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GUIDE Nº 7 OF 15 · FREE

The Holy Spirit, Your Helper

Who He is, what He does in you, and how to walk with Him daily

— JOHN 14:16 (KJV)

A free guide for new believers · slgrace.com

A letter to you, dear friend

Dear friend, on the night before He went to the cross, Jesus made His followers a promise that should thrill you: He would not leave them as orphans. He would send another Helper — the Holy Spirit — to live with them and in them forever. That promise is yours. The Holy Spirit is not a distant force, not a strange experience reserved for a few, and not an optional extra for 'deep' Christians. He is God's own gift to every believer, given the moment you believed, and learning to walk with Him will change everything.

In this guide you will meet Him properly: who He is, the many ways He helps you, what it means to be filled with the Spirit, and the beautiful fruit He grows in a surrendered life. Read with an open heart. The Helper Himself will be teaching you as you read — that is, after all, His job, and He loves it.

Who the Holy Spirit is

The Holy Spirit is a Person, not a power. He is fully God, the third Person of the Holy Trinity — Father, Son and Holy Spirit, one God. Because He is a Person, He can be known, loved, obeyed, and also grieved by our stubbornness. Jesus called Him the Comforter — in the original language, one called alongside to help, like a strong friend who stands beside you in court, in battle and in sorrow. He is also called the Spirit of truth, the Spirit of God, and the Spirit of Christ.

He has been at work from the first page of the Bible — hovering over creation, empowering prophets and kings — but at Pentecost He came in a new way: to live inside every believer permanently. That includes you. Your body is now, in the Bible's own words, the temple of the Holy Spirit. You carry heaven's Helper within you into your home, your work, your exams, your hospital ward, your darkest valley.

Because He lives in you, you are never truly alone and never truly helpless. Skills you lack, He supplies wisdom for. Strength you lack, He lends. Words you lack in prayer, He provides — as the guide 'How to Pray' showed from Romans 8:26. Get to know Him as a Person: greet Him in the morning, consult Him in decisions, thank Him for His help, and quickly confess when you sense you have grieved Him.

> *"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you."*
> **— John 14:26 (KJV)**

What the Holy Spirit does in you

Count His kindnesses. He convicted you of sin and drew you to Jesus before you were saved — you did not find God by accident; the Spirit was hunting your heart in love. He gave you the new birth. He now teaches you the Bible, bringing verses alive and reminding you of them at the needed hour. He assures your heart that you are God's child. He prays through you when words fail. He guides your steps — sometimes by a verse, sometimes by wise counsel, sometimes by a deep inner restraint or prompting that later proves wise.

He also empowers you for service. The timid disciples who hid behind locked doors became bold witnesses when the Spirit filled them — not because their personalities changed, but because heaven's power rested on ordinary people. Whatever God calls you to do — witness to a friend, serve in church, raise children, stand honestly at work — the Spirit supplies what the task requires. Ask Him for help specifically, by name, for the task in front of you.

And He comforts. The name Comforter is earned. In grief, in loneliness, in the hospital corridor at midnight, believers across the centuries testify: an inner presence held them when nothing else could. That same presence is yours tonight, whatever you face.

> *“Howbeit when he, the Spirit of truth, is come, he will guide you into all truth... and he will shew you things to come.”*
> **— John 16:13 (KJV)**

Do this:

1. Each morning this week, greet the Holy Spirit and ask for His help by name for the day's tasks.
2. When a verse suddenly 'shines' as you read, stop and thank Him — He is teaching.
3. Before any hard conversation, pray: 'Holy Spirit, give me words and a right heart.'

Be filled with the Spirit — again and again

Every believer receives the Holy Spirit at the new birth; yet Scripture also commands us, ‘Be filled with the Spirit’ — an ongoing, repeated filling, like a sail filled with wind again each morning. The picture is of a life continually yielded: you empty yourself of self-rule each day, and He fills, directs and empowers afresh. A believer can be genuinely saved yet live largely on his own strength — and the difference shows in joy, in victory over sin, and in love for people.

How are we filled? By asking in faith — Jesus said the Father gives the Holy Spirit to those who ask Him. By yielding: surrendering each area — tongue, temper, money, plans — to His control. By the Word and worship: Ephesians links being filled with singing, thanksgiving and mutual submission. And by obedience to His gentle promptings; each obeyed nudge makes the next one clearer, and each ignored one makes His voice seem fainter. He is a gentleman; He does not shout over a closed door for long.

Seek also the gifts He gives for service, as your church teaches and as 1 Corinthians 12–14 describes, always with love as the governing law (1 Corinthians 13). Gifts differ; the Giver is the same; the purpose

is one — to build up others. Desire to be useful, stay humble, stay in the Word, and let your leaders guide you. The Spirit-filled life is not strange; it is simply the normal Christian life, lived at full sail.

> *"And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord."*
> **— Ephesians 5:18-19 (KJV)**

The fruit of the Spirit: His work looks like Jesus

How do you know the Spirit is at work in a life? Not first by loudness, but by fruit. Paul lists nine: love, joy, peace, longsuffering (patience), gentleness, goodness, faith, meekness, temperance (self-control). Read them slowly. They are a portrait of Jesus — and therefore a portrait of what the Spirit is growing you into. Fruit grows slowly, quietly, in season, without strain: a branch does not grunt to produce grapes; it simply stays connected to the vine. Your part is to abide — stay close to Jesus through Word, prayer and obedience — and His part is the growing.

Notice fruit is singular — one fruit with nine flavours, one work of one Spirit. You do not pick patience while neglecting love. The Spirit grows the whole character together, though He may work on one area at a time: this season your temper, next season your tongue, then your generosity. When He puts His finger on an area, do not argue — yield, confess, ask for help, and cooperate. The gardener's pruning is proof He expects more fruit, not less.

Measure your growth by fruit over time, honestly. Are you quicker to forgive than last year? Slower to anger? Steadier in sorrow? That is the Spirit's report card, and it matters more than any spectacular experience. Seek Him for His fruit as much as for His gifts, and your life will quietly begin to smell of heaven.

> *“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”*
>
> **— Galatians 5:22-23 (KJV)**

Walking in the Spirit daily

Paul’s daily instruction is disarmingly simple: ‘Walk in the Spirit, and ye shall not fulfil the lust of the flesh.’ Walking is step by step, moment by moment — not a leap, not a sprint. Each decision today is a step: the thing you watch, the words you release, the thought you entertain or refuse, the prompting you obey. Walk with Him in the small steps and the big falls become rare, because you are never far from your Helper.

Practically: begin the day yielding — ‘Holy Spirit, lead me today; I am Yours.’ Stay in conversation with Him through the day. When He convicts you of a wrong word or thought — and conviction is specific, gentle and hopeful, unlike the enemy’s vague condemnation — confess at once, receive cleansing, and step on. When He prompts you to encourage someone, apologise, give, or witness, obey quickly before courage cools.

End the day with review and thanks: Where did I follow? Where did I resist? Thank Him for every victory, confess every resistance, sleep in peace. Do this for a year and you will not recognise the person you were — in the best possible way. Walk in the Spirit, friend. He has never once led a yielded heart astray.

> *“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”*
>
> **— Galatians 5:16 (KJV)**

A PRAYER TO BE FILLED AFRESH

Holy Spirit, I thank You for living in me. I yield myself to You afresh today — my mind, my tongue, my temper, my plans, my whole life. Fill me again. Teach me from the Word, guide my steps, grow Your fruit in me, and empower me to serve and to witness. Where I have grieved You, I confess it now and receive Your cleansing. Lead me, Helper of my soul, all this day and every day. In Jesus' name, Amen.

Verses to hold on to

Keep these verses near you. Read one each morning. Say it aloud. God's Word will hold you on days when feelings are weak.

> *"If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?"*
> **— Luke 11:13 (KJV)**

> *"And they were all filled with the Holy Ghost, and they spake the word of God with boldness."*
> **— Acts 4:31 (KJV)**

> *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"*
> **— 1 Corinthians 6:19 (KJV)**

> *“For as many as are led by the Spirit of God, they are the sons of God.”*
> **— Romans 8:14 (KJV)**

You are not walking alone

Dear friend, you have finished this guide — well done. Keep it near your Bible and return to it whenever you need it. Growth is day by day, and your Father is patient, present and proud of every honest step you take toward Him.

If you would like someone to pray with you, answer your questions, or walk with you in these first steps, our free Salvation Follow-Up team would be honoured to hear from you. Visit slgrace.com and open the chat — ask for the "Salvation Follow-Up" desk. It is completely free, and you will be received with love.

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May the Lord bless you and keep you, make His face shine upon you, and give you peace — today and all your days. (Numbers 6:24-26)