

*Series: A Spirited Life, # 4*

The Spirit of Assurance

**Romans 8:16**

Think of a time when someone assured you, encouraged you that you were doing the right thing, that you were on the right track, that it would turn out alright, when someone allayed your fears...

Do you think of the Holy Spirit in that way? As helping you feel confident in your beliefs, being sure about the path you have chosen?

What things tend to make us sure that we are right?

Since the birth of Christianity, those who follow Jesus have been called believers. Do you find it hard to really believe in a God you have not seen and heard?

Do you find yourself agonizing, wondering: what if I am wrong? As you read the Bible, is your natural response to believe what you read? Or do you tend towards doubt at first, and have to be convinced?

Our natural reaction is: I will believe when I feel convinced  
Biblical truths are quite different:

1) I will be convinced when \_\_\_\_\_

2) I will feel assurance when \_\_\_\_\_

3) I will shed my doubts as \_\_\_\_\_

Reflection: describe what Romans 8:16 feels like in your spirit:

**Romans 8:16** “The Spirit himself testifies with our spirit that we are God’s children.”

**1 John 3:24** “The one who keeps God’s commands lives in him, and he in them. And this is how we know that he lives in us: we know it by the Spirit he gave us.”

**John 14:17** “The world cannot accept him (the Spirit of truth), because it neither sees him nor knows him. But you can know him, for he lives with you and will be in you.”

**John 20:29** “Jesus told Thomas, because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

**1 John 5:14** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”