

The Holy Spirit Is Our Helper

Romans 8:11-13

“But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. ¹² Therefore, brethren, we are debtors - not to the flesh, to live according to the flesh. ¹³ For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”

The Greek reads like this, “The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. “

Most of us have a natural desire to become better people. We strive to be holy and good; we strive to be more like Jesus. Every year we make New Year’s resolutions, which, if the truth were known, by this time of the year are long forgotten.

The will to do good is there, but the ability is lacking. “The spirit is willing but the flesh is weak.”

The battle between our *best intentions* and our *failure to carry them out* is known in Scripture as the classic battle between the “flesh” and the “spirit.”

As we continue our series concerning our Christian walk, we have seen that God is looking for faithfulness in our every day living. We have also seen that Jesus reminded us that to walk the Christian walk, we must deal with the “pull” of the flesh.

This week, we will look at the fact that if we are to walk the Christian walk, we must look to the Holy Spirit as our Helper.

Now, what do we mean when we speak of the Holy Spirit as Helper? Simply this - **the Holy Spirit will strengthen you with might in the inner man to overcome the weakness of living in a natural body.** The Bible puts it this way as seen in our text, "The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live."

Now listen to me carefully the Holy Spirit does not do this strengthening by Himself. In other words, **He will not live the Christian life for you.** He comes to our **aid to help us.** He is our **Helper.** When we submit ourselves to the lordship of Christ, the Holy Spirit bears us up when the **weakness of the flesh** tries to tear us down. And in those times of weakness **the Spirit of God** is the **strongst in our lives.**

Believers today have vastly underestimated the power of the Holy Spirit. The Bible has given us this well known promise in 1 John 4:4 that says, "greater is he that is in you, than he that is in the world." It has been 2,000 plus years since God gave us that promise and most of us are still struggling to fully believe it. **You see, the Holy Spirit is the "muscle" of God.** Every time you see God's power in manifestation, you can be sure the Holy Spirit is on the scene.

When the Holy Spirit came on Samson, Judges 15:14-16 tells us he single-handedly killed a thousand Philistine soldiers. Can you imagine how embarrassing that must have been for the Philistines who escaped? They probably went back to headquarters all beat up and breathless with the story of the terrible massacre. **I can almost hear their**

commander's response, "A thousand men killed? A thousand? That is awful! How many Israelites were you up against?" "Uh, well, sir... actually just one."

Some people have the idea that Samson was able to do those great exploits because he was a giant of a man. But he was just an *ordinary* fellow. He only became *extraordinary* when the Spirit of God came on him.

The prophet Elijah was the same way. On his own, he was just as normal as you and me. He was once so frightened by the threats of a woman that he hid in the wilderness and asked God to kill him so he would not have to face her.

But when the Holy Spirit came on him, Elijah was a powerhouse. He once called down fire from heaven, killed 400 prophets of Baal, and outran the king's chariot (drawn, no doubt, by the fastest horses in the nation of Israel). And 1 Kings 18-19 tells us that he did it all in one day.

Listen carefully; it is through the operation of the Holy Spirit within us, that we are no longer in bondage to the natural world. Our part is to give *God first place* in our lives, and then *yield the control of our lives* to the *Holy Spirit*. This allows the supernatural power of God to flow in our behalf to bring to pass the will of God. When we give place to the Holy Spirit and obey Him, we are allowing God to be God in our lives.

Therefore, whatever weakness of the flesh that we have, submitting ourselves to the Holy Spirit, gives us the ability to overcome that weakness and to experience our victory. And if we will spend time praying and studying God's Word everyday, we will find that earth's bondages can no longer restrain us. The law of the Spirit of life "in" Christ Jesus makes us free from the law of sin and death. Because the Holy Spirit Himself is enforcing our deliverance!

To better understand what I am saying, look at Romans 8:26-27, "Likewise, the Spirit also helpeth our infirmity; for we know not what we should pray for as we ought; but the Spirit himself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God." Jude admonishes us in Jude verse 20, "But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Spirit." **What do these scriptures have to do with us today?** I believe that the Bible is teaching us that praying in the Holy Spirit are groanings, which are too deep for us to comprehend. When we pray in the Spirit, we are not praying according to our understanding, or our limited knowledge, but according to the unlimited wisdom and knowledge of God. **We can pray beyond our knowledge!** Thank God for praying in the Spirit! It will help us to overcome our lack of knowledge and spiritual insight!

Praying in the Spirit is one of the weapons of our warfare that is not carnal (natural) but is mighty (supernatural) through God to the pulling down of strongholds, as seen in 2 Corinthians 10:3-5, "For though we walk in the flesh, we do not war after the flesh (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds), Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

As I study the Bible, I am convinced that God wants the Church of Jesus Christ to launch an attack against the "strongholds" of the devil and pull them down. Listen very carefully, Jesus never intended for the church to be passive! We are to cast Satan out of control in this earth. Acts 2:34-35 records the words of Peter on the day of Pentecost, "For David did not ascend into the heavens, but he says himself: 'The Father said to my Lord, "Sit at My right hand, until I make Your enemies Your footstool.'"

The Bible tells us that this earth is already under the authority of Jesus Christ, as seen in Matthew 28:18, "All power (authority) both in heaven and in earth has been given unto me." **If that is true, why has Satan stayed in control, even though he has no authority?** Because the Church has been *carnally minded* instead of *spiritually minded*. God is demanding us to change!

Listen church, we have a job to do. We must repossess this earth. It does not belong to Satan. **God is the Possessor of heaven and earth.** And this assignment can only be accomplished by the mighty Spirit of God, as seen in Zechariah 4:6, "Not by might, nor by power, but by my Spirit, says the Lord of hosts." God will assume the position of the *Lord of this earth* as the Church *allows Jesus Christ to become the Lord of our lives!*

I have heard those people say, "Well, God can do anything He wants to do. He does not need man to control the earth. He is God."

God IS God and He CAN do anything He wants to do. This is what He wants to do. He has chosen for man to control the earth through Him. **Adam was to dominate and subdue this earth by obeying God's dream is for the earth to be ruled by beings in His image.** God's plan is for those who are born of Him to rule the earth in His *love* and *truth*.

Because of the Word of God, we know the beginning and we know the end of God's plan for this earth. Because of our understanding of God's Word, we know what is ultimately in store for the Christian from an eternal standpoint. But that is not our problem! Our problem is in the "right now." **How do we live the Christian life today?**

The answer is simple - we must learn to walk in the Spirit. We learn to walk *one step at a time* in the Spirit just like we learned to walk in the natural. When we spend time *praying in the Spirit*, and *studying the Word of God*, we give the Holy Spirit an opportunity to reveal the will of God for our lives.

Everyday as you have been for God the healing of your body, you must also believe God for your healing! Jesus put it this way in Mark 11:24, “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”

If we are ever going to experience all that God has for us, we must allow learn “to walk by faith and not by sight.” We must allow Him to change our thoughts, opinions, and actions to agree with God's Word. We have to mature spiritually day by day.

How do we mature as Christians? Simply ask the Holy Spirit to teach you how to follow Christ in your everyday walk. Allow Him to be the Divine Guide of your life and He will reveal to you, step by step, the will of God. **The Holy Spirit knows how to bring you to maturity.** All He requires of you is your *attention* and *obedience*.

Child of God, you have a great potential to live free and holy through Jesus Christ, but God will never force you to do so. Yet He longs for you to turn to Him in every spiritual conflict, acknowledge your weakness, and ask for His power to say no.

If you are not saved, why not today?

Everyone please stand for prayer.

Father,

You are my strength and refuge. You are my light and pathway. I receive Your Word that tells me that as I yield my life to the Holy Spirit I will experience victory and peace in my spiritual walk. In Jesus' name. Amen.