

Living the Extraordinary Life: Holy Spirit Filled

Trinity Fellowship Vision Statement

To those hungry for the extraordinary life, Trinity Fellowship Church is a healthy family pursuing God, growing stronger, and impacting the world.

The Holy Spirit and His work in every believer and in the church are at the very heart of Trinity Fellowship Church.

Acts 1:1–8 NLT

In my first book, I told you, Theophilus, about everything Jesus began to do and teach until the day he was taken up to heaven after giving his chosen apostles further instructions through the Holy Spirit. During the forty days after he suffered and died, he appeared to the apostles from time to time, and he proved to them in many ways that he was actually alive. And he talked to them about the Kingdom of God.

Once when he was eating with them, he commanded them, “Do not leave Jerusalem until the Father sends you the gift he promised, as I told you before. John baptized with water, but in just a few days you will be baptized with the Holy Spirit.”

So when the apostles were with Jesus, they kept asking him, “Lord, has the time come for you to free Israel and restore our kingdom?”

He replied, “The Father alone has the authority to set those dates and times, and they are not for you to know. But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”

Luke 3:15–16 NLT

Everyone was expecting the Messiah to come soon, and they were eager to know whether John might be the Messiah. John answered their questions by saying, “I baptize you with water; but someone is coming soon who is greater than I am—so much greater that I’m not even worthy to be his slave and untie the straps of his sandals. He will baptize you [in] the Holy Spirit and [in] fire.

Jesus is saying that His disciples would receive supernatural power to actively proclaim their firsthand experience of Jesus working through them across expanding geographical and cultural boundaries.

Acts 2:1–6 NLT

On the day of Pentecost, all the believers were meeting together in one place. Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.

At that time, there were devout Jews from every nation living in Jerusalem. When they heard the loud noise, everyone came running, and they were bewildered to hear their own languages being spoken by the believers.

Exodus 19:16–18 NLT

On the morning of the third day, thunder roared, and lightning flashed, and a dense cloud came down on the mountain. There was a long, loud blast from a ram's horn, and all the people trembled. Moses led them out from the camp to meet with God, and they stood at the foot of the mountain. All of Mount Sinai was covered with smoke because the Lord had descended on it in the form of fire. The smoke billowed into the sky like smoke from a brick kiln, and the whole mountain shook violently.

10 Things the Holy Spirit Does in Our Lives:

1. He Gives Us Power for Effectiveness.

Acts 1:8 NLT

But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.

2. He Builds Us Up.

Jude 20-21 NLT

But you, dear friends, must build each other up in your most holy faith, pray in the

power of the Holy Spirit, and await the mercy of our Lord Jesus Christ, who will bring you eternal life. In this way, you will keep yourselves safe in God's love.

3. He is Our Advocate, Helper, and Comforter.

John 14:25–26 NLT

I am telling you these things now while I am still with you. But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

4. He Gives Us Joy.

Luke 10:21 NLT

At that same time, Jesus was filled with the joy of the Holy Spirit, and he said, “O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike. Yes, Father, it pleased you to do it this way.”

Romans 14:17 NLT

For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

5. He Gives Us Direct Access to God's Love.

Romans 5:5 NLT

And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

6. He Gives Us Divine Hope.

Romans 15:13 NLT

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

7. He Reveals God's Strategies.

Acts 13:2 NLT

One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them."

Acts 16:6–10 NLT

Next, Paul and Silas traveled through the area of Phrygia and Galatia, because the Holy Spirit had prevented them from preaching the word in the province of Asia at that time. Then, coming to the borders of Mysia, they headed north for the province of Bithynia, but again the Spirit of Jesus did not allow them to go there. So instead, they went on through Mysia to the seaport of Troas. That night, Paul had a vision: A man from Macedonia in northern Greece was standing there, pleading with him, "Come over to Macedonia and help us!" So we decided to leave for Macedonia at once, having concluded that God was calling us to preach the Good News there.

8. He Gives Us Boldness and Authority.

Luke 12:11–12 NLT

And when you are brought to trial in the synagogues and before rulers and authorities, don't worry about how to defend yourself or what to say, for the Holy Spirit will teach you at that time what needs to be said.

Acts 4:31 NLT

After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.

9. He Intercedes for Us.

Romans 8:26–27 NLT

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.

10) He Grows His Fruit In Us.

Galatians 5:22–23 NLT

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience,

kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Small Group Guide: Holy Spirit Filled

Opening Question

What has been your understanding of who the Holy Spirit is? What first comes to mind when you think of being Holy Spirit filled?

Holy Spirit is a Person

For much of church history — and for many believers today — the Holy Spirit is the least discussed member of the Trinity. We talk readily about the Father and the Son. The Spirit tends to get a brief mention and then a quick pivot. Sometimes this is theological caution. Sometimes it reflects a background in traditions that taught Cessationism: the belief that the gifts of the Spirit given to the early church ended with the completion of the New Testament. If that was the water you swam in, the Spirit can feel like a subject to navigate carefully rather than a Person to actually know.

But the story of the early church in Acts makes one thing clear: the disciples were not supposed to move forward without Him. Before His ascension, Jesus gave a direct command — wait. Don't preach yet. Don't keep ministering. Stay in Jerusalem until the Father sends the gift He promised. The baptism of the Holy Spirit was the prerequisite for everything that followed.

The fact that Holy Spirit arrived with fire at Pentecost is not mere coincidence or performance. Fire had settled on Sinai when God descended to meet Israel. Now fire settled on individual people as God came to dwell not on a mountain but in His people. The shift is staggering: in Exodus, the mountain burned with God's presence; in Acts, the people burned with the Holy Spirit. In Exodus, God spoke His word to the people; in Acts, God spoke His word through them. The direction of the movement had completely reversed.

The ten things the Spirit does in our lives — outlined in your notes — describe the texture of a life that is actually inhabited by God. He gives power for effectiveness and builds us up. He is our Advocate, Helper, and Comforter. He gives joy and direct access to God's love. He supplies divine hope, reveals God's strategies, and grants boldness and authority. He intercedes for us when we don't know how to pray. And He grows His fruit in us over time: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

The Greek word Jesus uses in Acts 1 for the power the Spirit brings is *dynamis* — active, transformative force or ability. Not passive strength, but dynamic capability to accomplish something. And the word for “comes upon” — *eperchomai* — means arrival

with purpose and force. Holy Spirit arrives to make us witnesses — not just knowledgeable about Jesus, but people who testify from firsthand experience of what He has actually done.

For Discussion

1. Jesus told the disciples to wait for the Holy Spirit before doing anything else. What does that sequence tell us about how God designed the Christian life to work? Where are you most tempted to move forward on your own rather than waiting for the Spirit's leading?
2. Look at the ten things the Holy Spirit does in your notes. Which of those have you experienced most clearly? Which feels most unfamiliar or underdeveloped in your own life?
3. Romans 8:26-27 says the Spirit intercedes for us with groanings that cannot be expressed in words — especially when we don't know what to pray for. Has there been a season in your life when you felt too depleted or confused to pray? What does it mean to you that the Spirit was still interceding in that moment?
4. Acts 13 and 16 show the Spirit actively directing Paul's movements — sometimes by opening a door, sometimes by closing one. Can you think of a time when you sensed the Spirit redirecting you — through an open door, a closed one, or something harder to name? What did you do with it?
5. A witness, by definition, is someone who testifies from personal knowledge or experience. How would you describe your firsthand experience of the Holy Spirit right now? Is it active, growing, dormant, or something you're still figuring out?

Closing Prayer

Heavenly Father, thank You for not leaving us on our own. Thank You that the same Spirit who moved at creation, who descended on Jesus at His baptism, and who filled that upper room at Pentecost lives in us. Forgive us for treating Him as an afterthought or a theological category rather than a Person we can actually know. Jesus, You commanded Your disciples to wait for Him before moving forward — teach us that same dependence. Holy Spirit, come. Fill every place in us that has gone quiet or cold. Give us power for what You are calling us to, joy that doesn't depend on circumstances, and the boldness to be genuine witnesses — people who testify not from what we have heard, but from what we have personally known of You.