He gives life to our physical/mortal bodies

And if the Spirit of Him who raised Jesus from the dead lives in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you. Romans 8: 11.

From this scripture we see how and why Christians shouldn't be held down by sickness or infirmities because the Holy Spirit who is the Spirit of light dwells in us and darkness vanishes in the presence of light.

The Old Testament was the dispensation of God the Father, the New Testament was the dispensation of God the Son (Jesus), and we are now in the latter part of the New Testament which is the dispensation of the Holy Spirit. Launch out further in the word and other anointed materials to know more about the Holy Spirit and above all, develop a relationship "sweet fellowship" with the Holy Spirit. He is the most important personality I have ever met: He is the best friend you can ever have.



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Who is the Holy Spirit?

Beloved.

Have you ever wondered why some Christians seem 'boring' or why some Christians live a seemingly defeated and non-triumphant life? In most cases it is because of the lack of knowledge of the presence and personality of the Holy Spirit. Jesus speaking in the book of John said:

"And I will pray the Father, and He shall give you another Comforter, that He may abide with you forever". John 14:16

Jesus promised the Holy Spirit in the above scripture, the Holy Spirit Arrived in Acts chapter 2

And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Chost, and began to speak with other tongues, as the Spirit gave them utterance. Acts 2:2-4

During His earthly ministry, Jesus couldn't attend to everyone at once, hence He prayed for the Father to send the Holy Spirit. In John 14:16, Jesus referred to the Holy Spirit (another comforter) as a person with a personality. Oh what a Joy! We now have the ever abiding the presence of the Holy Spirit.

Amongst others, another reason the Holy Spirit was sent to believers is to make us have a foretaste of Heaven while still on earth. Below are some of the roles the Holy Spirit plays in the life of a Christian:

He teaches us to Pray

In the same way the Spirit [comes to us and] helps us in our weakness. We do not know what prayer to offer or how to offer it as we should, but the Spirit Himself [knows our need and at the right time] intercedes on our behalf with sighs and groaning too deep for words. Romans 8:26 (AMP)

He empowers us

Then Jesus went back to Galilee in the power of the Spirit, and the news about Him spread through the entire region. Luke 4:14