

Fellowshipping with the Holy Spirit: Five Practical Phrases (T-R-U-S-T)

I. INTRODUCTION

- A. All believers are called to fellowship with the Holy Spirit. We can develop a deep friendship with Him as we talk often to Him and give our heart to Him. I regularly ask the indwelling Spirit: “Let me see what You see and feel what You feel.” I ask this about many different subjects.

¹⁴***The love of God, and the fellowship of the Holy Spirit, be with you all. (2 Cor 13:14, NIV)***

¹***If you have any...comfort from His love, if any fellowship with the Spirit... (Phil. 2:1, NIV)***

- B. Two ways to focus our mind on seeking God: God on His throne (Rev. 4) and God in our spirit. The Spirit flows from our heart which is sometimes referred to as our “innermost man.” We turn the attention of our mind to the indwelling Spirit (in our spirit) to grow in the deep things of God.

³⁸***From his innermost being [belly, KJV] will flow rivers of living water. (Jn. 7:38 NAS)***

- C. True fellowship includes a two-way dialogue. The Spirit honors our part in the relationship by not forcing us to dialogue with Him if we do not want it. He does not force conversation or friendship with anyone who is not desperate or hungry for it. Love requires a voluntary response. He beckons us to a deeper and more continual conversation.

- D. The Scripture describes the work of the Spirit in us as God’s light, fire, or river. The Spirit ministers in us as a ***bright light*** that overpowers confusion, accusation, and rejection (Jn. 1:5). He is a ***consuming fire*** that imparts love as it tenderizes us and devours all that gets in the way of love, like bitterness and addictions (Lk. 24:32; Jn. 5:35). He is a ***flowing river***, connecting our heart with the free flowing spontaneous activity of God (Jn. 7:37-39).

⁵***The light shines in the darkness, and the darkness has not overcome it. (Jn. 1:5, RSV)***

- E. Our greatest inheritance is our inner man being touched by the Holy Spirit.

²³***Keep your heart with all diligence, for out of it spring the issues of life. (Prov. 4:23)***

- F. David calmed and quieted his soul. We quiet our soul to connect with the Spirit’s whisper in our heart. We need to dial down, because an “over-active soul” keeps us out of sync with the subtle movements and whispers of the Spirit. It takes time to quiet the turbulent activity of our soul.

²***Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me. (Ps. 131:2)***

- G. As we linger in His presence, speak ***affectionately*** (intermittently saying to God, “I love You”), speak ***slowly*** (not rapid fire), ***softly*** (not shouting at the indwelling Spirit), ***briefly*** (short phrases, not paragraphs), and ***minimally*** (listen much more than you talk), with many ***pauses***, along with gently ***sighing*** (Rom. 8:26), and ***gazing in silence*** (sometimes briefly and other times longer).

Journal: take time to record thoughts and prayers so as to capture the truths He gives us.

II. FIVE PRACTICAL PHRASES TO USE IN TALKING WITH THE INDWELLING SPIRIT

Only by abiding in Christ can we bear fruit. To abide is to connect with Him. We begin to do this by talking to Him. Without abiding, we can do nothing that effectively (supernaturally) renews our love, sustains our zeal for righteousness, or releases revelation and power in our heart. I often refer to the Spirit as the “Living Flame of Love” as I ask Him, “*Let me see what You see and feel what You feel.*”

⁵*He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. (Jn. 15:5)*

T - Thank you: Recognize the Spirit’s indwelling presence in you simply by thanking Him for it. Pray, “Thank you Holy Spirit, for Your bright presence in me. I love Your presence.

R - Release Revelation: Ask the Spirit to release revelation of the realm of God’s glory and heart. Pray, “Holy Spirit, open my eyes to see the realm of God’s glory and to encounter God’s heart.”

¹⁷*...may give to you the spirit of wisdom and revelation in the knowledge of Him... (Eph. 1:17)*

U - Use me: Ask the Spirit to use you more and more in the spiritual gifts to minister to others. We pray, “Thank you, Spirit, for releasing the manifestation of Your gifts and power through me to help others.”

⁷*But the manifestation of the Spirit is given to each one for the profit of all... (1 Cor. 12:7)*

S - Strengthen me: Ask the Spirit to strengthen your mind, emotions, and speech with His divine might. Recognize that His love, joy, and peace are already in our spirit because He is in us (Gal. 5:22-23). Therefore, pray: “Thank you for the presence of Your love, peace, patience, and self-control in me.”

¹⁶*...To be strengthened with might through His Spirit in the inner man... (Eph. 3:16)*

T - Teach me: Ask Him to teach you about God’s Word, will, and ways, and to manifest His leadership in every issue in your life including finances, schedule, circumstances, emotions, physical body (diet, health), relationships, and alignment of the people you are responsible for (home, office, ministry).

²⁶*The Holy Spirit...will teach you all things... (Jn. 14:26)*

¹³*The Spirit of truth...will guide you into all truth; He will tell you things to come. (Jn. 16:13)*

²⁷*The anointing...abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things... (1 Jn. 2:27)*

Ask Him to talk to you about your future, including new opportunities (divine appointments), new ideas, as well giving you insight into your fears, failure or addictions. He will give us ideas and insights and will order our steps and open doors of opportunity for strategic alliances in each area, as we ask Him.

Pray, “*Spirit, let me see what You see and feel what you feel, then release it with power through me.*”