

## Real Help in Time of Need: The Spirit is With Us to Help Us

08/17/2025 - Andy Deane

We all face moments when we feel outmatched by life—when our own strength, wisdom, or courage just isn't enough. God never intended for us to face those moments alone. In His love, He has given us a constant Helper who is always present and always able. Today we'll see how depending on Him changes the way we walk through every season.

### Who Exactly Is the Holy Spirit?

1. The Holy Spirit is the eternal, uncreated, limitless, omnipotent Third Person of the Trinity. He is fully God, co-equal with the Father and the Son, sharing the same nature, power, and glory as one God in three Persons.
2. The Holy Spirit isn't a thing to define. He is a Person to know!
  - Acts 5:3-4, ...*you have lied to the Holy Spirit...*
  - Ephesians 4:30, ...*And do not grieve the Holy Spirit of God...*
  - Acts 15:28, *It seemed good to the Holy Spirit and to us not to burden you with anything beyond the following...*
3. The Holy Spirit is always with us and He wants to help us.
  - Ezekiel 36:26-27, *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.*
  - John 14:16-17, *And I will ask the Father, and he will give you another advocate to help you and 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.*
  - Romans 8:26-27, *In the same way, 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. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

### How Does the Holy Spirit Actually Help Us?

1. The Holy Spirit seals us at salvation.
  - 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.*
2. The Holy Spirit secures us in Christ daily.
  - Ephesians 1:14, *who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.*
  - Romans 14:17, *For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.*
3. The Holy Spirit strengthens us to endure our trials.
  - Acts 4:31, *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.*
4. The Holy Spirit speaks to us if we take time to listen.
  - Romans 8:16, *The Spirit himself testifies with our spirit that we are God's children.*
  - John 15:26, *"When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me."*

## How Can I Recognize and Obey the Spirit's Voice?

1. Seek Him in solitude and silence for 15 minutes later today.
  - Find a quiet place, take a few minutes to pray, maybe read a few verses and journal these questions:
  - God, what are you saying to me?
  - How do you want me to obey you in this?
2. Seek Him in community at our Worship Night (8/28).
3. Seek Him in your understanding by studying theology. Read or listen to an audible of:
  - *The Familiar Stranger* by Tyler Staton
  - *Forgotten God* by Francis Chan
  - *How to Be Filled with the Holy Spirit* by A.W. Tozer