

# Power Fitness

*For there are three that bear witness in heaven: the Father, the Word, and the Holy Spirit; and these three are one.*

1 John 5:7 NKJV

## **The Role of the Holy Spirit - Power for Living**

*So I pray for you Gentiles that God who gives you hope will keep you happy and full of peace as you believe in him. I pray that God will help you overflow with hope in him through the Holy Spirit's power within you.*

Romans 15:13 TLB

## **The Roadblock to Spiritual Power - Lack of Knowledge**

*"Did you receive the Holy Spirit when you believed?" They answered, "No, we have not even heard that there is a Holy Spirit."*

Acts 19:2 NIV

## **Steps to Receiving the Holy Spirit:**

*(Jesus) "...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."*

John 14:15-17 NLT

*Peter replied, "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."*

Acts 2:38 NIV

- **Repent**
- **Affirm**
- **Receive**

## **The Reward - Spiritual Fitness**

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness...*

Galatians 5:22 NLT