

Session 10

**How**  
**can I be filled**  
**with the**  
**Holy Spirit**



What the Holy Spirit does and brings to our lives is all about love.

Every Christian has the Holy Spirit (Romans 8:9) but not every Christian is filled with the Spirit.

**Five categories of people:**

1. **Longing** (Pentecost – Acts 2:2–4)
2. **Receptive** (Samaria – Acts 8:14–23)
3. **Hostile** (Paul – Acts 8:1,3; 9:1–2)
4. **Uninformed** (Ephesus – Acts 19:1–6)
5. **Unlikely** (Gentiles – Acts 10:44–47)

What happened to Cornelius and his household when the Spirit came upon them? (Acts 10:44–46).

**1. THEY EXPERIENCED THE LOVE OF GOD**

‘... the Holy Spirit came on all who heard the message. Then Peter said... ‘they have received the Holy Spirit just as we have.’” (Acts 10:44–47)

- There were physical manifestations
- Everyone’s experience is different
- What matters is God’s love being poured out into your heart (Romans 5:5)
- Pursue the person, not the experience (Ephesians 3:14–19)

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## 2. THEY EXPRESSED THEIR LOVE FOR GOD

‘For they heard them... praising God’ (Acts 10:46).

- Fear of emotion: emotion versus emotionalism
  - Emotion is an important part of faith and love for God
  - Express with our whole bodies: raised hands; a traditional form of prayer

## 3. THEY RECEIVED A NEW LOVE LANGUAGE

‘For they heard them speaking in tongues’ (Acts 10:46).

- Not all Christians speak in tongues
  - Not the mark of being a Christian
  - Not necessarily a mark of being filled with the Spirit
  - There are no first- or second-class Christians
  - It is not the most important gift
- What is the gift of tongues?
  - Human or angelic language (1 Corinthians 13:1)
  - A form of prayer (1 Corinthians 14:2)
  - Builds up the individual
  - Transcends the language barrier (1 Corinthians 14:14)
  - The speaker is in full control
  - Public use requires an interpretation
- Why is it helpful?
  - Worship (1 Corinthians 14:15)
  - Praying for oneself (1 Corinthians 14:2,4)
  - Praying for others
- Why ask for the gift of tongues?
  - Paul encourages its use (1 Corinthians 14:5,18,39)

**What are the barriers to being filled with the Holy Spirit?**

- Doubt: 'I don't think I will receive'
- Fear: 'What will happen to me'
- Inadequacy: 'I'm not good enough'

**But Jesus says:**

**'... how much more will  
your Father in heaven  
give the Holy Spirit to  
those who ask him!'**

**(LUKE 11:13)**

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## RECOMMENDED READING

*The Mystery of Pentecost*  
Raniero Cantalamessa

*Sober Intoxication of the Spirit: Filled with the Fullness of God*  
Raniero Cantalamessa

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