

Elder Sharon A. Smith
Noonday Bible Study
August 25, 2026

Lesson #3

“Empowered by the Holy Spirit”

Scriptures:

- Acts 1:8
- Galatians 5:16-25
- Ephesians 3:16

Objective:

- God never intended us to live the Christian life in human strength

Points:

1. God's Spirit gives Power
2. Spiritual fruit demonstrates Spiritual Strength
3. God strengthens us from the inside out

Acts 1:8

“But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth.”

- The disciples are being spoken to and given their final command and road map before Jesus ascends up to Heaven.

- He promises they will get divine power through the Holy Spirit to act as global witnesses, moving outward from their local city to the farthest part of the earth.

The Holy Spirit's Power:

- We get supernatural strength (dunamas) from God. This power is meant for spiritual boldness and sharing the gospel not for worldly or political control.

The Call to be Witnesses:

- We testify to what we have seen, heard, and experienced about Jesus and the resurrection.

The Blueprint for them to Follow Jesus:

- They were to spread their faith in the following places:

(Acts 1-7) Jerusalem

- Their immediate familiar hometown

(Acts 8-12) Judea and Samaria

- Surrounding regions, including places of social and ethnic hostility

(Acts 13-28) The End of the Earth

- The international and cross cultural mission to all global nations

Galatians 5:16-25

(vs16)

“This I say then, walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

(vs17)

“For the flesh lusteth against the Spirit, and the Spirit against the flesh; and these are contrary one to the other: so that ye cannot do the things that ye would.”

(vs18)

“But if ye be led by the Spirit, ye are not under the law.”

(vs19)

“Now the works of the flesh are manifest, which are these; adultery, fornication, uncleanness, lasciviousness”

(vs20)

“Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies;”

(vs21)

“Envyings, murders, drunkenness, revelings, and such like: of which I tell you in time past, that they which do such things shall not inherit the Kingdom of God.”

(vs22)

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,”

(vs23)

“Meakness, temperance: against such there is no law,”

(vs24)

“And they that are Christ’s have crucified the flesh with the affections and lusts.”

(vs25)

“If we live in the Spirit, let us also walk in the Spirit.”

- **These verses compare the sinful nature (the flesh) with the life led by the Spirit.**
- **We are called to be led by the Spirit, that will guide our daily actions.**

Conflict between Flesh and Spirit:

Two Forces:

- Paul says that the flesh and the Spirit want opposite things. They fight for control over how we should live.

The Choice:

- We cannot follow both at the same time. Be led by the Spirit and you shall live. But if you allow the flesh to rule, it only brings death. (spiritual death)
- We must bind the works of the flesh and crucify it daily. And release the things of God into our lives and the atmosphere and live.

The Works of the Flesh:

- When we allow selfish human nature to take control, it shows in destructive behavior.

Immorality:

- Sexual sins and impure habits

Broken Relationships:

- Hatred, jealousy, angry outbursts, selfishness, and division.

Excess:

- Drunkenness and wild partying

Warning:

- Paul notes that those who live this way as a habitual lifestyle do not show signs of belonging to God's Kingdom.

The Fruit of the Spirit:

- When we allow the Holy Spirit to guide us, the Spirit produces good character naturally, like fruit growing on a healthy tree.
- Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control and freedom: he notes that there are no law against these qualities.

Putting into Practice:

1. Crucifying the Flesh:

- Those who belong to Christ have put their old sinful selfish nature to death on the cross.

2. Keeping inStep:

- Paul finishes by saying that since we have spiritual life, we must continually “keep in step” with the spirit-moving forward in daily obedience and harmony with God.

Ephesians 3:16

“That He would grant you, according to the riches of His glory, to be strengthened with might by His Spirit in the inner man;”

- Paul prays asking God to give believers deep spiritual power and resilience.
- He prays that God will use His unlimited resources to strengthen people through the Holy Spirit deep inside their hearts and minds, rather than just fixing their outer circumstances.

“According to His riches of His Glory”

- God gives from His own endless supply and goodness, not based on human limits or what people earn.

“Strengthened with Power”

- Receiving active, divine courage and endurance to face hard times.

“Through the Spirit”

- The Holy Spirit acts as the living source who brings His power into a person.

“In your inner being”

- The core of a person, their hidden thoughts, feelings, and soul; where true character and faith live.

Main Purpose:

1. Not Physical, but Spiritual:

- The verse focuses on inner stability, peace, and moral courage when life is hard.

2. Foundation for Love:

- This inner strength prepares a person to truly understand and experience Christ's love in the verses that follow. (3:17-19)
- God gives believers deep inner strength through the Holy Spirit