I. Introduction.

A. People are either under the dominating influence of sin or the Holy Spirit. (Romans 7:21)

B. The Spirit frees us from the dominating influence of sin by living within us. (1 Corinthians 6:19-20)

C. The Spirit is the sole source of enabling power.

II. The Spirit helps us in specific ways. (2 Timothy 3:16)

A. The Spirit used the Word of God is an instrument of power. (Ephesians 6)

B. The Spirit rebukes and corrects because our hearts are deceitful. (Jeremiah 17:9; Romans 13:8)

C. The Spirit is the agent of blessings who works in us to will and to act. (Philippians 2:13)

III. What is required of us.

A. We must be in the Word with a spirit of humility and contrition. (Isaiah 66)

B. We must come to God in prayer. (Hebrews 4:16)

IV. Questions and answers.

V. The place of personal discipline.

A. Discipline is practice or training for some purpose. It is a process that should equip us to do a job. (1 Timothy 4:7)

B. Discipline requires...

1. A teacher or coach (the Holy Spirit). (2 Timothy 3:16)
   - a. We get into the Bible by hearing, reading, studying, memorizing and meditating. (Psalm 119:11)
   - b. Our life must be structured for time with the Spirit of God.

2. A committed trainee (the right mental attitude).
   - a. Find where you fall short and find ways to correct.

3. Actual practice.
   - a. We prepare ourselves for holiness in the quiet time. We exercise it in everyday life. (2 Peter 2:14)
Application questions:

1. What is the Spirit’s role in holiness?

2. How should we read the Bible in light of its purpose? Explain.

3. What is your action plan for holiness? Explain.