

Spirit Filled and Spirit Led  
Digging Deeper  
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*Dear children, let us not love with words or speech but with actions and in truth.*

**1 John 3:18 NIV**

Bob Goff, Christian author, speaker and founder of Love Does, a non-profit organization promoting human rights and education in Uganda, Iraq, Nepal, Somalia, Afghanistan, and India, once wrote:

**Love is never stationary. In the end, love doesn't just keep thinking about it or keep planning for it. Simply put: love does.**

I can't think of a better way than that to describe how the way we love changes when we encounter the presence of the living God and become spirit filled and spirit led. We don't talk about loving others. We don't think about it. We don't plan for it. We just do it. We live and we love as Jesus did, and are known for that by those who cross our path (John 13:35).

**The more time we spend in the presence of God, the more we become like Him (2 Cor 5:17).** Our old way of living for ourselves melts away as His Holy Spirit is infused deep into our very being. Our soul is awakened and loving others takes on a whole new meaning. We see the needs around us, we know what God wants us to do about them, and we go do it.

Living and loving like this doesn't happen overnight. We are all, in fact, a work in progress. But when we seek God's presence daily, the Holy Spirit within us produces a divine love that expresses itself in many different ways (Gal 5:22 TPT). We help those who others won't go near. We go to places and step into situations that others avoid. And we do things others can't or won't do. We do all of this by the presence of God and the power of His Holy Spirit living in us.

**When we are continually filled with God's presence, we no longer look at helping others as a sacrifice we need to make. Instead, we see it as an opportunity to serve others in love.** And that changes us in a deep and profound way. Helping others changes our spirit and makes us more compassionate. Helping others softens our heart and makes us more joyful and grateful for the chance to share what we have with them. And helping others makes us more like Jesus, a humble servant who understood that love isn't just talk. Love does (Eph 5:19-20).

**There are many benefits to seeking God's presence daily and being continually filled with and led by His Holy Spirit.** It leaves us refreshed, rested and at peace (Matt 11:28-30 TPT). It protects us from evil (Ps. 91:1-6). And it gives us direction for our life (Ps. 32:8). But more than anything else, God's Holy Spirit activates within us a deep desire to humbly serve others in love.

It's tempting to think of love as an emotion, something we feel deep down inside of us. But it's not. Real love, divine love, is an action motivated by the Holy Spirit in us. As Bob Goff puts it, love does.

And there is no higher calling in life than that.

## **Reflect**

When we encounter the presence of the living God and become spirit filled and spirit led, the way we love changes. We don't talk about love. We don't think about it or make plans to love. We do it. Because real love, divine love, just does.

## **Pray**

Heavenly Father, release in me the power of your Holy Spirit so I can love others by doing what needs to be done for them. Give me the courage, the strength and the compassion to reach out to those who others won't go near. Take me to places and lead me into situations that others avoid. And

help me do the things others can't or won't do. I ask Father God that you be with me each and every day as I reach out to all of those I meet who need to feel the touch of your hand and the warmth of your amazing love. Amen

## Discuss

Describe a time in your life when someone did something for you that left you feeling deeply loved.

Here are three ways we can love others by our actions. Which one would make you a more loving person?

- Stop trying to fix people and just be there for them.
- Stop being the typical religious person, all wrapped up in rules, rituals and rhetoric, and focus on serving others in love.
- Don't hold anything back when it comes to loving others. Be fully engaged in their life and never grow tired of finding new ways to love them.

Describe what it was like for you to be young and "in love" and what loving others means to you now. How has the presence of God in your life changed your perspective on what it means to love and be loved by others?