



## How Does the Holy Spirit Help?

*“What this means is that those who become Christians become new persons. They are not the same anymore, for the old life is gone. A new life has begun!” (2 Corinthians 5:17)*

How can you live this new life? You can't. You'll be a total flop and failure! This is why when you believed, God gave you the Holy Spirit, the Spirit of Jesus, to make his home in you. He came to be your companion, friend, comforter, guide and helper. To have the Spirit is to have Jesus living in you. The Spirit's goal is to teach and transform you to become more and more like Jesus. His purpose is to empower you to witness. He calls you to partner with Jesus and to do the work he planned for you, even before he created the world. *“For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago.”* (Ephesians 1:4, 2:10)

### *How the Holy Spirit Helps*

At first, it's difficult to grasp that through the Holy Spirit Jesus is always with you and watching over you. He's with you when you get up, go to school, watch television, or play a sport. He never leaves you! *The Holy Spirit makes Jesus real to you.* As a new member of his family, he assures you of the deep love Jesus has for you. When you read the Bible, he makes you aware that Jesus is speaking to you. The Spirit helps you “practice his Presence” by prompting you to talk to Jesus as a friend -- to greet him in the morning, to ask him questions and share your concerns. He troubles your spirit when you do wrong and leads you to confess your sin and do what is right. Jesus said, *“All those who love me will do what I say.”* (John 14:23) The Spirit gives you the desire to obey and helps you to develop that close, loving relationship that Jesus so wants to have with you. When you disobey, you hurt and grieve the Spirit!

*The Holy Spirit transforms you by changing the way you think.* He changes your attitudes, desires and motives. You begin loving those who treat you badly. You have joy when you have to baby sit and miss a ball game. You have peace even in an argument. You have patience when things don't happen quickly. You have kindness even when a friend quits speaking to you. You are good to those who don't deserve it. You are faithful and gentle to your friends when they treat you badly. You have self-control when Satan tempts you. When the Holy Spirit controls your life, he produces these character traits of Jesus in you which the Bible calls “fruit”. (Read Galatians 5:22-24)

*The Holy Spirit is your Counselor and Comforter.* He comforts you when you do wrong, become sad or are discouraged. He encourages and strengthens you and enables you to find something to be thankful for in every situation. (Romans 14:16) Remember, Jesus cares about everything in your life. He knows what you think before you even think it. He even has the hairs of your head numbered! (Matthew 10:29-31)

You now have a personal tutor! *The Holy Spirit is your teacher.* (John 14:26) When you read the Bible, he opens your mind and helps you understand. He changes your thinking so you begin thinking as God does. He saves you time by helping you remember what you study. Jesus promised the disciples that he would help them remember everything he taught them. Before you study, why not ask the Spirit to help you understand and remember what you study? Your test scores just might go up!

There will be times when you are frustrated, upset and don't know how to pray or what to pray. Good news! *The Holy Spirit helps you pray and prays for you.* He knows what God's will is and prays for his will to be done in your life. He gives you faith to believe and assures you that God will cause everything to work together for your good according to his purpose. That's a promise! (Romans 8:26-30)

*The Holy Spirit empowers you to witness.* You witness every day by the life you live. However, God will give you opportunities to share your story. Read the first chapters of Acts to see how God empowered fisherman, a tax collector, etc. to turn the world upside down. It's amazing!

*The Holy Spirit guides and leads you.* As long as you live at home, a lot of your guidance will come from your parents. God commands you to obey them. "*Children, obey your parents for you belong to the Lord, for this is the right thing to do.*" (Ephesians 6:1) However, there are many decisions you can make as you grow older. Ask God's guidance about the friends you keep, the activities you choose, the way you spend your time and money and where you should serve him. He will guide you into the things he has planned for you. Just do the next thing no matter how small. His directions will come primarily through his Word and prayer. Sometimes a parent, pastor or teacher will confirm your calling. God will give you a knowing and peace in your heart. (Read the exciting story of how the Holy Spirit led Philip in Acts 8:26-40 and Paul and Silas in Acts 16:6-8.

### ***Living the new life***

As you read the Word, look for other ways the Holy Spirit helps you. Jesus told the disciples the only way to live this new life is to stay close to him (abide in him). Your old sinful nature loves to do evil, which is just the opposite from what the Holy Spirit wants. Obedience brings blessings. Disobedience brings discipline. Watch for Satan's temptations! This is why it is absolutely necessary, without exception, to study the Bible every day. It is through the Word that the Holy Spirit changes you. Totally surrender to the Holy Spirit. Ask him to fill or control you every day. (Read Galatians 5:16-26)

When you are tested, remember these four words: “I trust you, Jesus.” He will supply all your needs according to all his riches. (Philippians 4:1)

**Attitude:**

- When you are sure God wants you to do something, what is your attitude? Is it to obey or resist?

**Explore:**

- Read “Why Christians Need the Holy Spirit?” Read Galatians 5:16-26 and “Jesus Has Great Power to Transform People”. Read Acts 4:1-13.
- Write in your journal what you learn.

**Talking with Jesus:**

- Father, I surrender to you totally to be used according to your plans for me. Holy Spirit, take control of my life and lead me to do your will. In Jesus’ name, Amen.