

Scripture: Psalm 42

Note: Today is Pentecost Sunday. Many believers think about the Holy Spirit and may even have desires to be filled with the Spirit. The scriptures command us to be filled with the Spirit so there must be a way for us to receive filling. Many times in our Christian walk we feel disconnected from the Lord because we get so caught up in all the stuff of this life that we forget to seek to be close to the Lord.

1. We must have a hunger to get close to God. (1-3) *As the hart panteth after the water brooks, So panteth my soul after thee, O God. My soul thirsteth for God, for the living God:* I really want to stay close to the Lord. In the dispensation of grace we can feel disconnected from God even though the Holy Spirit is indwelling us. I do believe once we are saved there is created within a need to be close to the Lord. Sometimes I believe we are not Spirit filled because we don't hunger to be close to God.

2. Spirit driven Prayer places me at the throne of the Lord. *When shall I come and appear before God? My tears have been my meat day and night, While they continually say unto me, Where is thy God?* Most people believe the "they" in this verse refers to people and it can. I believe the focus is on the tears. It's as if the writer is saying Lord I'm hurting; where are you? Where can I get what I need to go on? In some cases in our minds we wonder if God is listening. **Hebrews 4:16** *Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.* Filling is a special measure of grace.

3. Reflect on times when you felt close to God. (4-5) *When I remember these things, I pour out my soul in me: For I had gone with the multitude, I went with them to the house of God, With the voice of joy and praise, with a multitude that kept holyday* I remember lay witness missions when I was a teenager where God used me to reach out to teenagers in a Sunday School class. I remember Bible conferences at Bryan College, Sandy Cove and Americas Keswick. But I also remember the hard times; helping me grieve over my parents death, deliverance from drug addiction, being with me in the MRI, and empowering me to Pastor of Manship Chapel and giving me the privilege of preaching here. Of course there was my time in the hospital when I cried out in desperation and He came through. Trust me that cry was heartfelt.

4. We can conclude that Spirit filling involves a choice. I choose not to give up on my relationship with the Lord. I am seeing in you a great blessing. What I see here each time I come are people with a song of praise in their heart. What is happening? **Eph. 5:18-19** And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Psalms and hymns and spiritual songs speaks of worship. If you are filled with the Spirit you can't wait to praise God, to lift up His name in prayer. **The greatest evidence of a spirit filled life is joy.** Did you notice how many times the Spirit leads people to sing songs of joy? Jesus tells us that abiding in his love will assure us that our joy will be full. **Pastor Jim Cymbala writes:** *When we walk in the Spirit, when the Spirit controls us, he produces joy in our lives just as he produces love. Luke even described Jesus as "full of joy through the Holy Spirit". All joy comes from the Holy Spirit. We can't manufacture it, call it up, try harder to get it, or make it happen on our own.* **1 Peter 1:8-9** Whom having not seen, ye love; in whom, though now ye see *him* not, yet believing, ye rejoice with joy unspeakable and full of glory: ⁹ Receiving the end of your faith, *even* the salvation of *your* souls. We can rejoice with joy unspeakable and full of glory because we are saved, redeemed, going to heaven, and we've been given the Holy Ghost who brings us into the presence of the Lord. Sometimes the Spirit makes us shout, sometimes it makes us cry, and sometimes we can just sense the peace of His presence.

5. Spirit filling comes through a conscious contact with Jesus. Why art thou cast down, O my soul? and why art thou disquieted in me? Hope thou in God: for I shall yet praise him For the help of his countenance. O my God, my soul is cast down within me: therefore will I remember thee From the land of Jordan, and of the Hermonites, from the hill Mizar. Deep calleth unto deep at the noise of thy waterspouts: All thy waves and thy billows are gone over me. Yet the LORD will command his lovingkindness in the daytime, And in the night his song shall be with me, And my prayer unto the God of my life.....Why art thou cast down, O my soul? and why art thou disquieted within me? Hope thou in God: for I shall yet praise him, **Who is the health of my countenance, and my God.** The side bar in my Life Recovery Bible has a wonderful outline. *Look how the psalmist improved his conscious contact with God. He talked to himself, commanding his emotions to “hope in God!” He replied “I will praise him again”, even though he didn’t feel like it at the time. In the dark times he sang songs, thought about God’s steadfast love, and prayed.* David is saying to himself why am I so depressed and how can I act like someone with no hope. He stopped listening for God or even trying to hear from God.

A. A Spirit filled life maintains an attitude of gratitude toward God. Eph. 5:20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; Notice how this fits together: **Phil. 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.** Lord thank you for the privilege of prayer, thank you that I can boldly to the throne of grace. Lord I appreciate the gift of prayer. A Spirit filled person can not wait to pray, it is not a chore it is a joy. **Col. 3:15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful** Once we have attained the peace of God a Spirit filled heart wants to keep that peace. We want to enjoy that fellowship. **John 15:10-11 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love.** ¹¹ These things have I spoken unto you, that my joy might remain in you, and *that* your joy might be full. The peace comes from abiding, the joy is Christ’s gift to us of Himself. We need to be thankful for His constant abiding. **Col. 3:17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.** Thank God if he has given you the opportunity to teach, preach, drive a truck, be a farmer, be a stay at home mom. The Spirit filled person is content where they are in life because they realize that is all a gift from a loving heavenly Father. Being filled with the Spirit means to be grateful to God as we live this life realizing we have a peace that passes understanding, God is in control and we are content for Him to stay in control. **Jim Cymbala’s book; Spirit Rising** “The Christian life is a choice, and I choose daily to remain in his presence. I practice joy by being thankful and grateful for all that has been given to me. And I find joy in the fact that I am still learning and growing. I know that a lot of people feel entitled to hang on to their anger and bitterness. I believe in entitlements too. I am a child of god, and I am entitled to his love, peace, and joy, and most of all his grace. I want every good thing he has planned for me.