



# ONWARD

21 DAY FAST // 2017



WEEK ONE  
**DEVOTIONAL**

## Day 1 // January 16

### *He's Present // Robert Morris*

*And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.*  
John 14:16,17

Have you ever wanted to meet someone, but you couldn't get an introduction? That's often what holds us back from stepping out on a limb and introducing ourselves to someone new. It's always easier when a mutual friend makes the introduction for us.

Thankfully Jesus, who knows the Holy Spirit better than anyone, has already introduced us to Him. As we read in today's verse, Jesus tells the disciples that He "will pray the Father" (the Greek word pray literally means ask), and "He will give you another Helper." Do you know what was about to happen when Jesus made this introduction? He was with His disciples at the Last Supper, mere hours before He was to be crucified, and He had just told them He was going away. Imagine what the disciples thought when they heard their leader would be gone soon. There was probably some uncertainty and maybe even some fear about what would happen after He left. Many of us have probably experienced a similar feeling after the loss of a parent, friend, or mentor.

But Jesus assured them they wouldn't be alone, and the Helper (the Holy Spirit) would be with them to help them keep His commandments. In verse 17, Jesus goes even further and says, "But you know Him, for He dwells with you and will be in you." He's telling the disciples that they already know Him.

Jesus' message to the disciples is still true for us today. And as we'll discover in the next few days and weeks, we can develop a deep relationship with the Holy Spirit. He wants to be our Helper and closest friend. And just as Jesus told the disciples, we can have peace knowing we're never alone because the Holy Spirit dwells in us and with us. Isn't it amazing to know that God sent

the Holy Spirit not just for the disciples but for us as well? He's not an inaccessible God that we cannot reach. He's right here with us, and He desires a close relationship with us.

Have you met my best friend, the Holy Spirit? If not, now is the perfect time. His presence in your life can change everything.

## NOTES

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## MEMORY VERSE

*"And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you."* - John 14:16,17

## PRAYER

*Jesus, thank You for introducing me to the Holy Spirit and for giving me the opportunity to grow in relationship with Him. I want to know Him as my helper and friend. Help me remember today that the Holy Spirit is always with me. In Jesus' name, Amen.*

## FOR FURTHER STUDY

*Nehemiah 9:20; John 16:7-11; Acts 2:1-21; 1 John 2:27*

## Day 2 // January 17

### *The Holy Spirit Is... // Robert Morris*

*And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.*

John 14:16,17

A few years after Debbie and I got married, she wanted to buy a new comforter for our bed. We already had one that was handed down to us, and it was pretty worn out. After I got over the shock of how much a new comforter costs, we went and bought it. I still remember it because the new comforter was beautiful and looked like it was going to be really comfortable. In fact, I was looking forward to getting in bed all day. Then at bedtime, I got to the room and it looked like someone had stolen our new comforter. Debbie had removed the new comforter and put the old one back on. I said, “Where’s the new comforter?” She responded, “Oh that’s not for use, it’s just for looks.”

That’s when I learned there are certain things in our house that are just for display—put out to look nice—but never really used for anything other than decoration. Then there are other things that are actually used for their intended purpose, such as a comforter that provides warmth and comfort. Those are real comforters. The type of comforter that’s perfect after an especially long, hard day when you’re physically and emotionally exhausted. Isn’t it wonderful to wrap yourself up in your comforter and get some much-needed rest?

What many people don’t realize is that the Holy Spirit is our comforter. We mistakenly think He is just for looks or show, and we never allow Him to truly comfort us when we’re exhausted or going through the storms of life. He wants to be your comforter, your helper, and your friend.

Not only is the Holy Spirit your comforter, He is your God! The Father, Son, and Holy Spirit are one God with separate personalities. He is a person, and He is present to help you live

## NOTES

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*"And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you." - John 14:16,17*

*Holy Spirit, thank You for being my true comforter. I don't want my relationship with You to be for show, I want to really know You. Reveal Yourself to me today. In Jesus' name, Amen.*

*John 14:1-31; John 15:26*

**Day 3 // January 28**  
*He is a Spirit // Robert Morris*

*God is Spirit, and those who worship Him  
must worship in spirit and truth.*  
John 4:24

Have you ever tried to explain the wind to a toddler? After having several grandchildren, I've learned it's a lot more difficult than you might realize. After all, you can't see the wind and you can't control which direction it blows. Similarly, understanding who the Holy Spirit is can also be difficult for new believers or those who've grown up in churches that don't talk about the Holy Spirit. Just like the wind, you cannot see the Holy Spirit through natural eyes, and you cannot hear Him through natural ears. To get to know the Holy Spirit, you have to recognize that He is a spirit, and you must communicate with Him through your spirit.

Before we get saved, our entire lives are based in a physical world. We are taught to trust our physical senses—what we can hear, see, smell, taste, and feel. We fear anything we can't process through our five senses. But when we become Christians, we have an opportunity to invite the Holy Spirit into our lives, and in order to have a relationship with Him, we have to start developing and listening to our spiritual senses.

Only when you start spending time with the Holy Spirit will you start hearing Him clearly. Intimacy with the Holy Spirit only comes after communing with Him on a regular basis. The Holy Spirit wants to pull the curtain back so that you can begin to see God more clearly. The Holy Spirit wants to lead you and use you to minister to each person you come in contact with today. He is speaking to you. Will you choose to listen?

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*Holy Spirit, thank You that You still speak to people. I choose to trust not in the physical world but listen to You. Help me hear Your voice, and use me to bless others. In Jesus' name, Amen.*

*Nehemiah 9:20; Job 32:8; Romans 8:16; 1 Corinthians 2:13-16; 1 John 2:27*

## Day 4 // January 19

*He's a Person // Robert Morris*

*However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.*

John 16:13

What distinguishes a person from a thing? For example, what's the difference between a person and a chair? Some might say, "Well, a person has life." But a tree has life, and it's not a person. A cockroach is alive, but it's not a person. So what makes someone a person? The answer is a person has a personality. Every single person releases or exhibits the marks of a personality. That means a person has a soul, which is comprised of a mind, a will, and emotions. In fact, that's how we know beyond any doubt that the Holy Spirit is a person. The Bible tells us that God has a mind, a will, and emotions, and the Holy Spirit is God (Romans 8:27). He's not just some power you use. He thinks, He feels, and He has desires—He is a person.

It's very important that you have this knowledge because if you don't see the Holy Spirit as a person, you will never develop a relationship with Him. It's not possible to develop a personal relationship with a thing. When you are in relationship with the Holy Spirit, since He knows God's will for your life, He can reveal it to you. He guides you into truth, and He uses you to help and minister to other people.

Do you desire a personal, passionate, vital relationship with the Holy Spirit? He truly wants to be your best friend. Ask Him which areas of your life need His presence. Allow Him to walk beside you today, giving you insight and wisdom that only He can give.



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*"However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come." - John 16:13*

*Holy Spirit, thank You that You are a living person with whom I can develop a relationship. I want to know You as my best friend. As I go about my day, be with me and show me Your presence. In Jesus' name, Amen.*

*Luke 11:13; John 14:15-17; 2 Corinthians 3:17; 1 Thessalonians 1:5; 1 John 5:8*

**Day 5 // January 20**  
*He Helps Us // Robert Morris*

*Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.*

Romans 5:5

Most of us probably don't remember much about our high school calculus class. Maybe you were lucky and never had to take it. However, if you did, you might have thought to yourself, "When will I ever need this in my life?" Inevitably, it doesn't take long to forget everything we learned about that subject. Sometimes when we read Scripture, the same thing happens only worse, we might forget something we'll actually need in life.

In John 14:25–26, when Jesus told His disciples about the Holy Spirit, He emphasized that remembering His words is one of the many areas in which the Holy Spirit would help us. First, Jesus says, "He will teach you all things." Second, He says the Spirit will "bring to your remembrance all things that I said to you." This is an amazing benefit! Have you ever just happened to remember the right scripture at the perfect time? It's not just because you have a great memory! It's because the Holy Spirit reminds us as an encouragement. This is also how the Gospels, though written separately, were in such accurate agreement.

He also helps us know when to say the right thing and when to keep our mouths shut. Have you ever had a thought come to your mind and the Holy Spirit tells you not to say it? And of course, what do we do? We say it anyway. Then we think, I shouldn't have said that. (That happens a lot in marriage!) As we develop a relationship with the Holy Spirit, we learn to hear His words—and keep ours to ourselves.

Jesus knows how much the Holy Spirit helps us. Think about this: when Jesus walked the earth, He was confined to His own flesh, which means He could only be in one place at a time. But the Holy Spirit is omnipresent, which means He can be everywhere at all times, helping everyone. Isn't it comforting to know the Holy Spirit gives us access to God who has the answers to everything?

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*"However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come." - John 16:13*

*Holy Spirit, thank You for encouraging me and reminding me of Your Word. Thank You for being with me at all times. Help me today to hear Your voice clearly and to obey. In Jesus' name, Amen.*

*Psalm 139:7-10; Jeremiah 23:23,24; John 15:26; Romans 8:12*

## Day 6 // January 21

*He Knows the Future // Robert Morris*

*However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.*

John 16:13

“What should I do?” Have you ever asked yourself this question? If you have, it means you’ve thought about your future with uncertainty. At some point, we’ve all done this. Maybe you had a job opportunity you weren’t sure about or were surprised by some life event and thought, I didn’t see that one coming! How wonderful would it be to know what’s around the corner? Well, that’s one of the benefits of having a relationship with the Holy Spirit.

In today’s verse, Jesus says, the Holy Spirit “will tell you things to come.” Let me say it in a different way: He will tell you the future. God has all knowledge of every subject. Isn’t it comforting to know the Holy Spirit gives us access to God who has the answers to everything? Not only does He know everything that has happened, He knows everything that will happen. And according to John 16:13, the Holy Spirit will let us know what’s about to happen.

He wants to help you, but He also wants to reveal things to you so that you can help others draw closer to God. He wants to use you to minister to those you come in contact with today.

Do you have a situation in your life and you don’t know what to do next? Are there people around you dealing with uncertainty about their future? Allow the Holy Spirit to come in and be your Helper and minister through you.

He wants to bless others through you. And He wants to help and console you, intercede for you, and be an advocate for you. All we need to do is open our hearts and receive Him.

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*"However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come." - John 16:13*

*Holy Spirit, thank You that You know all things and You will tell me the things to come. Help me today to listen to You. Reveal Your heart for my future and for those around me. I place any uncertainty or doubt in Your hands. In Jesus' name, Amen.*

*Psalm 32:8; 1 Corinthians 2:9–11; 2 Corinthians 5:21*

## Day 7 // January 22

*He Gives Us Benefits // Robert Morris*

*Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.*

Romans 5:5

When I was growing up, I remember two groups of people who talked about the Holy Spirit. One group didn't wear any makeup and the other group wore too much. That was one of the reasons I resisted receiving the Holy Spirit years ago, and I think people tend to hesitate developing a relationship with Him because they think He'll turn them into a weird person. I'm happy to tell you that simply isn't true. The Holy Spirit is my best friend, and I know He isn't weird. (In fact, a Spirit-filled person who does weird things was probably weird before they encountered the Holy Spirit.)

This preconceived notion that the Holy Spirit is weird has an effect on some people who haven't yet received Him. It causes them to think they should only have the Holy Spirit in limited doses. This is a tragedy, and I think it's been a work of the enemy throughout the body of Christ. Satan has worked to make being filled with the Holy Spirit seem weird and even controversial. The reason he does this is because of the four benefits that the Bible says being filled with the Holy Spirit brings to believers. These benefits help us live our lives in right standing with God, and they give us power. In fact, power is the first of the four benefits.

**Power:** Acts 1:8 says, "'You shall receive power when the Holy Spirit has come upon you.'" Many Christians spend their entire lives without the power available through the Holy Spirit. Have you ever felt defeated by a certain sin that you struggle with or by circumstances? The Holy Spirit gives us the power to live victoriously!

**Love:** One of the Holy Spirit's roles in our lives is to fill us with God's love (see today's verse), and if we don't open our hearts to Him, we have a difficult time walking in love. Imagine the impact the Church would have if we all walked in love.

**Fruits:** In Galatians 5:22, Paul talks about the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. We can all agree that life would be better if we had more of these fruits.

**Gifts:** The last benefit is what we call the gifts of the Spirit, which are words of wisdom, words of knowledge, faith, gifts of healings, working of miracles, prophecy, discerning of spirits, different kinds of tongues, and the interpretation of tongues. I'll talk more about these gifts later in the devotional, but I want to preface them by pointing out the many miracles that have taken place through these gifts.

With these benefits, it's hard to understand why anyone wouldn't want a close relationship with the Holy Spirit. There's nothing weird about increased power, love, fruits, and gifts in our lives. The Holy Spirit is a wonderful, kind, and sensitive person. He's my best friend, and He wants to be yours too.

## NOTES

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## MEMORY VERSE

*"Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." - Romans 5:5*

## PRAYER

*Holy Spirit, please reveal to me any lies I've believed about You. Show me the truth of who You are. I want to know You better and operate in the power, love, and benefits You bring. Thank You for being my friend. In Jesus' name, Amen.*

## FOR FURTHER STUDY

*Luke 24:49; Romans 8:11; 1 Corinthians 2:4-5; Galatians 5:16-26*

This devotion was adapted from  
**The God I Never Knew**  
Gateway Church, 2017  
gatewaypeople.com



**newlife**

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