



SERIES: Pursuing Spiritual Fitness
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Tuesday, August 8, 2023
Scripture: John 14:15-17 / John 14: 26-27
TITLE: What Good Is the Spirit?

If you're like me, you're probably pretty independent. Your window drops in your car, so what do you do? You get on YouTube and figure it out. If the dinner order gets messed up, not a problem. You know your way around the kitchen, and you get dinner on the table in under 30 minutes. Sure, it's ramen, but you get the job done. If your mower breaks, you've got scissors around there someplace, right? But what happens when it's moving day, and you have that piano? You aren't The Hulk. You need a helper.

Well, our independence, though a strength, has also been a weakness. It drove Adam and Eve from God. It causes rifts in marriage, family, and work. And that independence leads us to confusion and sin. That's why God provides a Helper for His children.

Who is that Helper? Let's let Jesus answer that question in John 14:15-17 (NLT):

“If you love me, obey my commandments. And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him because it isn't looking for him and doesn't recognize him. But you know him because he lives with you now and later will be in you.”

Jesus said that God will send an Advocate. The word is *paraclete*, and it literally means a legal aide or partner. God provides us the Holy Spirit as our Helper.

Great, but what do we need a helper for? Well, there are several things, but Jesus identifies one right off the bat: The Spirit leads us into truth. And I'm afraid we need His help more than ever. Where truth is proclaimed as relative or unknowable, the Bible declares there is truth, and the Spirit will lead us to it. But not only does He lead us to the truth, He educates, encourages, and strengthens us with peace. Jesus said this just a couple verses later in John 14:26-27:

“But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you. I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.”

Oh, in a world of racial tensions, pandemic realities, isolation, political unrest, family division, financial insecurities, we need help. We need to be provided truth. We need to be reminded of

God's promises and provisions. We also need the peace that passes all understanding. This is our Helper. The Holy Spirit who lives in every believer provides His help at their disposal. The question is, will you continue to go it alone, or will you lean into the help?

So this is my challenge for you today: stop trying to do it on your own. The Spirit is in you and there to provide you with support, truth, and peace. So, pause and recognize where you've been doing it on your own, or supplanting the Spirit with something else.

Are you turning from the truth of Scripture and settling for Netflix and Hulu? Are you turning from the truth of the Spirit, and learning from those who tickle your ear? Are you turning away from divine peace, and coating your troubles in alcohol, pornography, or money?

Nothing satisfies but God. The Spirit is there and will provide what you need if you let Him.

Turn to God right now, and then be ready to win the day!