

Fill My Cup Lord

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How to be Filled with the
Holy Spirit

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INTRODUCTION

The following quote is true for the church. “If we, the Bride of Christ, are who we were created to be we will set the world on fire.” But we are not setting the world on fire because we are not who we were birthed to be. We want to. We believe in God’s Word that tells us that we can.

I don’t want to scare you with idealism, but the impact that the church, which is made up of individuals like you and me, is nowhere near what God intended for it to be. The only explanation is that we lack the fullness of the Spirit. We have settled for something far less than what God intended.

John the Baptist prophesied: “I baptize you with water. But one who is more powerful than I will come, the straps of whose sandals I am not worthy to untie. He will baptize you with the Holy Spirit and fire.” (Luke 3:16, NIV). Jesus said: “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” (Acts 1:8, NIV). Even more astounding, He had promised earlier: “... whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. 13 And I will do whatever you ask in my name, so that the Father may be glorified in the Son. 14 You may ask me for anything in my name, and I will do it.” (John 14:12-14, NIV).

I'm afraid that since the church has failed, historically, to experience all that God has for us so that we can do all that He wants to do through us; we have given up. We lack faith in its possibility. We have settled into a status quo that is far below God's expectations. We know the verses above are in the Bible, but they seem unattainable because we haven't seen or experienced it. Nothing God promised is unattainable!

I'm also afraid that we have turned the fullness or baptism of the Holy Spirit into a spiritual experience that is merely a moment in time, rather than a life-altering experience.

The church following Pentecost did experience the baptism in the Holy Spirit, they did experience God's power, and they did do the work Jesus had been doing. Acts 2:43 records: "Everyone was filled with awe at the many wonders and signs performed by the apostles." Peter and John healed the crippled beggar at the Temple gates. People attempted to fall within Peter's shadow so that they would receive healing. In Acts 9 Peter healed a paralytic named Aeneas, and even raised Tabitha from the dead.

As Christians, we all have the Holy Spirit living in us. "When you believed, you were marked in him with a seal, the promised Holy Spirit, 14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory." (Acts 1:13-14, NIV). "Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?" (1 Cor. 3:16, NIV) Was the Holy Spirit that lived in Peter any different than the Holy Spirit in us? Definitely not.

Jesus, who never stopped being the second member of the Trinity, temporarily set aside His Divine attributes to take on human form. In His humanity, He also was totally dependent on the Holy Spirit to do His work on earth - the same Holy Spirit that worked through the early church and who lives in us. Peter preached this to the crowd at Cornelius' house. "You know what has happened throughout the province of Judea, beginning in Galilee after the baptism that John preached—38 how God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him." (Acts 10:37-38, NIV). The reason that Jesus taught that we would be doing the same work he had been doing was because He would send to us the same Holy Spirit. "But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate (Holy Spirit) will not come to you; but if I go, I will send him to you." (John 16:7, NIV).

That being true, why is the Church not who we were created to be? Why are we not so full of the Spirit that we are doing the work of Christ? Why are we not as impactful in our communities as we should be?

HUNGER

In His famous Sermon on the Mount, Jesus said: *“Blessed are those who hunger and thirst for righteousness, for they will be filled.”* (Matthew 5:6; NIV). Hunger requires emptiness. If there is food in our belly, we are not truly hungry. If our bodies have sufficient nutrition, we are not truly hungry. Hunger requires emptiness.

Jesus said that the focus of our hunger should be righteousness and that the result of that hunger will be fullness. Let me explain why I believe He was speaking about being filled with the Holy Spirit.

Righteousness is not a list of rules. Its’ definition is not confined to the Ten Commandments. Christ is righteousness! Everything Christ-like is righteous. *“It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption.”* (1 Corinthians 1:30, NIV). Through faith in Him and His work we become righteous in standing before God. The natural outcome of that relationship should be a hunger to be righteous as He is righteous; to be all things Jesus’. Do you hunger to be the kind of person the Apostle Paul described Jesus to be?

“Therefore, if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the

*Spirit, if any tenderness and compassion, 2 then make my joy complete by being **like-minded**, having the same love, being one in spirit and of one mind.*

3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others.

5 In your relationships with one another, have the same mindset as Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be used to his own advantage; 7 rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!” (Philippians 2:1-8, NIV). To hunger after righteousness is to first hunger to be in a relationship with Christ through faith, then to have the same heart that He did, and to live a holy life as He lived. You can’t do that with sheer determination. You need the fullness of the Holy Spirit to be your teacher, guide, and strength. So, if we are hungry for righteousness, or Christ-likeness, we can expect that the result will be the infilling of the Holy Spirit to satisfy that need.

To truly hunger after righteousness, we must first empty our heart.

Jeremiah was speaking for God when he wrote: *“For I know the plans I have for you,” declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call on me and come and pray to me, and I will listen to you. 13 **You will seek me and find me***

when you seek me with all your heart.” (Jeremiah 29:11-13; NIV). To truly hunger after righteousness, we must first empty our heart.

EMPTY

The way to be filled is to first be hungry. The way to be hungry is to empty yourself of self. Jesus taught: *“Whoever wants to be my disciple must deny themselves and take up their cross and follow me. 25 **For whoever wants to save their life will lose it, but whoever loses their life for me will find it.**”* (Matthew 16:24-25, NIV).

The Apostle Paul wrote: *“You were taught, with regard to your former way of life, **to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.**”*

(Ephesians 4:22-24, NIV). And in another place, he wrote: *“Those who belong to Christ Jesus have **crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.**”* (Galatians 5:24-25, NIV)

The reason we neither hunger after righteousness nor are full of the Holy Spirit is that we are too full of self. We haven't died to self as Jesus instructed.

According to the Apostle Paul, our old self is corrupted

The less there is of self, the more room there is for the Spirit. Only when self is eradicated can we then be full of the Holy Spirit.

by deceitful desires, and that self must be crucified or put to death. The less there is of self, the more room there is for the Spirit. Only when self is eradicated can we then be full of the Holy Spirit. Selfishness was the root of Adam and Eve's sin, and I believe it to be the root of all sin.

To be full of the Holy Spirit it is essential for you to identify the ways in which your nature has been deceived. You must be honest enough with yourself to determine how your life reflects the tainted, sinful nature rather than that of Christ's. It can be a matter of either behaviour or attitude.

There is no way that I can possibly list all of the ways in which our human nature has been impacted by sin. It is different for all of us. We all have predisposed weaknesses that are often generational. Satan seems to be able to identify them and attack us where we are weak. Nonetheless, the following diagram may serve as an aid to help you understand what I am saying.

A measure of the Holy Spirit is given to us upon salvation. Every born-again Christian is a temple of the Holy Spirit; but to be filled with the Spirit we must make room for more of Him by putting to death each part of our old nature that takes up space in our heart.

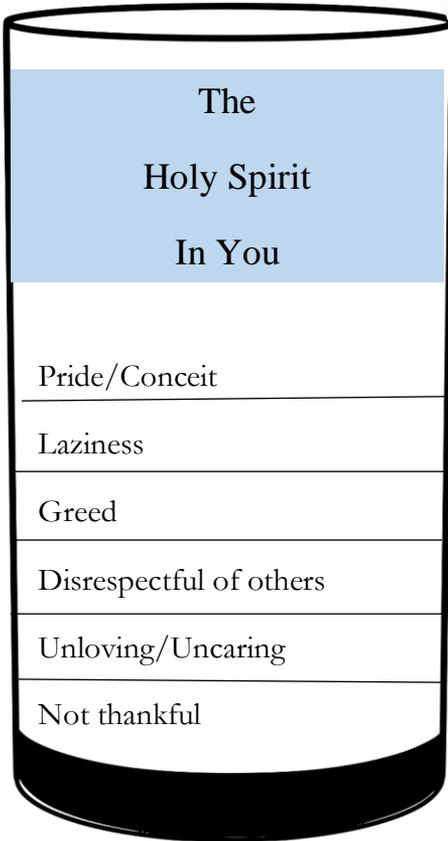
To be filled we must make room for more of the Spirit by putting to death each part of our old nature that take up space in our heart.

Holy Spirit/Ephesians 1:13-14
Idolatry
Lust
Anger/Bitterness
Covetousness/Jealousy
Pride/Concetit
Laziness
Greed
Disrespectful of others
Unloving/Uncaring
Not thankful



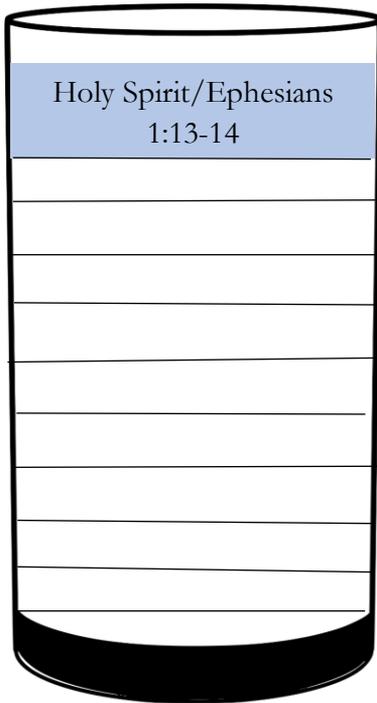
Fill My Cup Lord

As we die to self, or crucify each aspect of the flesh, we make more room for the Holy Spirit.



Fill My Cup Lord

For your own benefit, in the glass below, list some of your own personal characteristics that you have written off as either unchangeable or excusable (that's the deception) that are not consistent with the character and behaviour of Christ.



Holy Spirit/Ephesians
1:13-14



The wonderful thing is that the fuller you are of the Holy Spirit, the more supernatural strength you have to overcome the balance of your challenges.

Now you can ask the Holy Spirit to help you overcome each of these attitudes or behaviours one by one. The wonderful thing is that the fuller you are of the Holy Spirit, the more supernatural strength you have to overcome the balance of your challenges.

Something really important to remember is that hunger for God is essential. If all you do is change your attitudes and behaviour without a desperate desire to fill the void with the Holy Spirit, all you are is 'empty'. Don't forget that God said through Jeremiah: "*You will seek me and find me when you seek me **with all your heart.***" (Jeremiah 29:13, NIV). David expressed this desire in Psalm 42:1-2, NIV: "*As the deer pants for streams of water, so my soul pants for you, my God. 2 **My soul thirsts for God, for the living God. When can I go and meet with God?***" A deep longing for intimacy with God is essential to being filled with the Holy Spirit.

If all you do is change your attitudes and behaviour without a desperate desire to fill the void with the Holy Spirit, all you are is 'empty'.

LIFE IN THE SPIRIT

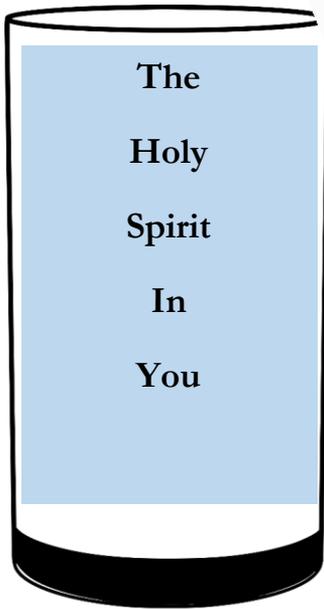
The benefits of being full of the Spirit are many. The Scripture promises that He will comfort us, guide us, empower us, strengthen us, teach us, change our character, give us gifts of service, and spiritual gifts that will benefit the whole body of Christ. (See Scripture on pages 16-17.) The fuller we are of the Spirit, the more we will access these benefits.

If only our spiritual eyes could be opened to the reality of the possibilities of a Spirit-filled life. Paul prayed exactly that for the Ephesian church. He prayed: *“I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and **his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms.**”* (Ephesians 1:18-120, NIV)

If only our spiritual eyes could be opened to the reality of the possibilities of a Spirit-filled life

Fill My Cup Lord

As we empty our self of self; making room and creating a hunger or thirst for the Holy Spirit; He pours into our life in greater measure all of the benefits of His presence.



Self

Comfort/Teach

“But the Advocate (comforter), the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” (John 14:26, NIV)

Character:

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control.”
(Galatians 5:22-23, NIV)

Gifts of Service:

“We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; 7 if it is serving, then serve; if it is teaching, then teach; 8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.” (Romans 12:6-8, NIV)

Gifts for the Body

“There are different kinds of gifts, but the same Spirit distributes them. 5 There are different kinds of service, but the same Lord. 6 There are different kinds of working, but in all of them and in everyone it is the same God at work. 7 Now to each one the manifestation of the Spirit is given for the common good. 8 To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, 9 to another faith by the same Spirit, to another gifts of healing by that one Spirit, 10 to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. 11 All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.” (1 Corinthians 12:4-11)

BAPTISM OF THE HOLY SPIRIT

The Scriptural promise was not just to fill us with the Holy Spirit, but to baptize us in the Holy Spirit.

*“John answered them all, “I baptize you with water. But one who is more powerful than I will come, the straps of whose sandals I am not worthy to untie. **He will baptize you with the Holy Spirit and fire.**”* (Luke 3:16, NIV). The original Greek word that is translated “baptize” means to ‘immerse’ or to ‘dunk’.

When we are completely emptied of self, it becomes possible then for us to be immersed into the Holy Spirit. This should be more than a brief spiritual experience or a moment in time. The baptism of the Holy Spirit is intended to be a life-changing event so that we can continually live supernatural lives, to do God’s bidding for His glory – just as Jesus did. The only way to experience and maintain this kind of life is to stay empty of self and stay immersed in His Spirit.

When we are completely emptied of self, it becomes possible then for us to be immersed into the Holy Spirit.



When BAPTIZED IN THE HOLY SPIRIT, He is not just in you, you are IN HIM

The same Holy Spirit that lived in Peter, John, Andrew, Paul, and even Jesus, is the same Holy Spirit who lives in us.

This is what happened on the Day of Pentecost as recorded in Acts, chapter 2. Those who made a concerted effort to die to self and who longed for the promised Holy Spirit became radically different people. They were used in supernatural ways to fulfil the purposes of God. They did the work Jesus did; even greater things. Peter was just a fisherman. He was brash and impulsive. Less than two months before Pentecost he denied knowing Christ on three separate occasions, but he became a bold preacher of the Gospel and 3,000 people were saved.

So, now we know. We know that when we die to self and hunger after God, we don't have to live mediocre Christian lives. The same Holy Spirit that lived in Peter, John, Andrew, Paul, and even Jesus, is the same Holy Spirit who lives in us. The only difference is the degree to which we have died to every part of self that is inconsistent with the nature and behaviour of Christ, hunger after God, and commit ourselves to doing His will.

What are you going to do now?