

The Holy Spirit

Your Helper, Your Guide,
Your Power

A Complete Bible Study & Spiritual Growth Guide



PRESENCE.
PEACE.
POWER.
PURPOSE.
PROMISE.



WWW.MVB LIFEEMPOWERMENT.COM
EMPOWERING LIVES. INSPIRING PURPOSE.

Molliny Viriri

FOUNDER & HOST OF
MVB LIFE EMPOWERMENT



HOLY SPIRIT STUDY

INTERACTIVE CHECKLIST

A Study Guide to Grow in Understanding and Intimacy with the Holy Spirit



FOUNDATION

- ☐ 1. **Understand Who the Holy Spirit Is**
Study the Holy Spirit as part of the Trinity — Father, Son, and Holy Spirit.
- ☐ 2. **Study the Personality of the Holy Spirit**
Learn how the Holy Spirit speaks, teaches, comforts, and guides believers.



SCRIPTURE STUDY

- ☐ 3. **Read Scriptures About the Holy Spirit**
Key scriptures: John 14:26, Acts 1:8, Galatians 5:22-23, Romans 8:14.
- ☐ 4. **Learn the Symbols of the Holy Spirit**
Study symbols such as fire, wind, oil, dove, and water.



SPIRITUAL GROWTH

- ☐ 5. **Understand the Fruits of the Spirit**
Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.
- ☐ 6. **Study the Gifts of the Spirit**
Learn about wisdom, healing, prophecy, discernment, tongues, and more.



APPLICATION

- ☐ 7. **Practice Daily Prayer**
Spend intentional quiet time inviting the Holy Spirit to lead and strengthen you.
- ☐ 8. **Practice Listening to God**
Develop spiritual sensitivity through worship, prayer, and scripture meditation.



REFLECTION

- ☐ 9. **Journal Spiritual Lessons and Revelations**
Write down scriptures, prayers, answered prayers, and spiritual growth moments.
- ☐ 10. **Walk in Love and Obedience**
Apply biblical principles daily and allow the Holy Spirit to shape your character.



ADVANCED STUDY

- ☐ 11. **Study the Holy Spirit in the Old Testament**
Learn how the Spirit empowered prophets, kings, and leaders before Pentecost.
- ☐ 12. **Study the Holy Spirit in the New Testament**
Explore Pentecost, spiritual gifts, and the indwelling of believers.



PRAYER LIFE

- ☐ 13. **Pray for Discernment and Wisdom**
Ask God for spiritual wisdom, understanding, and discernment.
- ☐ 14. **Develop a Lifestyle of Worship**
Create an atmosphere that welcomes the presence of the Holy Spirit daily.



ACTIVATION

- ☐ 15. **Share What You Have Learned**
Teach, encourage, and disciple others through your testimony and study.



*But the Helper, the Holy Spirit, whom the Father will send in My name,
He will teach you all things and bring to your remembrance
all things that I said to you.*

JOHN 14:26



THE HOLY SPIRIT

YOUR HELPER, YOUR GUIDE, YOUR POWER

TABLE OF CONTENTS

INTRODUCTION — WELCOME TO THE JOURNEY



CHAPTER 1 — WHO IS THE HOLY SPIRIT?



CHAPTER 2 — WHY DO WE NEED THE HOLY SPIRIT?



CHAPTER 3 — WHAT DOES THE HOLY SPIRIT DO?



CHAPTER 4 — HOW DO YOU ACCESS THE HOLY SPIRIT?



CHAPTER 5 — THE FRUITS OF THE SPIRIT



CHAPTER 6 — GIFTS OF THE HOLY SPIRIT



CHAPTER 7 — DIFFERENCES BETWEEN THE FRUIT OF THE HOLY SPIRIT AND GIFTS OF THE HOLY SPIRIT

CONCLUSION



WHO IS THE HOLY SPIRIT?



◆ The Holy Spirit is the **Spirit of God**.



◆ He is not just a force, energy, or feeling.
The Holy Spirit is a **real person** who thinks, speaks, teaches, guides, comforts, and helps believers.



◆ The Holy Spirit is **God's presence** at work in the earth and within believers today.

KEY SCRIPTURE

"And I will pray the Father, and He will give you another Helper, that He may abide with you forever."

— John 14:16 (NKJV)

THE HOLY SPIRIT IN THE TRINITY

The Bible teaches that God exists as One God in Three Persons (Trinity)

1

GOD THE FATHER
Creator

2

GOD THE SON
(JESUS CHRIST)
Savior

3

GOD THE HOLY SPIRIT
Helper and Guide



The Father, Son, and Holy Spirit are distinct persons, but they work together in **perfect unity**.

CHAPTER 2

WHY DO WE NEED THE HOLY SPIRIT



- The Holy Spirit is the **Spirit of God**.



- He is not just a force, energy, or feeling. The Holy Spirit is a **real person** who thinks, speaks, teaches, guides, comforts, and helps believers.



- The Holy Spirit is **God's presence** at work in the earth and within believers today.



KEY SCRIPTURE

"And I will pray the Father, and He will give you another Helper, that He may abide with you forever."

— John 14:16 (NKJV)

THE HOLY SPIRIT IN THE TRINITY

The Bible teaches that God exists as One God in Three Persons (Trinity)

1

God the Father
Creator

2

God the Son
(Jesus Christ)
Savior

3

God the Holy Spirit
Helper and Guide



The Father, Son, and Holy Spirit are distinct persons, but they work together in **perfect unity**.

CHAPTER 3

WHAT DOES THE HOLY SPIRIT DO?



THE HOLY SPIRIT HELPS BELIEVERS IN MANY WAYS:

- ◆ Guides us into truth
- ◆ Comforts us during difficult times
- ◆ Gives wisdom and discernment
- ◆ Convicts us when we are wrong
- ◆ Gives spiritual strength
- ◆ Helps us pray
- ◆ Produces spiritual growth
- ◆ Gives spiritual gifts
- ◆ Draws us closer to God
- ◆ Your Helper when you feel weak
- ◆ Your Teacher when you need wisdom
- ◆ Your Guide when you feel lost
- ◆ Your Comforter during pain
- ◆ Your Counselor during confusion
- ◆ Your Spiritual Strength when life becomes difficult



THE HOLY SPIRIT HELPS BELIEVERS
LIVE A LIFE THAT HONORS GOD.

— KEY SCRIPTURE —

“But the Helper, the Holy Spirit... He will teach you all things.”

— John 14:26

THE HOLY SPIRIT HELPS BELIEVERS:



UNDERSTAND
THE BIBLE AND
GROW SPIRITUALLY



MAKE WISE
DECISIONS AND
DISCERN TRUTH
FROM DECEPTION



LIVE WITH
STRENGTH,
GUIDANCE AND
DIVINE PEACE



WALK CLOSER
WITH GOD
EVERY DAY

HOW DO YOU ACCESS THE HOLY SPIRIT



ACCEPT JESUS CHRIST

The foundation of every spiritual relationship.



PRAY CONSISTENTLY

Talk with God daily and build intimacy with Him.



READ THE BIBLE

God's Word reveals His heart and will for you.



WORSHIP GOD

Worship aligns your heart with God's presence.



LIVE OBEDIENTLY

Obedience keeps you sensitive and aligned with the Holy Spirit.

THE HOLY SPIRIT WORKS THROUGH RELATIONSHIP, NOT PERFECTION.
HE DESIRES **YOUR HEART**, NOT YOUR PERFORMANCE.

1



ACCEPT JESUS CHRIST

The Holy Spirit comes to dwell within believers who place their faith in Jesus Christ.

 JOHN 14:16-17 (NKJV)

"And I will pray the Father, and He will give you another Helper... the Spirit of truth... He dwells with you and will be in you."

2



REPENT AND SURRENDER TO GOD

Repentance means turning away from sin and turning toward God with a sincere heart.

 ACTS 2:38 (NKJV)

"Repent... and you shall receive the gift of the Holy Spirit."

3



STAY SPIRITUALLY CONNECTED

Cultivate a lifestyle of connection through prayer, worship, the Word, and obedience.

 ACTS 3:19 (NKJV)

"Repent therefore and be converted, that your sins may be blotted out..."

4



ASK FOR WISDOM & GROWTH

The Holy Spirit gives wisdom, guidance, and empowers you to live a godly life.

 JAMES 4:8 (NKJV)

"Draw near to God and He will draw near to you."



REMEMBER

A surrendered heart becomes sensitive to God's presence. The more you seek Him, the more you experience Him.

THE GOAL IS NOT RELIGION—
IT'S RELATIONSHIP.

Invite Him. Yield to Him. Walk with Him.



CHAPTER 4

HOW DO YOU ACCESS THE HOLY SPIRIT

OBEDIENCE KEEPS BELIEVERS ALIGNED WITH GOD'S DIRECTION.



ISAIAH 30:21 (NKJV)

"Your ears shall hear a word behind you, saying, 'This is the way, walk in it.'"



GALATIANS 5:16 (NKJV)

"Walk in the Spirit, and you shall not fulfill the lust of the flesh."

UNDERSTANDING ACCESS

The Holy Spirit is not distant. He dwells in you (1 Corinthians 6:19). Accessing Him is not about striving—it's about surrender, obedience, and relationship. As you align your heart with God's Word and His ways, the Holy Spirit becomes your Guide, Comforter, and Source of power.



1. SURRENDER DAILY

Offer your will, plans, and emotions to God each morning.

KEY TRUTH

"Present your bodies a living sacrifice..."
(Romans 12:1)

ACTION STEP

Start your day with prayer:
"Holy Spirit, I yield to You today."



2. ABIDE IN THE WORD

The more you meditate on Scripture, the more sensitive you become to His voice.

KEY TRUTH

"Your word is a lamp to my feet and a light to my path."
(Psalm 119:105)

ACTION STEP

Read, study, and declare the Word daily.



3. WALK IN OBEDIENCE

Obedience opens the door for the Holy Spirit's guidance and power.

KEY TRUTH

"If you love Me, keep My commandments."
(John 14:15)

ACTION STEP

Do what God says—when He says it, the way He says it.



4. CULTIVATE INTIMACY

Spend time in worship, prayer, and stillness to hear His gentle voice.

KEY TRUTH

"Draw near to God, and He will draw near to you."
(James 4:8)

ACTION STEP

Create space daily to be alone with God.

HOW YOU'LL KNOW YOU'RE WALKING IN THE SPIRIT



- ✓ You experience peace in every season.
- ✓ You hear God's guidance clearly.

- ✓ You bear fruit of the Spirit (Galatians 5:22-23).
- ✓ You desire what God desires.

- ✓ You have strength beyond yourself.
- ✓ You reflect Christ daily.



PRAYER OF ALIGNMENT

Holy Spirit, I welcome You. I surrender my heart, my plans, and my will. Teach me to walk in step with You daily. Lead me, guide me, and empower me to live for God's glory. Amen.



CHAPTER 5

THE FRUITS OF THE SPIRIT



THE CHARACTER OF CHRIST PRODUCED IN US BY THE HOLY SPIRIT.



GALATIANS 5:22-23

	FRUIT	MEANING	DESCRIPTION	SCRIPTURE
1	 LOVE	Unconditional love for others.	Showing care, compassion, and selflessness.	1 Corinthians 13:4-7
2	 JOY	Deep happiness in the Lord.	A glad and joyful heart that isn't dependent on circumstances.	Philippians 4:4
3	 PEACE	Inner peace and calm.	A deep sense of calm and trust in God.	John 14:27
4	 PATIENCE (LONG-SUFFERING)	The ability to endure patiently.	Remaining calm and steadfast in difficult situations.	James 5:7-8
5	 KINDNESS	Being gentle and considerate.	Showing others they are valued and cared for.	Ephesians 4:32
6	 GOODNESS	Doing what is right and good.	Living with integrity and moral excellence.	Matthew 5:16
7	 FAITHFULNESS	Loyal and trustworthy.	Being dependable and true to commitments.	Lamentations 3:22-23
8	 GENTLENESS (MEEKNESS)	Humility and controlled strength.	Treating others with respect and humility.	Philippians 2:3
9	 SELF-CONTROL (TEMPERANCE)	Discipline over one's actions.	Choosing to do what is right and avoiding harmful desires.	2 Peter 1:6



Galatians 5:22-23 (NIV) – “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

CHAPTER 6 – GIFTS OF THE SPIRIT

PURPOSE OF THE GIFTS: THE GIFTS ARE GIVEN TO:

- ◆ BUILD UP AND STRENGTHEN OTHERS
- ◆ ENCOURAGE BELIEVERS
- ◆ SERVE THE CHURCH
- ◆ ADVANCE GOD'S KINGDOM
- ◆ REVEAL GOD'S POWER AND PRESENCE

 1 CORINTHIANS 12:7

 EPHESIANS 4:12

GIFTS OF THE HOLY SPIRIT

GIFT OF THE HOLY SPIRIT	MEANING / PURPOSE	SCRIPTURE
1 Word of Wisdom	Supernatural wisdom to handle situations according to God's guidance.	1 Corinthians 12:8
2 Word of Knowledge	Supernatural understanding or revelation of facts.	1 Corinthians 12:8
3 Faith	Extraordinary confidence and trust in God.	1 Corinthians 12:9
4 Gifts of Healing	Supernatural healing through the power of God.	1 Corinthians 12:9
5 Working of Miracles	Supernatural acts beyond natural laws.	1 Corinthians 12:10
6 Prophecy	Speaking messages inspired by God to encourage, guide, or warn.	1 Corinthians 12:10
7 Discerning of Spirits	Ability to distinguish spiritual influences.	1 Corinthians 12:10
8 Different Kinds of Tongues	Speaking in unknown languages through the Holy Spirit.	1 Corinthians 12:10
9 Interpretation of Tongues	Understanding and explaining messages spoken in tongues.	1 Corinthians 12:10

1 CORINTHIANS 12:7-11

*But the manifestation of the Spirit is given to each one for the profit of all.
 But one and the same Spirit works all these things, distributing to each one individually as He wills.*





CHAPTER 7: DIFFERENCES

GIFTS OF THE SPIRIT VS FRUITS OF THE SPIRIT

DIFFERENCE BETWEEN FRUITS AND GIFTS

Fruits of the Spirit vs. Gifts of the Spirit

FRUITS OF THE SPIRIT	GIFTS OF THE SPIRIT
 Develop character	 Empower service
 Show spiritual maturity	 Show spiritual empowerment
 Grow over time	 Given by the Holy Spirit
 Example: Love, patience, peace	 Example: Prophecy, healing, tongues

Galatians 5:22-23 • 1 Corinthians 12:7-11



WWW.MVBLIFEEMPOWERMENT.COM

MOLLINY VIRIRI

Walking Daily With the Holy Spirit



The Holy Spirit is not distant or unreachable. He is our Helper, Comforter, Teacher, Guide, and the very presence of God dwelling within believers.

As you continue this journey, remember that spiritual growth is a daily process. The more time you spend in prayer, worship, scripture, obedience, and reflection, the more sensitive you become to His voice and direction.

Walking with the Holy Spirit means allowing God to transform your heart, renew your mind, strengthen your faith, and guide your steps. The Holy Spirit empowers believers to live with wisdom, love, discernment, peace, boldness, and purpose.

Do not rush the process. Continue seeking God sincerely and consistently. Stay rooted in scripture, remain teachable, and cultivate a lifestyle that honors God.



KEY REMINDER SCRIPTURES

- 📖 **John 14:26** — “But the Helper, the Holy Spirit... will teach you all things.”
- 📖 **Romans 8:14** — “For as many as are led by the Spirit of God, these are sons of God.”
- 📖 **Galatians 5:25** — “If we live in the Spirit, let us also walk in the Spirit.”
- 📖 **Acts 1:8** — “But you shall receive power when the Holy Spirit has come upon you.”



FINAL REFLECTION QUESTIONS

1. How has my understanding of the Holy Spirit grown?
2. What areas of my life need greater surrender to God?
3. How can I deepen my prayer and worship life?
4. Which Fruit of the Spirit do I want to cultivate more intentionally?
5. How can I use my spiritual gifts to serve others?



CLOSING PRAYER

Holy Spirit, thank You for guiding, teaching, strengthening, and comforting me. Help me to walk in wisdom, live obediently, and grow in Your presence each day. Transform my heart and align my life with God's purposes. Fill me with Your peace, power, and presence as I continue to grow spiritually. In Jesus' name, Amen.



KEEP GROWING

- Stay in God's Word daily.
- Pray without ceasing.
- Worship with a sincere heart.
- Walk in obedience.
- Encourage others.
- Allow the Holy Spirit to lead every area of your life.