

WEEK 3 OF 5

FIVE ANCHORS OF A D

ROOTED

Spirit-filled

Not by might. Not by power. By His Spirit.

Five Anchors of a Disciple

WEEK	God-Loving	*Loved Into Loving*
WEEK	Christ-Centred	*Not I, But Christ*
WEEK 3	**Spirit-Filled**	*Not by might. Not by power. By His Spirit.*
WEEK	Word-Grounded	
WEEK	Disciple-Making	

“Not by might, nor by power, **but by my Spirit** , says the LORD of hosts.”

EPHESIANS 5:18 · ES

“And do not get drunk with wine, for that is debauchery, but **be filled with the Spirit**.”

BEFORE WE GO ANY FURTHER

Who is the Holy Spirit?

God

“You have not lied to man but to God.”

ACTS 5:4

A Person

*“When the Spirit of truth comes, **he** will guide you into all the truth.”*

JOHN 16:13

The Helper

*“And I will ask the Father, and he will give you **another Helper** … he dwells with you and **will be in you** .”*

JOHN 14:16–17

Not a force. Not a feeling. **God, in you.**

Empty

Every life runs on something.

If you’re not running on the Spirit, you’re running on something — and it’s running out.



More information than any generation in history.

More comfort. More medicine.

More anxious than ever.

HERE, IN AUSTRALIA

1 in 6

Australians had an anxiety disorder in the last twelve months.

Anxiety was the most common group of mental disorders in 2020–2022 — 17.2% of Australians aged 16–85. Around 3.4 million people.

Among 16–24-year-olds, almost two in five experienced a mental disorder in the same window.

Something in us is running dry that comfort can’t refill.

ABS · National Study of Mental Health and Wellbeing, 2020–2022



You can drive a long way on a warning light. You just can’t do it forever.

What are the warning ights?

Your dashboard already knows.

WARNING LIGHTS

A short fuse

01

What spills when you’re squeezed tells you what the tank is full of.

> *“…for out of the abundance of the heart his mouth speaks.” — Luke 6:45*

WARNING LIGHTS

A cooling first love

02

The routines continue. The affection doesn’t.

> *“But I have this against you, that you have abandoned the love you had at first.” — Revelation 2:4*

WARNING LIGHTS

Spiritual apathy

03

Nothing’s wrong, exactly. Nothing’s alive, either.

> *“I know your works: you are neither cold nor hot. Would that you were either cold or hot!” — Revelation 3:15*

THE ONE POINT

You don’t run on willpower.

You run on the Spirit.

Willpower was never meant to be the fuel.

JESUS WAS...

Conceived by the Spirit. LUKE 1:

Anointed by the Spirit. LUKE 4:

Led by the Spirit. LUKE 4

Empowered by the Spirit. ACTS 10:

Raised by the Spirit. ROMANS 8:

Jesus, fully God, chose to live His human life in dependence on the Spirit

How to be filled by the Holy Spirit?

BEFORE THE HOW

Given. Not earned.

> “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive **the gift of the Holy Spirit** . For the promise is for you and for your children…”
>
> ACTS 2:38–

You don’t work for the Spirit. He is how Christ’s work gets in you.

Ask

> “If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father **give the Holy Spirit to those who ask him** !”
>
> LUKE 11::

The simplest verb in the Bible. The one self-sufficient people never use.

ASK

1

word a toddler needs to eat: “Dad” or "Mom"

A small child can’t reach a single shelf in the kitchen. Their entire survival strategy is one word.

No performance. No earning. No plan B. And it works every time — because asking isn’t the weakness of the relationship. It’s the shape of it.

Somewhere between four and adulthood, we decided asking was failure. Jesus says it’s the whole system.

Keep being filled

2

> “…but **be filled with the Spirit**.”
>
> EPHESIANS 5

Present continuous — go on being filled. Not a badge. Not a one-off.

“Can I lose Him?” No. “Can I run dry?” Yes.

Sealed

“…you were sealed with the promised Holy Spirit.” — Ephesians 1:13

His presence is permanent.

Filled

A posture you return to. His filling is repeated.

You don’t leak the Spirit. You stop drawing on Him.

KEEP BEING FILLED

15%

the battery level that makes you panic.

Nobody charges their phone once and calls it done. You charged it last night knowing you’d charge it tonight — and no one calls that failure. It’s just what powered things need.

100% yesterday means nothing at 11pm today.

Most of us panic at 15% battery — and feel nothing at 15% soul.

Keep in step

3

> “If we live by the Spirit, let us also **keep in step with the Spirit** .”
>
> GALATIANS 5

Filling isn’t for feelings. It’s for following — pray, forgive, create, love, give.

KEEP IN STEP

42.2 km

Not your pace. His.

A pacer runs the race with you, at a pace you couldn’t hold alone, carrying your finish time on his back.

You don’t fall behind and get disqualified.

> *“…let us run with endurance the race that is set before us, **fixing our eyes on Jesus, the author and perfecter of faith** …” — Hebrews 12:1–2*

He’s not at the finish line waiting. He’s beside you, setting the pace.

What does a Spirit-filled life actually look like?

You create

> *“…and I have filled him with the Spirit of God, with ability and intelligence, with knowledge and all craftsmanship.” — Exodus 31:3*

The first Spirit-filled person in the Bible was a tradesman.

Machines can generate content. Only the Spirit makes people who bring beauty and kindness into actual places.

You hold under heat

> *“He will sit as a refiner and purifier of silver, and he will purify the sons of Levi and refine them like gold and silver…” — Malachi 3:3*

“…are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.” — 2 Corinthians 3:18

The fire isn’t the enemy. It’s the Spirit — working in you, right now.

You become a witness

> *“…and you will be my witnesses.” — Acts 1:8*

Power with a direction. Used, not noticed.

THE ONE PRACTICE THIS WE

Tomorrow morning. Before the phone.

“Father, fill me with your Spirt for today.”

Every day this week. He gives to those who ask. (Luke 11:13)

What would our church look like if all of us were filled?

> “…God’s **love has been poured into our hearts** through the Holy Spirit who has been given to us.”
>
> ROMANS 5

The first thing He fills you with is the Father’s love.

THE TABLE

“This cup that is **poured out for you** is the new covenant in my blood.”

LUKE 22:

He emptied Himself so you could be filled.
As you hold the cup, what are you still trying to run on?