



## THE FRUIT OF THE SPIRIT (Part 1)

**Be filled with the Spirit!**

*«You Anoint My Head with Oil; My Cup Overflows. » (Psalm 23:5)*

The expression to fill is normally used for object and generally means to occupy to the full capacity. When God commands believers in the Scriptures «to be filled with the Holy Spirit», this would mean believers are to avail themselves to be completely occupied, influenced, fully controlled, and led by the Holy Spirit. In other words, God wants His children to come as empty vessels, available to be filled with His Holy Spirit so they might fully express the fragrance of His character.

When we avail ourselves and welcome the Holy Spirit, so He may have His way, we will begin to walk in the Spirit (Galates5:16, 25). Daily walking with the Spirit will make us long for more of Jesus-Christ until we will be filled.

To be filled with the Holy Spirit, we are to:

1. **Have a longing to be filled with the Holy Spirit:** The psalmist wrote «My soul is crushed with longing After Your ordinances at all times. » (Psalm 119:20); and God Himself promised to fill those who are thirsty for His righteousness: «Blessed are those who hunger and thirst for righteousness, for they will be filled. » (Mathew 5:4). If we long for the Holy Spirit indeed, we will ask for Him every day; Ellen White wrote that Daily Jesus received a fresh baptism of the Holy Spirit. — Ellen G. White, *Christ's Object Lessons*, p. 139.
2. **Allow the Holy Spirit to have His way:** walk daily in the Spirit. It implies to let Jesus-Christ have the control of our lives. In practice, we can do a very simple prayer like this: *Holy Spirit, abide in me today, please guide me, rebuke me if I go wrong, remind me what I ought to behave; please take full control of my thought, protect my eyes, my mouth...*; in return, when the Spirit leads we are to trust and obey His voice.
3. **Acknowledge our need for help to form Godly character:** in the areas of our lives where we are still struggling, we should tell God how helpless we are, and how much we want to be changed and do good; so, He can help us in those areas (Romans 7:18, John 15:5). As we distrust our own power, we shall trust the power of our redeemer (1 SM 337.1)
4. **Meditate on the Divine Model,** the beauty of His character found in Galatians 22:5 and 1 Corinthians 13. You might do it by wall posting, picturing, singing, reading or listening the lines in the Bible. By beholding Jesus Christ, we will be changed (2 Corinthians 3:18; 1 SM 388).

When we are filled, we will be consequently sealed; this means the perfection of Christ character will be reproduced in us; this is to be the goal of every believer. Mrs. Ellen White said: «*when the Lord's people reach this mark, they will be sealed in their foreheads. Filled with the Spirit, they will be complete in Christ, and the recording angel will declare, "It is finished"*» (RH June 10, 1902) (6BC 1118.1). What is this character of God? How is it developed? This will be the object of this series.

**God bless you as we embark in this journey together. ~**