

#10 Transformed By The Power Of The Holy Spirit (Sanctification #3) Series

July 12, 2023

Scripture: John 16:7

7. Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.

8. And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:

9. Of sin, because they believe not on me;

10. Of righteousness, because I go to my Father, and ye see me no more;

11. Of judgment, because the prince of this world is judged.

12. I have yet many things to say unto you, but ye cannot bear them now.

13. Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, *that* shall he speak: and he will shew you things to come.

14. He shall glorify me: for he shall receive of mine, and shall shew *it* unto you.

15. All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall shew *it* unto you.

Summary: This Lesson speaks about how the Holy Spirit is our comforter or our helper. The Holy Spirit can heal our emotional pains.

Transformed by the Power the Spirit

(Experiencing Sanctification #3)

Introduction: Today we will learn how the Holy Spirit comforts us.

Scriptures: (John 16:7, 2 Corinthians 1:3, 4, 7:6)

John 16:7

7. Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.

2 Corinthians 1:3, 4, 7:6

3. Blessed *be* God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;

4. Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

2 Corinthians 7:6

6. Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus.

V. The Holy Spirit Comforts Us

A. The Name Christ gives to the Holy Spirit (John 16:7)the Comforter will not come unto you.

1. Different translations

NASB, ESV= Helper, NIV= Counselor, KJV= Comforter

2. The Greek word Paraklete “a calling to one’s side.”

Illustration of someone coming alongside someone to help lift him up.

Meanings of word: one who comforts, encourages, exhorts, consoles.

B. The Holy Spirit will help us through the difficult times.

1. The journey of transformation is a difficult road

a) It is not the path of least resistance, there will be many times you will feel that it is difficult and want to just give up and go the easy route

b) To complete the journey will require determination and persistence; it will require our best effort.

c) Even with our best efforts we cannot make it on our own

2. The Holy Spirit will help us through our times of discouragement

a) Discouragement comes when we experience disappointments

People will disappoint us, they can let us down, not do what they promised, they can betray us, forsake us, etc.

When certain prayers are not answered right away

We can disappoint ourselves with our own failures.

Application: The road to transformation is not just an uphill climb that we have to climb by ourselves, we have the Holy Spirit to help make the difficult climb

b) Discouragement comes when we start believing Satan's lies

c) We have a choice, either to give up and quit or to call on the Lord for His strength. (Isaiah 40:31)

31. But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

3. The Holy Spirit will help us through our times of affliction

a) The Spirit will give you strength to endure and overcome

Example of Apostle Paul (2 Corinthians 4:7-9)

7. But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

8. *We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair;

9. Persecuted, but not forsaken; cast down, but not destroyed;

b) We will be encouraged because of what God is doing in us (2 Corinthians 4:16-17)

16. For which cause we faint not; but though our outward man perish, yet the inward *man* is renewed day by day.

17. For our light affliction, which is but for a moment, worketh for us a far more exceeding *and* eternal weight of glory;

C. The Holy Spirit can heal our emotional pain

1. We will experience grief and sorrow

a) A loss of a loved one through death

b) Because we live in a sinful world, people can do things that wound us physically and/or emotionally; you have been abused

2. We can develop emotional pain because of these experiences

a) Some never heal emotionally; they are fixated on their past

b) Some go through life seeing themselves as victims

Application: As Christians we are not to be the victims but the victorious

3. The Holy Spirit can be our healing balm (the healing oil of the Spirit)

a) We must allow the Spirit to reopen the wounds

b) We must forgive those who have hurt us

c) Pour out your heart to the Lord in prayer-get out the infection

4. Emotional healing is necessary for transformation

Conclusion: The Holy Spirit is ready to be your comforter, but you must surrender your life to Him, for Him to be able to bring healing in your life.