

The Indwelling Presence

Romans 8:11 – *“The Spirit of him who raised Jesus from the dead is living in you...”* This is one of the most powerful revelations for a believer to fully embrace. God is manifest within you too. 1 Corinthians 6:19 – *“Do you not know that your bodies are temples of the Holy Spirit...”* Paul emphasises identity in a lot of his narratives. It’s one thing to be something it’s another thing to really know and believe you are that thing. John 14:17 – *“...He lives with you and will be in you.”* Who is being spoken of here? Look at the full scripture, John 14:17 ¹⁷ *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^[a] in you.* And then here is the icing on the cake to top it all off, Galatians 2:20 – *“It is no longer I who live, but Christ lives in me...”* **The big game changer when you get saved is that the Holy Spirit comes and regenerates your spirit. He is the Seal and assurance in believers.** Ephesians 1:13 *And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit. This is part of the salvation package. It is not for a chosen few.*

A. W. Tozer “The Spirit-filled life is not a special, deluxe edition of Christianity. It is part and parcel of the total plan of God for His people.” In other words, God wants every believer to have a vibrant relationship with His Holy Spirit.

The Holy Spirit’s indwelling is normal Christianity, not a bonus feature.

Let’s examine what scripture says about the Spirit of god within us.

1. God’s Spirit within you reassures you of your true identity.

“The Spirit himself testifies with our spirit that we are God’s children.” — Romans 8:16

J.I. Packer “The Christian life in all its aspects — intellectual and ethical, devotional and relational, upsurging in worship and outgoing in witness — is supernatural; it is a life created, sustained, and directed by the Holy Spirit.”

Every aspect of Christian life is Spirit-dependent, not self-driven.

2. God’s Spirit within you helps you to produce spiritual fruit.

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” — Galatians 5:22–23

Charles Spurgeon “Without the Spirit of God, we can do nothing. We are as ships without wind. We are useless.”

The Spirit isn’t optional — He is essential power for Christian living.

3. God’s Spirit within you guides and leads you.

“For those who are led by the Spirit of God are the children of God.” — Romans 8:14

“But when he, the Spirit of truth, comes, he will guide you into all the truth.” — John 16:13

A standard characteristic of a child of God is that he or she is led by the Spirit.

4. God's Spirit within you teaches you and reminds you of what you have learned regarding the teachings of Jesus.

"But the Advocate, the Holy Spirit... will teach you all things and will remind you of everything I have said to you." — **John 14:26**

What are the implications of this in your life?

5. God's Spirit within you will empower you.

And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. — **Romans 8:11**

"You will receive power when the Holy Spirit comes on you." — **Acts 1:8**

Francis Chan (Forgotten God) "The Spirit is not a good idea or a luxury. He is a necessity. Without Him, people operate in their own strength and only accomplish human-sized results."

The indwelling Spirit is the difference between human effort and God-sized impact.

Think of how Peter changed after the Spirit came at Pentecost.

Oswald Chambers "The Holy Spirit is not given for you to merely enjoy Him, but to empower you to go and be witnesses."

His indwelling presence is not just comfort, but commission.

6. God's Spirit within you will intercede through you in line with God's will.

"Likewise the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." — **Romans 8:26**

1 Corinthians 2:11 states, "For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God." This verse emphasizes that just as a person's spirit is the only entity that fully understands their thoughts, the Spirit of God is the only one who fully understands God's thoughts.

Prayer is so much easier when it is empowered by the Spirit with you.

7. God's Spirit gives believers spiritual gifts.

"Now to each one the manifestation of the Spirit is given for the common good." — **1 Corinthians 12:7**

This verse highlights that the Holy Spirit gives various gifts to each believer for the benefit of the entire community.

"There are different kinds of gifts... but the same Spirit distributes them." — **1 Corinthians 12:4–11**

Romans 12:6-8 (NIV) "We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach..."

Don't just acknowledge your gift — use it fully in faith.

When you give someone a gift, it is fulfilling when you see them using it. It must be the same for the Holy Spirit.

1 Timothy 4:14 "Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you."

Paul warns against neglecting your gift — it must be cultivated and guarded.

- **Stir it up:** Don't wait for perfect conditions — take action.
- **Use it well:** Your gifts are not for display but for serving others.
- **Grow in it:** Gifts develop as you use them in faith and obedience.
- **Guard against fear or laziness:** The Spirit gives power, not timidity.

When you are conscious of the indwelling presence you are more likely to stir up the gifts.

Corrie ten Boom "Trying to do the Lord's work in your own strength is the most confusing, exhausting, and tedious of all work. But when you are filled with the Holy Spirit, then the ministry of Jesus just flows out of you."

The Spirit's indwelling produces rest, not striving.

8. God's Spirit is the glue that unites believers in one body.

Think of the many times God speaks to you the same thing that the pastor shares or your friend speaks about. Maybe it is because we have the same source. The Holy Spirit is the one who anoints us to bring reconciliation relationally in difficult circumstances.

Ephesians 4:3 *"Make every effort to keep the unity of the Spirit through the bond of peace."*

The Holy Spirit is the source of true unity, and peace is His atmosphere.

1 Corinthians 12:13 *"For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink."*

The Spirit breaks down ethnic, social, and cultural divides to form one body.

9. God's Spirit within convicts us of sin and righteousness.

"And when he comes, he will prove the world to be in the wrong about sin and about righteousness and about judgment." — **John 16:8–11**

Reflection Questions: The Convicting Work of the Holy Spirit

AWARENESS

1. **How do I typically respond when I feel convicted by the Holy Spirit — with repentance, defensiveness, or avoidance?**

2. Can I recall a recent moment when the Holy Spirit gently corrected me? How did I respond — and what did it reveal about my heart?
3. Do I welcome the Spirit's conviction as an act of love and mercy — or do I see it as guilt or shame?

DISCERNMENT

4. Am I able to distinguish between true Holy Spirit conviction and false condemnation or self-criticism?

(Hint: conviction leads to freedom; condemnation leads to despair.)

5. Where in my life right now is the Holy Spirit showing me something that needs to change — even if it's uncomfortable?
6. Are there any “justifiable” attitudes or behaviours in my life that the Holy Spirit may be trying to convict me about (e.g., pride, gossip, resentment, compromise)?

REPENTANCE AND RESPONSE

7. What sins or distractions have I grown numb to that I need the Spirit to awaken me to again?
8. Do I regularly create quiet space to listen to the Spirit's prompting — or do I move through my day without reflection?
9. How can I respond more quickly and humbly when I sense the Spirit correcting or redirecting me?
10. Am I willing to be convicted not just about obvious sin, but also about righteousness — the *good* God is calling me into?

ACTION AND GROWTH

11. How has conviction from the Holy Spirit helped me grow in maturity, humility, or spiritual clarity?
12. Who do I need to forgive, confess to, or reconcile with in response to the Spirit's prompting today?
13. What spiritual discipline (like journaling, silence, confession, or accountability) could help me stay more sensitive to the Spirit's voice?

Pray: *“Holy Spirit, search me and know me. Point out anything that offends You, and lead me in the way everlasting (Psalm 139:23–24).”*

D.L. Moody “You might as well try to hear without ears or breathe without lungs, as to try to live a Christian life without the Holy Spirit in you.”

Reflection Questions on the Indwelling Presence of God

AWARENESS OF HIS PRESENCE

1. **Do I live each day with awareness that the Holy Spirit lives inside me?**
 - Or do I sometimes act as if God is distant or external?
2. **What areas of my life do I keep “off-limits” to the Holy Spirit’s influence?**
 - Why might I be afraid to fully surrender them?
3. **How often do I pause to acknowledge God's presence within me throughout the day?**
 - Could I build simple rituals (like breath prayers or transitions) to increase this awareness?

TAPPING INTO HIS POWER

4. **When I face pressure or temptation, do I lean on the Spirit’s strength or try to manage on my own?**
 - What might it look like to rely more intentionally on Him?
5. **What spiritual gifts or promptings has the Holy Spirit placed in me that I’ve ignored, resisted, or doubted?**
 - What is holding me back from walking boldly in them?
6. **Am I asking the Holy Spirit daily to fill me afresh, or am I running on yesterday’s strength?**

SURRENDER AND RESPONSE

7. **How does the reality that I am a temple of the Holy Spirit (1 Cor. 6:19) impact how I think, speak, or act?**
8. **What current challenge in my life would look different if I truly believed God was living in me — guiding, comforting, and empowering me?**
9. **Am I more focused on self-improvement or on Spirit-led transformation?**
 - How can I shift from striving to surrender?

WORSHIP AND RELATIONSHIP

10. **What emotions do I feel when I reflect on the truth that God Himself dwells in me?**
 - Gratitude? Fear? Indifference? Awe?
11. **How can I cultivate deeper intimacy with the Holy Spirit as a Person — not just as a force or doctrine?**
12. **What disciplines (e.g., silence, worship, journaling) help me become more sensitive to His inner promptings?**

Bonus Exercise:

Pick one daily task (e.g., brushing your teeth, starting your car, opening your computer). Use it as a **pause point** to whisper:

“Holy Spirit, fill me. Live through me. Lead me in this moment.”