

Lesson on The Holy Spirit: Navigating A Life With His Presence
New Beech Grove Baptist Church
7:00 PM Bible Study
May 26, 2026

Overview: Pentecost Sunday, is set aside to recognize the Holy Spirit falling on the early leaders of the emerging and birthing church, which is found in Acts 2. From that we see that they were filled and spoke in a tongue according to what the spirit gave ability. However, as we continue to study scripture, we learn that there is more that the Holy Spirit does: leads, orchestrates, produces fruit, intercedes, and also seals us to the day of redemption. Tonight I want to examine the Holy Spirit from the perspective of Paul and the writings of Ephesians. What does it mean the Holy Spirit seals us? Is there a responsibility with having the Holy Spirit? We will answer these questions through the lenses of scripture.

Scripture Text: Ephesians 1:11-14; 4:29-31

“In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.”

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Text Background:

Ephesians - written by Paul the apostle.

Purpose: To encourage the people of Ephesus and increase their understanding of the efficient work of Jesus Christ. And how, because of Christ, our lives should be submitted to God and the work he has called us to.

Crf. Acts 19-Acts 20 - constitutes as the missionary journey that Paul was on in Ephesus.

Scriptural Lesson:

1. What does it mean to be “sealed, by the promised Holy Spirit?”
vs.11-13 “In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And

you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal marked in him with a seal...

- a. It means that I _____ to God.

Belonging to Christ is something that has already been predestined before the foundation of the earth. However, belonging comes with acknowledgement of Christ and asking for Him to save you from your sin.

- i. Romans 8:9-11 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.
- ii. Titus 3:4-8 But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life.

- b. While the mark or seal is not visible like a scar or some tattoo it should still be _____.

You really can tell the mark or the filling of the Holy Spirit by the nature of how we handle and deal with the various things that we go through. Submitted lives to the Holy Spirit are often seen in moments when we are facing and going through adversity.

- i. Galatians 5:22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

- c. It also proves the _____ to my spiritual inheritance!

Vs. 14 ...who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory

Redemption is the ability to regain or recover something by paying a price. My redemption in the Greek means ransom in full and riddance. Riddance of sin, riddance of evil, riddance of filth. The word is “apolutrosis”

- i. 2 Thessalonians 1:7-11 All this is evidence that God’s judgment is right, and as a result you will be counted worthy of the kingdom of God, for which you are suffering. God is just: He will pay back trouble to those who trouble you and give relief to you who are troubled, and to us as well. This will happen when the Lord Jesus is revealed from heaven in blazing fire with his powerful angels. He will punish those who do not know God and do not obey the gospel of our Lord Jesus. They will be punished with everlasting destruction and shut out from the presence of the Lord and from the glory of his might on the day he comes to be glorified in his holy people and to be marveled at among all those who have believed. This includes you, because you believed our testimony to you.
- d. Lastly, it means that my life is _____ to the Holy Spirit.
vs. 4:29-31 “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
 - i. Now, I do not forfeit my sealing when I sin. But I restrict the move of the spirit in my life when I am outside of the will of God. Grieve in the Greek is translated to “lupeo” which means to distress or to be sad. When I remain submitted to the Holy Spirit it is not always easy but it is profitable. Lack of connection, is lack of power and effectiveness. Let the Spirit flow in your life, let the Spirit continue to lead you and guide you every step of the way.