



TALKINGPOINTS WALKINGPOINTS

Talk together about the glory of God's kingdom. –Psalm 145:11
Love the Lord your God and **walk** in all his ways. –Joshua 22:5

August 30, 2026

Knowing the Holy Spirit Part 5: Regeneration

Questions for Reflection or Discussion

Observation – What does it say?

1. Read 1 Corinthians 1:2 and 1 Thessalonians 4:3-5, marking every occurrence of the word “sanctify/sanctification”.
So, when does sanctification take place? How do you explain that?
2. Studying Romans 6:17-22, complete this “then vs. now” chart:

v. 17a then *“you were slaves of sin”*

v. 17b now *“you obeyed [gospel teaching] from the heart”*

v. 18 now ...

v. 19a then ...

v. 19b now ...

v. 20 then ...

v. 21a then ...

v. 21b now ...

v. 22 now ...

3. What does Romans 8:13 say is our role in progressive sanctification?

Interpretation – What does it mean?

4. Why is the Spirit's indwelling so important for understanding the Christian life?
5. How does Philippians 2:12–13 contribute to a proper understanding of sanctification?

Application – What do I do with this?

6. To which “rooms” in the house of your life does God **not** have full access?
7. What specific area of temptation or weakness do you need to bring before God today?
8. Look at the “Digging Deeper” feature. Select one or more passages from God's Word which speak to the area(s) of temptation or weakness in your life.



Sermon Summary

The Holy Spirit has a role in helping us grow in Christlikeness; it is called Sanctification. There are 3 main ways the Holy Spirit sanctifies us: 1. The Holy Spirit indwells every believer; 2. His indwelling work is aimed at our sanctification; 3. We cooperate with Him through Scripture, surrender, prayer, and obedient action.

The Spirit Dwells Within Every Believer

If you are “in Christ” by faith, then the Holy Spirit dwells in you (Rom. 8:9,11). To say that the Spirit of God “dwells in you” means that He treats your body as His house, His residence! The inwardness of the Spirit’s presence was prophesied back in the Old Testament (Ezekiel 36:27). Your body is the dwelling place of God the Holy Spirit! Simply realizing that fact should cause us to want to live holy, God-pleasing lives (John 7:38; 1 Cor. 6:19; 2 Tim. 1:14). The New Testament speaks of the Holy Spirit indwelling our hearts (2 Cor. 1:22; Gal. 4:6).

The Holy Spirit’s role is to help us grow in holiness—to become more like Christ. When used in reference to Christians, this holiness is usually translated as “saint.” A saint is someone whom God has set apart for His purposes.

Sanctification

Initial sanctification refers to the one-time event when an unsaved person becomes saved and, in that moment, is set apart by God for His purposes as the Holy Spirit comes to dwell within them (1 Cor. 6:11). This initial sanctification occurs at the point of conversion when we are declared to be justified before God. It is in this sense that every born-again Christian is declared to be a “saint,” or a “holy one” (Acts 9:13,32; Rom 1:7; 15:25–26; 1 Cor 1:2; Phil 1:1). Progressive sanctification involves the ongoing process whereby the Christian becomes more and more separated from sin itself. It involves our growth in holiness. By virtue of the indwelling Holy Spirit, we possess the nature of God within us (John 16:7; Acts 2:39). He gives us enabling power to overcome temptation and its resulting moral and spiritual corruption.

Our Cooperation

This kind of sanctification is not automatic. It is advanced by our cooperation with the Holy Spirit. Clearly, God wants us to grow in Christlikeness (2 Peter 3:18; 1 Peter 1:15–16; Phil. 2:12). Remember this: God’s character is our standard, not the character of our fellow Christians! The cooperative nature of progressive sanctification is also seen in Paul’s admonition to the Ephesians (Eph. 4:22–24). While it is true that in progressive sanctification we have a role to play, our growth in holiness is not entirely a human endeavor (1 Thes. 5:23).

How the Holy Spirit Sanctifies Us

After conversion, the Christian’s primary goal is to grow in Christlike character and conduct. The Holy Spirit is committed to nurturing this outcome. The Holy Spirit does two main kinds of work; He gives us knowledge and He gives us power. Both are involved in the sanctification process. We saw in previous weeks that the Spirit gives us knowledge by giving us the Bible (2 Tim. 3:16–17). Our biggest impediment to possessing a holy character is not a lack of knowledge, but a lack of power (Rom. 7:19). Our minds are informed, but our wills are weak. We need spiritual and moral power. This is where the Holy Spirit comes to our aid. He dwells within us to strengthen our wills so that we can overcome temptation and sin. He empowers us to obey God’s commands and engage in good works.

Described in negative terms, sanctification means that we must constantly be “putting to death the deeds of the body” (Rom. 8:13). Living in the power of the flesh is not true living—it is not living in the way God intends. God wants us to live in the power of the Holy Spirit. We have an important role to play in our sanctification. But Paul’s main point is that we can never accomplish these things on our own. While we are consciously and aggressively putting sin to death, the Holy Spirit is working beneath the level of our awareness, supplying the energizing power that makes obedience possible.

Described in positive terms, sanctification means that we are to obey God's commands and work out our salvation in fear and trembling (Phil 2:12). While we participate in the process of sanctification, we must rely upon the power of the Holy Spirit (Phil. 2:13). God Himself is at work to help us both to want to do what is right (to will), as well as to actually do it (to work for His good pleasure) (Eph. 3:16). When so strengthened by the Spirit, we produce the fruit of holiness.

The Spirit leads us (Rom. 8:14) and we are admonished to walk by the Spirit – by His leading (Gal. 5:16,25). A big part of the Holy Spirit's leading involves an inward empowerment of the will to do what we know from God's Word to be God's will. He gives us the inner strength to put to death the deeds of the body (Romans 8:13–14). The Spirit thus leads us by gently pulling us along the path of righteousness (Eph. 5:18). There is only one indwelling of the Spirit. That occurs at conversion. But there can be many fillings. To be filled with the Spirit is to be controlled by the Spirit. This seems to be something that every believer can experience (Acts 13:52), but not something every believer does experience (Acts 6:3). We must give Him access to and control over all parts of our lives. Until we do so, we are not filled with the Spirit.

1. We need divine revelation.
2. We need spiritual awareness
3. We need to ask God in prayer to strengthen and empower us towards holiness.
4. We need to take action in dependence on the Spirit.

Growth in Christlikeness is a function of walking in the power of the Holy Spirit over time.

Notes

Digging Deeper in Your Daily Quiet Time

We must cooperate with the Holy Spirit in order to be progressively sanctified into Christ's image. From the chart below, identify your own struggle(s), key Scriptures, and your obedient response...

Struggle	Key Scriptures	Biblical Response
Fear & Anxiety	Phil. 4:6-7; Isa. 41:10; Matt. 6:25-34	Trust God's presence and provision.
Worry	1 Pet. 5:7; Ps. 55:22	Cast your cares on the Lord.
Doubt	Mark 9:24; James 1:5-8; John 20:24-29	Bring your doubts honestly to Christ.
Pride	James 4:6-10; Phil. 2:3-11	Humble yourself before God.
Anger	Eph. 4:26-32; James 1:19-20	Respond with patience and forgiveness.
Lust	Matt. 5:27-30; 1 Cor. 6:18-20; Job 31:1	Pursue holiness and flee temptation.
Bitterness	Eph. 4:31-32; Col. 3:12-14	Forgive as Christ forgave you.
Greed	Matt. 6:19-24; Heb. 13:5; 1 Tim. 6:6-10	Treasure Christ above possessions.
Envy	James 3:13-18; Prov. 14:30	Cultivate gratitude and contentment.
Discouragement	Ps. 42; Gal. 6:9; Isa. 40:28-31	Hope in God and persevere.
Loneliness	Heb. 13:5; Ps. 68:5-6; Matt. 28:20	Remember God's abiding presence.
Guilt & Shame	Rom. 8:1; Ps. 32; 1 John 1:9	Rest in Christ's forgiveness.
Temptation	1 Cor. 10:13; Heb. 4:14-16; James 1:12-15	Look for God's way of escape.
Spiritual Apathy	Rev. 2:1-7; Rom. 12:11; Heb. 10:24-25	Rekindle your first love.
Busyness	Luke 10:38-42; Ps. 46:10	Choose fellowship with Christ.
Control	Prov. 3:5-6; Ps. 37:3-7	Trust God's sovereign direction.
Suffering	Rom. 8:18-39; James 1:2-4; 2 Cor. 4:16-18	God works through suffering.
Weak Faith	Heb. 11; Rom. 10:17; Jude 20-21	Strengthen faith through God's Word.
Grief	John 11; 1 Thess. 4:13-18; Ps. 34:18	Grieve with hope.
Sharing Your Faith	Matt. 28:18-20; Acts 1:8; 1 Pet. 3:15	Depend on the Spirit.