

LESSON 4



More than Energy:

A PERSON WHO WANTS TO LIVE WITHIN YOU

INTRODUCTION

These days everything is called “energy.” Good energy, bad energy, high vibe, low vibe. Nice words, but they never fix what’s happening inside. Anxiety doesn’t leave with “positive vibes.” Wounds don’t heal with motivational quotes. The emptiness doesn’t disappear with aromatherapy, manifesting, or “universe signs.”

The Bible speaks of something of Someone entirely different. Not an impersonal force. Not a spiritual field. Not a passing sensation. A Person, real and present, who knows every corner of your story and isn’t scared of anything He finds there. A Person who doesn’t come to brighten your environment, but to brighten you. Who doesn’t vibrate, He transforms. Who doesn’t “flow” He walks with you. Who doesn’t watch you from a distance He wants to live within your heart.

EXPLORING THE BIBLE

A. Identity of the Holy Spirit

- **1 Corinthians 2:10-11** (NKJV) – “The Spirit searches all things... no one knows the things of God except the Spirit of God.” He is called “Spirit of God”: He knows, speaks, and acts. He is not a force but a divine person.
- **Genesis 1:2** (NKJV) – “The Spirit of God was hovering over the face of the waters.” He was present at creation.
- **Titus 3:5-6** (NKJV) – He participates in the work of salvation, regenerating and renewing lives.

B. His Work in Us

- **John 16:8** (NKJV) – Convicts of sin: awakens the conscience and shows the need for Christ.
- **John 15:26** (NKJV) – Leads us to Jesus: always directs attention toward the Savior.
- **Galatians 5:22-23** (NKJV) – Produces fruit: transforms character with love, peace, patience, self-control.
- **Acts 1:8** (NKJV) – Gives power to witness and be bold witnesses of Christ.

C. The Danger of Resisting Him

- **1 Thessalonians 5:19** (NKJV) – Warns against quenching the Spirit.
- **Hebrews 3:7-8** (NKJV) – Calls us not to harden our hearts when He speaks. Continual rejection of His voice can close the heart to grace.



POINTS TO REFLECT ON

1. How have you felt the guidance of the Holy Spirit in your life?

2. What differences would you notice if you depended on Him every day?

3. Is there something today that is blocking His work in you?

PERSONAL DECISION

I decide today to open my life completely to the Holy Spirit: to ask for His direction every morning, to let Him guide your decisions, and to give you power to live as a true disciple of Jesus.

PRACTICAL TIPS FOR THIS LESSON

How do we know the Holy Spirit is a person?

The Bible attributes personal characteristics to Him: He teaches (John 14:26, NKJV), speaks (Acts 13:2, NKJV), guides (Romans 8:14, NKJV), grieves (Ephesians 4:30, NKJV), and decides (Acts 15:28, NKJV). No impersonal force does that.

Is He really God?

Yes. The Holy Spirit is part of the Godhead along with the Father and the Son (Matthew 28:19, NKJV). The Bible even says that lying to the Spirit is described as lying to God (Acts 5:3,4, NKJV). He is eternal, omnipresent, and Creator (Genesis 1:2; Psalm 139:7, NKJV).

How does He manifest Himself?

His main work is not to cause visible spectacles, but to transform lives from within. It is not to knock people down, roll them on the ground, or make them babble incoherently; it is to convict of sin, guide us into truth, and produce Christlike character (Galatians 5:22-23, NKJV)

What are His symbols in the Bible?

- Wind, invisible but powerful: (John 3:8, NKJV)
- Oil, consecration and power: (Luke 4:18, NKJV)
- Fire, purification and passion: (Acts 2:3, NKJV)
- Living water, refreshment and new life: (John 7:38-39, NKJV)

These symbols are illustrations, not the essence of the Spirit.



DID YOU KNOW...?

Is His work always perceptible?

Not necessarily. Like the wind, we do not always see Him, but we feel His effects: change of attitudes, desire to obey, victory over sins, and love for God and for others.

IMPORTANT TIP

Look for the evidence of His work not just in what is spectacular, but particularly in what lasts: a changed heart, a renewed mind, and a life that reflects Jesus.

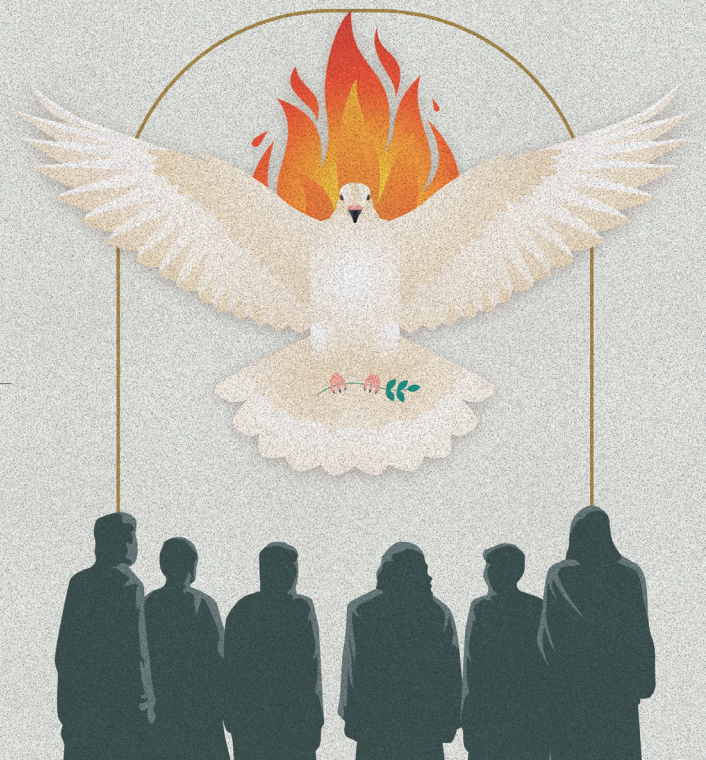
KEY TEXT

“BUT YOU
WILL RECEIVE
POWER

WHEN THE HOLY SPIRIT HAS
COME UPON YOU,

AND YOU SHALL BE WITNESSES TO ME IN
JERUSALEM, AND IN ALL JUDEA AND SA-
MARIA, AND TO THE END OF THE EARTH...”

(Acts 1:8, NKJV)



FINAL TIP

In 1882, Thomas Edison surprised the world by lighting up a street in New York for the very first time with electric power. People crowded together to watch how darkness was transformed into light thanks to an invisible power running through the wires. No one could see electricity itself, but everyone could experience its effects: lamps shining, streets illuminated, a new world of possibilities.

In the same way, the Holy Spirit works. We cannot see Him with our eyes, but His effects are undeniable in the lives of those who receive Him: hearts transformed, guilt forgiven, lives renewed. Without Him, faith would be only theory; with Him, faith becomes real power to live and to witness.

Jesus Himself affirmed that the work of the Holy Spirit would be so essential that without His presence, the disciples would not be able to continue the mission (John 16:7). That's why knowing who the Holy Spirit is and how He works in us matters so deeply. This isn't a side issue. It's at the heart of real Christian living.

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CONCLUSION

If He were just energy, He couldn't hear you. If He were just force, He couldn't love you. If He were just vibration, He couldn't step into your pain. But He is a Person and people speak, feel, comfort, guide, and restore.

The Spirit of God doesn't move like electricity He moves like a Friend who enters, cleans, strengthens, and transforms. Energy changes environments but He changes lives. And if you open the door, you'll discover that the Presence you've been searching for everywhere has been searching for you all along.

EVALUATE YOUR LEARNING

1. Matching questions: Match each function of the Holy Spirit with its correct description.

Column A
a. Convicts of sin
b. Guides into truth
c. Transforms character
d. Empowers for witnessing

Column B
1. Produces spiritual fruit such as love, joy, and peace
2. Shows the reality of sin in order to lead us to Christ
3. Gives power to be witnesses of Jesus
4. Leads the believer to the understanding of truth

2. According to the lesson, who is the Holy Spirit?

- a) An impersonal force that acts as divine energy
- b) A symbol used by the Bible to represent God
- c) A divine and personal being who thinks, acts, and relates
- d) An angel with a special mission

3. What is the main work of the Holy Spirit in the life of the believer according to the lesson?

- a) To produce spectacular visible manifestations
- b) To direct attention to Himself
- c) To convict of sin, lead to Jesus, and transform character
- d) To replace human obedience

4. What does it mean to “quench the Spirit” according to the lesson?

- a) That the Spirit ceases to exist
- b) That God permanently withdraws from the believer
- c) To repeatedly ignore or resist His voice and guidance
- d) To automatically lose salvation

WHAT MOST CAUGHT YOUR ATTENTION IN THIS LESSON

Do you want to know more about this lesson?

We want to accompany you every step of the way on your spiritual journey, not just through knowledge. By scanning the QR code below, you will access the video lesson for Lesson 4 and discover a comprehensive space designed to address your questions, strengthen your learning, and connect us in prayer.

