around, even under his wings. Day and night they never stop saying: “Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come.” Whenever the living creatures give glory, honour and thanks to him who sits on the throne and who lives for ever and ever, the twenty-four elders fall down before him who sits on the throne, and worship him who lives for ever and ever. They lay their crowns before the throne and say: “You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they were created and have their being.”

**Praise and thanksgiving is the language of heaven.**

In one sense when we give praise and thanks we are joining in the response of those who surround the throne of God. Heaven and earth meet in the atmosphere of praise and thanksgiving.

**Praise and thanksgiving is the language of faith. Faith depends directly on our vision of God and it is through praise and thanksgiving that our vision of God grows brighter and hence our faith grows stronger.**

As in worship we remind ourselves of the promises God has made to those who repent and seek Him, our trust and faith in Him is strengthened.

**John 4:23** [NIV] “Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks.”

In many Christian circles today we have neglected to our cost the priority of worship. Unfortunately, worship for many has come to mean a few hymns and prayers arranged in some liturgical or non-liturgical pattern.

We need to ask the question, does our worship involve our whole being, body, soul and spirit?

Is our worship a communion of Spirit and our human spirit?

What do I mean by Spirit/spirit worship?

True worship is not just what we say or sing but how we say and sing it.

Our worship must come from our human spirit and mind, our innermost being.

What we call “happy/clappy” worship may [I say may, as I cannot see deep into the minds of those worshipping in this style] only involve the mind and the body. **Those involved find this style of worship enjoyable even to the extent of being only entertaining.**

We need to ask is our human spirit and the Holy Spirit, the Spirit of Truth, are involved in our worship.

**Romans 8:9, 15-16** [NIV] *“You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.” ... “For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.” The Spirit himself testifies with our spirit that we are God’s children.”*

Just as the Spirit witnesses with our human spirit that we are children of God, prompting us to cry “Abba! Father”, so in true worship we must have involved this close intimate relationship with the Holy Spirit the Father’s representative here on earth at this time.

**John 14:15-18** [NIV] *“If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counsellor to be with you forever, the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you.”*

**Jesus Christ and the Father are present in our worship when the Holy Spirit is present.**

So nothing that would grieve or quench the Holy Spirit can be involved in our worship, within the people present or the style of worship.

**Psalms 103:1-2** [Amplified Bible] *“Bless, affectionately, gratefully praise the Lord, O my soul, and all that is deepest within me, bless His holy name! Bless, affectionately, gratefully praise the Lord, O my soul, and forget not one of all His benefits!”*

**True worship involves praise and thankfulness expressed with our whole being, body, mind and human spirit.**

**Romans 12:1** [Amplified Bible] *“I appeal to you therefore brethren, and beg of you in view of all the mercies of God, to make a decisive dedication of your bodies, presenting all your members and faculties, as a living sacrifice, holy, devoted, consecrated and well pleasing to God, which is your reasonable, rational, intelligent service and spiritual worship.”*

**Our whole life should be an act of worship.**

Worship is **not** just something we do once a week at a special place at a certain time.

When we consider all that God has done for us and His great love for us, this is the only reasonable lifestyle we can have.

**A lack of witness on our part resists the Holy Spirit**

**Matthew 28:18-20** [NIV] *“Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

**The two major tasks of the church is to worship and witness.** When we devote our whole being to these two areas the Holy Spirit will be there, guiding and empowering.

**Acts 4:29, 31** [NIV] *“Now, Lord, consider their threats and enable your servants to speak your word with great boldness.” ... “After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.”*

**Acts 5:42** [NIV] *“Day after day, in the temple courts and from house to house, they never stopped teaching and proclaiming the good news that Jesus is the Christ.”*

**The disciples did this inspite of opposition, threats and beatings.**

This is why the Holy Spirit is given to us, not for great spiritual experiences, not for lengthy discussions about the finer points of theological doctrines, but that we may be powerful witnesses for Jesus Christ.

**Revelation 12:11** [Amplified Bible] *“And they [the church] have overcome, conquered him [Satan, the deceiver of all people] by means of the blood of the Lamb and by the utterance of their testimony, for they did not love and cling to life even when faced with death, holding their lives cheap till they had to die for their witnessing.”*

**We are all on urgent business for our Master and Saviour Jesus Christ.**

**John 7:38-39** [NIV] *“Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.” By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.”*

**The Holy Spirit will not stagnate it must flow through us out to others in acts of loving compassion, faithfulness, patience, kindness, gentleness, self control, peace and great inner joy.**

Providing every aspect of our lives is a living testimony to the saving power of Jesus Christ by the dramatic changes He makes to our lives, the power of the Holy Spirit will be within us.

We will **not** be resisting the Holy Spirit, but working with Him to bring light and love to this darkened and loveless society.