

# Holy Spirit

So with the Christian: At the first outpouring of the Holy Spirit, he is full of ecstasy; as his experience gathers strength and depth, the rushing torrent is changed into the calmness of the majestic river, or the peaceful depth of the limpid lake, from which is reflected the resplendent form of his Saviour, as he walks quietly over its surface.

—John Fletcher

The Holy Spirit ... is the presence of God near to us even though God seems physically so far away.

Have you ever been far away from your parents, your sister or brother or a close friend but felt them near to you? Maybe they feel close because of a memory you have together. Or maybe you feel close to them because they are praying for you or thinking about you. Maybe you talk to them on the phone, and, though you cannot touch them, they feel near because of the comfort they offer you or the support and encouragement they always give.

The Holy Spirit is another amazing gift God decided to give humankind. It is the presence of God near to us—so near that it dwells within us—even though God seems physically so far away.

Now in the lineup of the Trinity, Jesus and God get tons more recognition than the Holy Spirit. We have God, our Creator, whose hands crafted and formed each of us. Then we have Jesus who

became a bridge between the Creator and humankind, creating a path to the Giver of life that crosses over sin and death. And finally, Jesus promises us a friend, a comforter, an enabler, and a defender who assures us that we are not on this path alone. This person of God is the Holy Spirit.

The Holy Spirit's lack of popularity makes sense. The Holy Spirit can be hard to comprehend. Although we hear references to the Holy Spirit throughout the Bible, the first time we see it really at work is on the day of Pentecost (Acts 2:1-4). And when it arrives, it comes with a noise from heaven like a mighty wind and physically manifests itself as fiery tongues moving all over the place.

Well, no wonder it's hard to make sense of the Holy Spirit. It's fiery when it needs to be large. It's a gentle wind when it needs to be smaller. In suffering, it stands boldly beside us and prays for us even when we don't know how to pray for ourselves (Romans 8:26). As we grow stronger to endure, the Holy Spirit is a helper (John 14:16). The Holy Spirit is so fluid and changing that images of the Spirit are often akin to liquid, like when God promises to pour out his Spirit on all people (Joel 2:28).

Even in the Spirit's ability to change, there is a constant with the Holy Spirit: It is with us always. It is the form of God that promises never to leave us orphaned. With the Holy Spirit, we are always connected to the fullness of the rest of the Trinity. It, therefore, empowers us to live out the faith we claim. It enables us to do the things that Jesus did and promises to help us do even greater things on earth (John 14:12).

May you find comfort, healing, endurance, and hope in the Holy Spirit. May you quiet your heart and allow the Spirit that lives in you to move you.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

(Romans 8:26)

**QUESTIONS FOR REFLECTION**

Describe the wind and all of its different properties and abilities. Do the same for fire and water. How might the Holy Spirit be like the wind? fire? water?

What does it mean to you to have God live inside of you in the form of the Holy Spirit? How does it change the way you think of God?

How have you seen the Holy Spirit in your life? Have you felt comforted, forgiven, loved, or empowered by the Spirit?

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