

How To Receive Supernatural Strength

Apart from a few brief experiences when Jesus took on the world's woes and sins He, while on earth, lived a life of tranquility.

Jesus did not show exhaustion through stress, but lived a life of peace.

How was this?

Acts 10:36-38 [NIV] *“You know the message God sent to the people of Israel, telling the good news of peace through Jesus Christ, who is Lord of all. You know what has happened throughout Judea, beginning in Galilee after the baptism that John preached, how God anointed Jesus of Nazareth **with the Holy Spirit and power**, and how he went around doing good and healing all who were under the power of the devil, **because God was with him.**”*

Jesus was able to work with a minimum of stress because He was a man completely possessed by the Holy Spirit.

It was after God had anointed Jesus with the Holy Spirit that He accomplished all the healings.

Mark 5:25-30 [NIV] *“And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, “If I just touch his clothes, I will be healed.” Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. **At once Jesus realised that power had gone out from him.** He turned around in the crowd and asked, “Who touched my clothes?”*

Miracles drained Jesus Christ of power to perform.

As a man Jesus did grow tired and had to sleep and rest to refresh Himself, but the strain and the exhaustion He would have suffered otherwise were spared Him by the constant “*quicken*” of the Holy Spirit.

Romans 8:9-11 [King James] *“But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also **quicken your mortal bodies by his Spirit that dwelleth in you.**”*

The Greek word translated “*quicken*” means to “*re-vitalise*” [“*give life to your mortal bodies*” NIV Bible].

It is possible to work far beyond the normal strength of the human constitution and yet experience little or no fatigue because the energy for the work has been provided, not by the burning up of human tissue, but by the indwelling Spirit of Power.

Acts 1:8 [NIV] *“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”*

There is available power from on high for us to use.

John 14:26-27 [NIV] *“But the Counsellor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you;*

my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

It is the Holy Spirit that gives us peace of mind, not stress-related exhaustion.

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

I wonder if we who are told we are “*children of God*”, are not allowing ourselves to be cheated out of our heritage.

Surely it should not be necessary to do spiritual work in the strength of our natural abilities and talents?

God has made available to us supernatural energies for supernatural tasks.

The attempt to do the work of the Spirit without the Spirit’s enabling power may explain the high number of nervous breakdowns among Christian ministers, compared with other people.

It has been the experience of some that the Spirit actually rests the human body into which He enters.

The Bible would seem to support this belief.

Maybe we have been missing something very wonderful and very necessary as children of God.

This relationship with and empowering by the Holy Spirit is a reality to some Christians; it is a pity that it is not a reality to all Christians.

How then are we empowered, filled with, the Holy Spirit?

To be filled with the Holy Spirit follows a total surrender to our Creator God.

Romans 12:1-3 [Message Bible] *“So here’s what I want you to do, God helping you: **Take your everyday, ordinary life, your sleeping, eating, going-to-work, and walking-around life, and place it before God as an offering.** Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, **fix your attention on God. You’ll be changed from the inside out.** Readily recognise what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. I’m speaking to you out of deep gratitude for all that God has given me, and especially as I have responsibilities in relation to you. Living then, as every one of you does, in pure grace, it’s important that you not misinterpret yourselves as people who are bringing this goodness to God. No, God brings it all to you. **The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him.**”*

God will not fill what He cannot own.

Are we willing to take this **first step**?

This is a total surrender of life, our mind, our personality, our human spirit, our love, our ambitions, our all!

1 Corinthians 6:19-20 [NIV] *“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 a Christian we are owned by Jesus Christ who purchased us by His blood sacrifice.

Second step is to ask for the special **active presence** of the Holy Spirit.

Luke 11:13 [NIV] *“If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”*

God could have chosen to give us the special presence of the Holy Spirit without our asking but here He tells us to ask, so we go ahead and obediently ask.

This leads us directly into the **third step**.

Acts 5:32 [NIV] *“We are witnesses of these things, and so is the Holy Spirit, whom God has **given to those who obey him.**”*

God only gives the Holy Spirit to those who obey Him.

That is to simply live by His Word, the Holy Christian Bible, as the Holy Spirit reveals them to you.

Simple but revolutionary.

The **fourth step** is to have faith in God and His Promises.

Galatians 3:2 [New Jerusalem Bible] *“There is only one thing I should like you to tell me; how was it **you received the Holy Spirit**, was it by the practice of the law [our own efforts], or **by believing in the message you heard?**”*

We receive the full measure of the gift of the Holy Spirit in the same way as we receive our salvation, by faith.

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 for ever, 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.”*

The three stages of this journey of faith with the Holy Spirit are:-

- a) **Know** – experience influence of Holy Spirit as He convicts us of sin.
- b) **Walk** – the Holy Spirit leads us into the knowledge of a new way of life by opening our minds to the Word of God.
- c) **Surrender** – we surrender our bodies, minds, life and heart to the Holy Spirit.

Only then can we become a “*temple*” – dwelling place for the Holy Spirit.

When we make this final decision of total surrender to the Holy Spirit, “*hold tight*” for your life will “*take off*” with unlimited power from God who will be driving it.

John 10:10 [Message Bible] *“... I came so they can have real and eternal life, **more and better life than they ever dreamed of.**”*

Jesus Christ comes into our lives through the indwelling of the Holy Spirit, this is how we receive the abundant life He promised all His disciples.

The choice for this to happen to us individually is ours to make!