

## Questions & Answers About Being Filled With The Holy Spirit

(First Question)

### I. How Do I Know If I Am Filled With The Holy Spirit?

- A. First, the signs of being filled with the Spirit are objective, not subjective. In other words, they are indicators that other people can see and agree upon, not something we feel inside of ourselves. On the day of Pentecost<sup>1</sup> the disciples in the upper room heard a rushing mighty wind, they saw tongues of fire on each one's head, they spoke in languages they had never learned, and they were transformed in their character and anointed with power.
- B. The initial baptism of the Spirit may be accompanied by a fresh anointing of spiritual gifts and outward manifestations of the spiritual gifts.<sup>2</sup>
- C. The manifestation of tongues of fire is a representation of practical holiness. While miraculous signs and wonders may accompany the initial baptism\* and filling\*, the HOLY Spirit always manifests holiness as the proof of His controlling presence. This holiness is referred to by Paul in Galatians 5:22-24 as the *Fruit of the Spirit*:
- |                 |               |                 |
|-----------------|---------------|-----------------|
| 1. Love         | 2. Joy        | 3. Peace        |
| 4. Patience     | 5. Kindness   | 6. Goodness     |
| 7. Faithfulness | 8. Gentleness | 9. Self-control |
- D. This Spiritual Fruit is objective—it is fruit that anyone can see in your life. These are not feelings, they are behaviors, outward manifestations of the controlling presence of the Holy Spirit Who fills every part of your being.

*\* There are three terms that are applied to our experience and relationship with the Holy Spirit: indwelling, baptism, filling.<sup>3</sup> Of the three, indwelling is quite clear, while baptism and filling seem to be used somewhat interchangeably. The indwelling of the Holy Spirit is the experience of every believer and occurs at the instant of the new birth (salvation) and is the pledge of our inheritance assuring us of eternal salvation.<sup>4</sup> (The disciples were indwelt with the Holy Spirit in the upper room on the evening of the resurrection.) The baptism of the Holy Spirit is a second type of control that comes with our total surrender to His will. (The disciples were baptized in/by the Holy Spirit on the day of Pentecost, ~50 days after their indwelling.) The filling of the Holy Spirit is a fresh outpouring, akin to the baptism, that may occur more than once in our spiritual walk. As one person put it, we need to be filled again because we leak!<sup>5</sup>*

### References:

1. Acts 2:2-4; (Acts 2:2, 4; Acts 4:8, 31; Acts 9:17; Acts 13:9, 52)
2. See references in number 1 above
3. Indwelling Romans 8:9; Baptism Acts 1:5; Filling Acts 2:4 & 4:31
4. Ephesians 1:13-14
5. "We leak" . . . nearly all of the New Testament letters were written to churches whose members were showing some signs of "cooling down" in their fervor for the Lord. Unless we remain devoted to Christ in love and commune with Him in prayer and in His Word we will gradually drift. This is when we need a fresh outpouring and filling of the Holy Spirit to renew our devotion.

## II. Outward Signs vs Progressive Spiritual Maturity

- A. How does being filled with the Holy Spirit relate to our progressive sanctification?
  1. progressive sanctification is that process of daily growing into the likeness of Christ
  2. it is greatly accelerated through the filling of the Holy Spirit
  3. an apple tree has various stages of growth in season: flower, small green apples, full ripe apples—  
Someone who knows each stage can identify an apple tree at any stage of development
- B. All the fruit of the Holy Spirit will be present in a spirit-filled believer and will be growing toward spiritual maturity; for example, self-control will be present in a young believer, but will grow toward much greater self-control in many more ways as time goes along.

## III. Can a Spirit-Filled Believer Be Depressed?

- A. If the fruit of the Spirit is, among other things, love, joy, peace, self-control it is difficult to see how depression can co-exist. Depression, however, has many causes and a number of powerful Christians have struggled with this problem.
- B. Causes of Depression
  1. Endogenous—depression that arises periodically in the absence of life impact due to chemical imbalance
  2. Exogenous—depression that arises because of emotional trauma in life
    - a. death of a loved one
    - b. loss of a job or significant financial security
    - c. loss of health
    - d. divorce
  3. Spiritual attack—
    - a. direct demonic attack
    - b. weariness in well-doing
    - c. trials of leadership
- C. Differences between episodes of depression and clinical depression
  1. Periodic depression may include sadness, weariness, loss of appetite, energy, sleep, motivation, and may last from a few weeks to a month or more
  2. Clinical depression includes most of the following: cognitive disorders, sleep disorders, increased susceptibility to illness (loss of immune function and adrenal exhaustion), irritability, anger (smoldering with sudden outbursts), loss of interest in life, hobbies, work, sex, pleasurable activities, suicidal thoughts and even serious plans. Some clinical depression may move toward catatonic immobility, loss of appetite, (or even excessive appetite resulting in significant weight gain) psychotic breaks with reality. Clinical depression has constant feelings of worthlessness, hopelessness, helplessness—life has no meaningful future.

## IV. Is The Fruit of the Holy Spirit "ALL or NOTHING" as the Outward Manifestation?

- A. The fruit of the Holy Spirit is a manifestation of His character
- B. He is a whole Person of the Triune God and does not come in parts
- C. If He is Present and In Control of a believer, then all of Him is resident within them
- D. If we are lacking parts of Him, we cannot claim to be *FILLED* with the Spirit, as we are still in control of parts of our being from which He is shut out. If all of Him fills all of us, then all of the fruit of the Holy Spirit is manifest, to some extent, through us.