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**Sabbath School
Personal
Ministries**

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Introduction



How the Holy Spirit Helps Us Live a Spiritual Life

Many of us have heard the words “And I baptize¹ you in the name of the Father, and of the Son, *and of the Holy Spirit.*” And anyone who was baptized has heard those words just before a minister lowered him or her under the water (read Matthew 28:19).

Think about these words again: baptized in the name of the Father, the Son, and the Holy Spirit. Yes, the Spirit is mentioned right there with the Father and the Son.

But that is nothing strange. The Seventh-day Adventist Church’s Fundamental² Belief no. 5, “God the Holy Spirit,” helps us to understand the reasons why. It reads, “The Holy Spirit is eternal. He worked with the Father and the Son when They created this world. The Spirit made it possible for Jesus to take human form. He works with God the Father and Jesus to save us. He is as much a person as are the Father and the Son. He led the writers of the Bible to write down God’s Word. He filled Christ’s life with power. The Holy Spirit leads people to Christ. The Spirit fills people with the desire to accept Christ. The Spirit changes the lives of all those who accept God’s call. The Spirit helps them to live the life of Christ. The Father and the Son sent the Holy Spirit to always be with God’s children. The Holy Spirit gives spiritual gifts to the church. He gives authority to the church to help believers witness to others of Christ’s love. The Holy Spirit is in harmony with the Bible. He leads the church into all truth.”—Adapted.

In the Bible, we read about the work of God the Father. His work is everywhere. We especially find His work in the Old Testament. In the New Testament, especially in the Gospels,³ we read again and again about the work of Jesus, the Son. The Gospels talk about His life, death, and the work He does for God in heaven. So, Jesus is the most important part of the New Testament.

But the work of the Holy Spirit is not so clearly shown. So, we do not understand as clearly the work of the Spirit. Instead, we understand the work of the Father and the Son more.

1. baptize—to officially make someone a member of a Christian church through the ceremony (special service) of baptism, in which a person’s body is placed briefly underwater. This ceremony shows that the person’s old life is buried and he or she is washed clean from sin. It shows he or she now lives a new life in Christ.

2. fundamental—forming or relating to the most important part of something; basic.

3. Gospels—the first four books of the New Testament: Matthew, Mark, Luke, and John.

But there is a reason for this difference. The Holy Spirit does not try to be the center of attention. He works more behind the scenes, such as in the backstage of a theater, than He does out in the open. The Bible more clearly shows to us God the Father and His Son than it shows us the Holy Spirit. And so, the Holy Spirit is not there to point us to Himself. He is there to point us to Jesus and what Jesus has done for us.

This quarter we will study the work of the Holy Spirit. And we will learn how important He is to our Christian experience. After all, the Holy Spirit is God Himself. So, He knows God as no person can. He can show God to us in a way that we can rely on and trust. For example, the Holy Spirit first inspired (guided) the Bible writers. And today the Holy Spirit guides us in our study of the Bible. He does this in many ways. The Holy Spirit assures us of our salvation through Jesus Christ (Romans 8:16). He gives proof of God's work in us (1 John 3:24). The Holy Spirit washes us clean from sin. And He makes us holy. "Your sins were washed away. You were made holy. You were made right with God. All of that was done in the name of the Lord Jesus Christ and by the Spirit of our God" (1 Corinthians 6:11, NIV). Because He makes us holy, He also makes us grow all our lives. He does this by making the fruit of the Spirit grow within us. "But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself" (Galatians 5:22, 23, NIV).

As Ellen G. White explains, "God gave us the gift of the Holy Spirit to make us new. The Holy Spirit gives power to Christ's sacrifice. *He gives it the power to save us.* The power of evil had been growing stronger for hundreds and hundreds of years. People gave themselves over to Satan's power. What a shocking fact! But sin could be opposed and overcome only through the mighty power of the Third Person [Holy Spirit] of the Godhead.⁴ The Holy Spirit would not come with power that had limits. Instead, He would come full of divine power. The Spirit gives life and power to what Jesus did at the cross to save us." —Adapted from *The Desire of Ages*, page 671. (Italics⁵ added.)

***We are baptized
in the name of
the Father, the
Son, and the Holy
Spirit.***

Clearly, the Holy Spirit has an important part in the lives of believers. And so, this quarter's study will help us better understand the great gift we have in the Holy Spirit.

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4. Godhead—the Father, Son, and Holy Spirit. These Three Persons are One God in thought, feeling, and action. Together They make up the Godhead.

5. italics—letters that slant upward to the right. *This is an example of a sentence printed in italic.* Italic is used to give special meaning or force to words. It also is used to draw attention to an important part of a quote to set it apart from the rest of what is written.

6. dean—a person who is in charge of one of the parts of a university (such as a college, a school, or part of a school).

7. Theology—having to do with the study of religious faith, practice, and experience; the study of God and God's relation to the world.