

Fellowshipping with the Holy Spirit: 5 Practical Phrases (T-R-U-S-T)

I. INTRODUCTION

The grace of the Lord Jesus Christ, and the love of God, and the communion (fellowship, NIV, NAS) of the Holy Spirit be with you all. (2Cor. 13:14)

A. Two ways to focus our mind in seeking God: God on His Throne (Rev. 4) and God in our spirit. The Spirit flows from our heart. The NAS accurately translates this as our “innermost man.” We turn the attention of our soul to the 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)***

B. 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)***

C. To fellowship with the Holy Spirit means we talk often to Him as we give our heart to Him. It means we hear back from Him in a two way dialogue. The Holy Spirit honors our part in the relationship by not forcing us to dialogue with Him, if we do not want it. He does not want conversation or friendship with anyone who is not desperate or hungry for it. Love requires a voluntary response. He waits beckoning us to a deeper and more continual conversation.

D. We set Jesus as a seal on our heart by fellowshipping with the Spirit as God’s light, fire or river in us. The Holy Spirit ministers in us a **bright light** that drives darkness out and overpowers the darkness of confusion, accusation and rejection (Jn. 1:5); a **consuming fire** that devours everything that gets in the way like bitterness and addictions; a **flowing river** that connects our heart with the spontaneous movement of God’s heart (Jn. 7:37-39).

⁶ ***Set Me (Jesus) as a seal upon your heart...its flames are flames of fire. (Song 8:6)***

II. PRACTICAL PRINCIPLES IN TALKING WITH THE SPIRIT

A. The spirit of Elijah operates with the prophetic whisper of God (still small voice).

¹¹ ***The LORD passed by, and a great and strong wind tore into the mountains...and after the wind an earthquake...¹² and after the earthquake a fire, but the LORD was not in the fire (wind or earthquake); and after the fire a still small voice. ¹³ When Elijah heard it...suddenly a voice came to him, and said, "What are you doing here, Elijah?" (1 Kings 19:11-13)***

B. David calmed and quieted his soul. We need to dial down or just take our foot off the gas pedal and listen (without stirring our souls up to fervor). An over-active soul keeps us out of sync with the subtle movements of the Spirit. We quiet our soul to connect with the Spirit’s whisper in our heart. We quiet the turbulent activity of our soul in our clamoring for attention, pleasure, a restless anxious spirit that naturally active. It takes a while to get in sync with this (few months).

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)***

- C. 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, even reducing phrases to one word) and ***minimally*** (listen twice as much as talking by limiting our speaking to one third) with many ***pauses, praying with our spirit*** (1 Cor. 14:2) along with gently ***sighing*** (Rom. 8:26) with ***gazing in silence*** for few seconds or minutes. “Less is more” in terms of amount and volume of speaking. ***Journal***: take time to record thoughts and prayers so as to capture the truths He gives us.

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

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. Apart from connecting with You, I can do nothing that effectively (supernaturally) renews my love, sustains my zeal for righteousness, and releases revelation and power in my heart.

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

R- *Release Revelation*: ask (thank) the Spirit to release abundant revelation of God’s heart, word and purposes to you. Pray, “Holy Spirit, release abundant revelation in me”.

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 might. His power is already in us (Gal. 5:22-23) therefore, pray, “Thank you for the presence of Your love, peace, patience, and self-control in me” or “Thank You for warring against my flesh and guarding my speech”.

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

T- *Teach me*: ask the Spirit to teach you about ***God’s will and ways*** that He may manifest His leadership in every issue in your life including finances, schedule, circumstances, emotions, physical body (diet, health), relationships, alignment of the people you are responsible for (in the home, office, ministry), future, greatness in God, opportunities with divine appointments, fears, addictions and shortcomings. Ask that He establish God’s order in your home, job and ministry. We pray, “Spirit, I love Your will and ways, therefore, manifest Your leadership in me”. He will give us new ideas, order our steps and open doors of opportunity for strategic alliances in each area of our life as we ask Him.

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)*