

The Power And The Presence Living In The Holy Spirit

Rev. Michael Angel

<https://springsofrevival.com>

Intro: The Problem of the Powerless Christian

Do you ever feel like you're on a spiritual treadmill? You pray, you read your Bible, you go to church, and maybe you even serve.

You're doing all the things a "good Christian" is supposed to do. You hear sermons about signs and wonders, about living a life of victory and power, and your heart just leaps.

You think, ***"Yes!**

That's what I want. I want to see God move like that in my life."*

So you go to the conference. You get in the prayer line. You feel a touch, a momentary surge of emotion—a spiritual high that carries you for a few days, maybe even a week.

But then, Monday morning hits. The kids are screaming, your boss is demanding, the bills are piling up, and that feeling... it just fades.

You find yourself right back where you started: striving in your own strength, feeling spiritually dry, and wondering,

"Where is the power of God?" You feel like you're living a life that's less than the one promised in the Bible.

You see the explosive, world-changing power in the book of Acts, look at your own life, and there's a massive disconnect. You have to ask yourself, "Am I missing something?"

Is there some secret I just don't know?"

This cycle—seeking an experience, getting a temporary touch, and then falling back into spiritual powerlessness—is one of the most exhausting realities in the modern church.

We've become a generation of Christians desperate for the *power* of God, but we've been taught to seek it as an outside force, an event to be captured, or a feeling to chase.

We go from meeting to meeting, looking for another hit, another impartation, another spiritual explosion.

But what if I told you the entire premise is flawed? What if the secret to God's explosive, world-changing power isn't in chasing an external force, but in awakening to the Person who already lives inside of you?

What if the answer isn't another event, but a deeper reality?

Today, we are going to dismantle this exhausting treadmill. We're going to expose the great misunderstanding that has left so many believers feeling frustrated and powerless.

And we're going to uncover the profound, simple, and life-altering truth that the supernatural power of God doesn't flow *to* you; it flows *from* you.

It's the direct result of cultivating intimacy with the indwelling presence of the Holy Spirit.

Section 1: The Great Misunderstanding - Chasing the Wind

For generations, a subtle but huge misunderstanding has shaped how we approach the Holy Spirit.

We often treat Him less like a Person to be known and more like a power to be harnessed.

We talk about "getting more of the Spirit," as if He's a commodity we can collect. We pray for the Spirit to "show up" in our services, as if He's a guest we hope will

respond, rather than the host who has already taken up residence within us.

This misunderstanding comes partly from misapplying the Old Testament pattern. Under the Old Covenant, the Holy Spirit's presence was often temporary and external.

The Spirit would come *upon* an individual—a prophet, a king, a judge—for a specific task or a limited time.

We see it with Samson, where "the Spirit of the LORD rushed upon him," giving him supernatural strength.

We see it with King Saul, and we tragically see David, after his great sin, crying out in Psalm 51, "Do not cast me from your presence or take your Holy Spirit from me."

In the Old Covenant, the Spirit's empowering presence wasn't guaranteed for everyone, nor was it permanent. It was a selective anointing for a specific purpose.

Because this is a pattern we read so much about, we subconsciously apply it to our own lives. We think we need the Spirit to "come upon us" for power.

So we seek experiences, we chase manifestations, and we look for signs that the Spirit has "shown up."

We're essentially living with an Old Covenant mindset in a New Covenant reality.

We are acting like orphans when we've been adopted as sons and daughters.

But Jesus signaled a monumental shift. He stood with his disciples in the Upper Room, on the verge of a new era for all of humanity, and made a promise that would change everything.

In John chapter 14, He says, "And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth... You know him, for he dwells **with** you and will be **in** you."

Did you catch that staggering shift in prepositions? He was **with** them, but soon He would be **in** them.

This wasn't just a small theological update; this was a complete redesign of our relationship with God.

The God of the universe wasn't going to be a God who just visited anymore; He was going to be a God who moved in.

He wasn't going to be a force that came upon people occasionally; He was going to be a Person who would take up permanent residence inside them.

When we chase power as an external experience, we are literally chasing the wind. We're seeking what has already been given. We're asking God to show up when He has already moved in.

This chase is exhausting because it's based on a lie. It puts the burden on us to perform, to strive, to seek, and to earn an encounter.

It creates a spiritual life of peaks and valleys, where we feel close to God when we "feel" the power, and distant when the emotions fade.

It reduces the Holy Spirit from the glorious third Person of the Godhead to a cosmic electrical charge we try to plug into on Sundays.

This is why so many are tired. This is why so many feel like they're failing. They're trying to earn what's already a gift.

They're trying to find what isn't lost.

The problem isn't that God is withholding His power. The problem is that we've been looking for it in all the wrong places.

We've been so focused on the *works* of the Spirit that we've forgotten the *Person* of the Spirit.

Power is what He *does*; Presence is who He *is*.
And the New Covenant reality is that you can't separate the two.

Section 2: The Unveiled Secret - God In You

So let's shift our entire paradigm. Let's move from the flawed foundation of chasing power to the bedrock truth of hosting Presence.

The most revolutionary, world-altering truth of the New Covenant is found in a simple question the Apostle Paul asks the Corinthian church.

He asks it with a tone of almost shocked disbelief, as if he can't believe they could have missed it.

In 1 Corinthians 6, verse 19, he says, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"

Let that sink in for a minute. Not "your body *can be* a temple." Not "your body *will be* a temple if you pray hard enough."

Your body *is* a temple. A temple, in the ancient world, was the dwelling place of a god.

The Temple in Jerusalem was the single most sacred place on earth for a Jewish person because it's where the *shekinah* glory, the manifest presence of God, dwelt.

It was a place of awe, reverence, and holy terror.

And Paul, inspired by this very same Holy Spirit, looks at you—at your physical body, with all its weaknesses and imperfections—and he says, **“That is now the Holy of Holies. That is where God lives.”**

The moment you surrendered your life to Jesus, your body stopped being common ground. It became a sanctuary. God the Holy Spirit took up residence within you, not as a visitor, but as a permanent dweller.

He didn't just rent a room; He took ownership of the entire building. You are not your own; you were bought with a price.

This is not just a beautiful metaphor. It's a concrete, spiritual reality. The Holy Spirit isn't an 'it' or a force; He is a Person.

Jesus called Him the *Paraclete*—the Helper, the Counselor, the one called alongside to help. He has a mind, emotions, and a will. He thinks, He feels, and He speaks. He can be grieved. He can be quenched. And He longs for a relationship with you.

Think about it this way. Imagine you have a dear friend—the wisest, most powerful, most loving person you've ever known.

And one day, this friend says, "I'm moving in. I'm going to live with you, 24/7. I'll be there when you wake up, I'll be with you all day, and I'll be there when you sleep. I will never leave you."

How would that change your life? Your decisions? Your sense of security and confidence?

Now multiply that by eternal. The Person living in you is God Himself. He is the Spirit of truth who guides you into all truth.

He is the Spirit who raised Jesus Christ from the dead, and Paul tells us in Romans 8 that this same Spirit lives

in you. He's the one who confirms in our hearts that we are children of God. He's the one who helps us in our weakness when we don't even know what to pray.

He is the seal of our salvation, the guarantee and down payment of our inheritance in heaven.

This is the unveiled secret of the Christian life. It's not about trying to get God to come down to you; it's about realizing He's already living inside you.

It's not about achieving some spiritual state; it's about awakening to a spiritual reality.

Pastor Stephanie Ike Okafor uses a powerful analogy: think of a glove. A glove by itself is limp and useless. It can't grip anything. But when a hand slips inside, the glove suddenly has purpose. It can move, work, and build. The glove becomes an extension of the person whose hand is in it.

You are the glove. In your own strength, you're powerless. But the moment you received Christ, the hand of the Holy Spirit came to live within you.

You are now the vessel through which He moves, speaks, and acts in the world. The life you're called to

live is not you trying your best for God; it's God living His best through you.

It is, as Paul so profoundly put it in Galatians 2:20, "no longer I who live, but Christ who lives in me."
And how does Christ live in you? Through the indwelling Person of His Holy Spirit.

So we have to stop asking the Holy Spirit to "show up." He's already here. We have to stop praying for "more" of Him, as if He can be divided up.

When you received Jesus, you received all of Him. The question is not how much of the Spirit you have, but how much of **you** the Spirit has.

It's a question of surrender, not an asset. This single truth—that you are a mobile, walking, talking temple of the living God—is the foundation for a life of authentic, supernatural power.

Section 3: From Presence to Power - Plugging into the Source

Once we establish the unshakable truth that the Holy Spirit lives **in** us, the next question is obvious: "So where does the power come from?"

If He's already here, why don't I always feel powerful?"
This is the crucial bridge we have to cross.

This is where presence connects to power.

Think of a beautifully designed, state-of-the-art lamp. It has the best wiring, a perfect shade, and an advanced bulb.

It has all the potential to light up a dark room. But if it's not plugged into the power source, it's just a decoration. It's useless. Its power isn't in its own design; its power comes from its connection to the source.

The Christian life is the same.

You have been beautifully remade by God, redeemed as a new creation. You have all the potential to be a light in this dark world.

But the power to shine doesn't come from your own efforts or determination. The explosive, supernatural power of God is the direct overflow of your conscious, moment-by-moment connection to the indwelling Holy Spirit.

Power isn't a separate gift you chase; it's the natural byproduct of a life plugged into His presence.

This helps us correctly understand Acts 1:8. Jesus says, "But you will receive power when the Holy Spirit has come *upon* you, and you will be my witnesses..." We often read this alone and think it's a separate event from the indwelling He promised in John 14. But they're two sides of the same coin.

The indwelling is the *reality* of His presence; the empowering is the *release* of His presence for a purpose.

The "coming upon" is the overflow of the One who is already "in." It's the lamp being plugged in and switched on.

Look at Peter. In the courtyard during Jesus' trial, Peter is running on his own strength.

He's full of fear and self-preservation. When a servant girl confronts him, this "rock" crumbles and denies even knowing Jesus. He's powerless.

Fast forward just a few weeks. At Pentecost, after waiting and praying, the promise of Jesus is fulfilled. The Holy Spirit who was *with* them now comes *in* them. He fills them. And what happens?

The same Peter who was paralyzed by fear stands up before a massive crowd and preaches one of the most powerful sermons in history, and 3,000 people are saved. He went from powerlessness to explosive power. What changed? He got plugged in. The presence he hosted on the inside was overflowing as power on the outside.

We see this pattern over and over. Moses' face shone with glory not because he prayed for a shiny face, but because he spent time **with** God.

The power was a result of the presence.

The Apostle Paul, before launching his world-changing ministry, spent years in Arabia and Damascus. What was he doing? He was cultivating intimacy with the Christ who now lived in him. He was learning to live from the presence.

This leads us to one of the most sobering passages in scripture: Matthew chapter 7. Jesus gives a terrifying warning. He says, "On that day many will say to me, 'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' And then will I declare to them, 'I never knew you; depart from me...'"

Notice what they brag about. Not their love, not their quiet times. They appeal to their display of supernatural power. They had power without presence.

Miracles without intimacy. They had the gifts but didn't know the Giver. They were like a lamp that could somehow light up without ever being plugged in—a spectacle, but a hollow and tragic one.

Here's the key: God's message can be endorsed by the power of the Spirit, but God's *people* are endorsed by the *presence* of the Spirit.

The power of the Spirit can change your circumstances, but the presence of the Spirit changes your heart.

This is the great danger of chasing power for its own sake.

It can lead to a ministry that looks successful on the outside but is spiritually bankrupt on the inside.

Sustainable, authentic kingdom power only flows from a place of "knowing" God. It flows from a life that values the Giver more than His gifts. Power without presence becomes a performance.

Presence without power can become passive. God has called us to both: to live from a place of deep, abiding

presence, so His power can flow through us to change the world.

Section 4: Living in the Flow - Three Keys to Cultivating Presence

So, if the secret isn't chasing power but cultivating presence, how do we actually do it? How does this change our Tuesday morning when we're stuck in traffic?

Let's be clear: this isn't about *earning* His presence. He's already there.

Cultivating presence is the discipline of awakening. It's about becoming consciously aware of the God who is already aware of you.

It's about learning to live "plugged in." I want to give you three foundational keys to living a life of cultivated presence.

First is **The Key of Conscious Awareness.**

This is the starting point. It's the simple, moment-by-moment practice of acknowledging the Holy Spirit who lives in you.

Brother Lawrence, a 17th-century monk, called it "practicing the presence of God."

It's the habit of turning your heart's attention toward Him in the middle of your daily life.

When you wake up, before your feet hit the floor, before you check your phone, your first thought can be a simple: "Good morning, Holy Spirit.

Thank you for being with me. Lead me today. I welcome you into every part of my day." This simple act sets the tone.

You're consciously recognizing you aren't starting your day alone.

As you drive to work, invite Him into your work. Talk to Him about the day ahead. When you walk into a meeting, silently pray, "Holy Spirit, give me wisdom here."

When you're doing dull chores—washing dishes, folding laundry—turn those moments into altars of fellowship. "Holy Spirit, thank you for this home. Thank you for my family."

This isn't about adding more religious tasks to your to-do list. It's about reframing your entire life as a continuous conversation.

The Bible tells us to "pray without ceasing," and this is how you do it. It's not about being on your knees 24/7; it's about maintaining a running dialogue with the Person inside you.

The more you acknowledge Him, the more you become aware of His gentle nudges, His comfort, and His quiet guidance.

Second is **The Key of Radical Surrender****.**

If awareness opens the door, surrender hands Him the keys to the whole house. Authentic spiritual power isn't released through human striving, but through divine surrender.

It's letting go of your will, your plans, your ambitions, and your fears, and yielding them to His control.

Ephesians 5:18 says, "And do not get drunk with wine... but be filled with the Spirit."

In the original language, this means "be constantly, continually being filled." How are we filled? By emptying

ourselves. A glass that's full of 'self' can't be filled with the Spirit.

Surrender looks like saying, "Holy Spirit, I give you my schedule today. Interrupt me.

Your agenda is better than mine." It's surrendering your right to be right in an argument. It's surrendering your anxiety about the future into His hands. It means confessing sin quickly, not letting it create distance or grieve the One who lives in you.

Galatians 5 paints a clear picture of this internal battle between the flesh and the Spirit. Every day, in a thousand small choices, you decide which one to feed.

Surrender is consciously choosing to starve the flesh and feed the Spirit.

Think of a mighty river. Its power flows when the channel is clear. But if the channel is filled with the rocks and debris of self-will, the flow becomes a trickle.

Surrender is the process of removing those obstacles. Every time you say "no" to your ego and "yes" to His prompting, you're clearing the channel for His presence and power to flow through you.

Third is **The Key of Personal Intimacy****.**

Finally, we have to move beyond just acknowledging and surrendering and into the joy of personal intimacy. The Holy Spirit is not a doctrine to be studied; He is a Person to be known. He desires friendship and communion. This means setting aside dedicated time just to be with Him, to listen to Him, and to love Him.

Read the Bible not just for information, but for communion.

Ask, "Holy Spirit, what are you saying to **me** through this?" It means developing a prayer life that's more about listening than speaking. It's learning to sit in silence and simply enjoy His presence.

Ask Him questions: "Holy Spirit, what's on your heart for my family? What do you think about this situation?" Then, quiet your own mind and listen for His still, small voice.

This is the difference between knowing **about** God and truly **knowing** God.

It's the difference between a formal acquaintance and a deep friendship. When you cultivate this kind of intimacy, you learn His ways. Your heart begins to beat in sync with His.

From this well of intimacy, all true power and ministry are drawn.

You start to serve **from** a place of fullness, not **for** a place of fullness.

Conclusion and Call to Action

We started today with the frustrating picture of the powerless Christian, running on a treadmill, chasing a power that always seems just out of reach.

We dismantled the great misunderstanding that treats the Holy Spirit like an external force to be captured.

Then we uncovered the glorious secret: your very body is a temple of the living God. You are a carrier of His presence.

We saw that supernatural power isn't something we strive for, but something that flows from our connection to Him. Power is the overflow of presence.

And we talked about three keys to living this out: Conscious Awareness, Radical Surrender, and Personal Intimacy.

So now you're at a crossroads. You can leave here and get back on the treadmill, chasing the next experience.

Or, you can decide, right here and now, to get off for good. You can stop chasing power and start cultivating presence.

You can stop looking **for** God and start awakening to the God who is already **in** you.

I want to lead you in a prayer. This isn't a magic formula, but it is a declaration of your heart's intent. Wherever you are, just quiet your heart and focus.

Let's pray together.

**Father, in Jesus' name, thank you for the gift of your Holy Spirit. For too long, I've treated Him like a stranger, when you sent Him to be my closest friend.*

Today, I renounce the lie that I have to chase your power. I repent for seeking the gift more than the Giver. I declare the truth of your Word: my body is a temple of the Holy Spirit. God lives in me.*

**Holy Spirit, I acknowledge you right now. You are here. You are in me. I'm not alone, and I welcome you.*

Forgive me for ignoring you and for trying to live this life in my own strength. Today, I surrender. I give you my plans, my fears, my failures. I hand you the keys to my life. I want to be continually filled by you. Teach me to be aware of you in every moment, to surrender in every decision, and to love you with all my heart.*

*Awaken my spirit to your presence.

Open the eyes of my heart to see you and my ears to hear your voice. I don't want to just know about you anymore. I want to know you.

From that place of friendship, release your power through my life—not for my glory, but for yours. Make me a witness. Let the river of your life flow through me to touch a world in desperate need. I receive this new way of living today.

In Jesus' mighty name. Amen.*

If this message has stirred something in you today, don't let this moment pass.

Let this be day one of your journey into His presence.

And if this has been helpful, please subscribe and share this with someone you know who is tired of the treadmill

and needs to hear this life-changing truth. Thank you for joining me. Now go, and live in the power of His presence.