



JOURNAL

INTRODUCTION

Welcome to the Journey

This is not a light series and this is not a light journal.

The Holy Spirit is not a topic to skim or a force to figure out. He is God—**present, personal,** and **powerful**. He is the very presence of Jesus continuing His work in us and through us. To lean into the Holy Spirit is to step onto holy ground.

Doing This Together

Over the next six weeks, we are doing this work together.

This journey is meant to be lived out in three ways:

- **Corporately**, as we gather on Sundays and sit under the Word.
- In **community**, as we listen, pray, and process alongside others.
- **Personally**, as we lean in daily and make space for God to form us individually.

This journal is a tool to help with that personal work. It isn't meant to be rushed or completed perfectly. Some days will feel clear. Some days will feel quiet. Both matter.



HOLY SPIRIT

How to Use This Journal

Each week begins with space for sermon notes, followed by daily Scripture, reflection, and simple practices. Use what's helpful. Keep it honest. If you miss a day, don't quit—just pick up where you are.

The goal is not information, emotion, or performance. The goal is increased attention to the Holy Spirit in your life and the power of His transformation within You.

A Final Encouragement

Lean in daily, even when it feels ordinary. The Holy Spirit forms us in rhythms, not rushes. Quietly. Faithfully. Over time.

We're excited for this journey—not because we have it all figured out, but because we trust the One who leads it. God is closer than you think, more involved than you realize, and deeply committed to your transformation.

*So take a breath, show up, and stay open. Let's do the work—
together.*

***“The Spirit-filled life is not a special, deluxe
edition of Christianity—it is Christianity.”***

— FRANCIS CHAN



WEEK 1

THE HOLY SPIRIT HELPS

THEME:

The Holy Who—He is a Person who lives in you

MONDAY, JANUARY 26 ✦ HE IS WITH YOU

“The Holy Spirit is not a feeling to chase, but a Person to know.”

— Tyler Staton

Scripture: *And I will ask the Father, and He will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive Him, because it isn’t looking for Him and doesn’t recognize Him. But you know Him, because He lives with you now and later will be in you. No, I will not abandon you as orphans—I will come to you.* John 14:16-18

Prompt: Jesus promised another Helper—One who would never leave you. The Holy Spirit is not distant. He is present, personal, and permanent.

Practice + Journal: Pause for 60 seconds in silence. Become aware of God’s nearness. Pray slowly: *“Holy Spirit, You are here.”*

Where do I most feel alone right now? What would it change if I believed the Spirit is already there?

TUESDAY, JANUARY 27 ✦ HE LIVES IN YOU

“To have the Holy Spirit is to have God Himself present within you.”

— J.I. Packer

Scripture: *Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself ...* 1 Corinthians 6:19

Prompt: The Holy Spirit didn’t visit, He moved in. You are His dwelling place.

Practice + Journal: Open your hands as a posture of surrender. Pray: *“Holy Spirit, I need You.”*

Where am I relying on my own strength instead of His power? What part of my life do I live as if God is near—but not within?

WEDNESDAY, JANUARY 28 ✦ HE HELPS YOU PRAY

Scripture: *And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.* Romans 8:26-27

Prompt: When words fail, the Spirit speaks for you. He fills in the blank when you don't know what to say. Weakness isn't rejection—it's invitation.

Practice + Journal: Ask the Spirit one simple question: "What do You want me to see?"

What thought, Scripture, or conviction rises to the surface? How should I respond? Where am I tired, confused, or prayerless? How might the Spirit be interceding for me there?

THURSDAY, JANUARY 29

✦ HE TEACHES YOU TO LOOK TO JESUS

Scripture: *But when the Father sends the Advocate as my representative—that is, the Holy Spirit—He will teach you everything and will remind you of everything I have told you.* John 14:26

Prompt: The Spirit's mission is not to spotlight Himself but to make Jesus real and present.

Practice + Journal: Pray: "Holy Spirit, lead me into truth today." What attitude, action, or habit might be out of alignment with Your leading?

FRIDAY, JANUARY 30 ✦ HE SPEAKS FROM WITHIN

Scripture: *When the Spirit of truth comes, He will guide you into all truth. He will not speak on His own but will tell you what He has heard. He will tell you about the future.* John 16:13

Prompt: God often whispers from within, not shouts from the sky.

Practice + Journal: Sit quietly for one minute without asking for anything. Pray: “*Holy Spirit, I trust You.*”

What changes when I stop striving and start trusting? Where might I have mistaken the Spirit’s voice for my own thoughts?

SATURDAY, JANUARY 31 ✦ HE IS YOUR HELPER

“The Spirit inside you is better than Jesus beside you.” — J.D. Greear

Scripture: *But in fact, it is best for you that I go away, because if I don’t, the Advocate won’t come. If I do go away, then I will send Him to you.* John 16:7

Prompt: Jesus said the Spirit inside you is to your advantage.

Practice + Journal: Pray the 60-second prayer: “*Holy Spirit, help me.*”

Where do I need His help today? Where am I trying to live Spirit-less?

WEEK 2

THE HOLY SPIRIT DWELLS

THEME:
You are the temple



MONDAY, FEBRUARY 2 ✦ HE LIVES IN YOU

Scripture: *Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you?* 1 Corinthians 3:16

Prompt: God doesn't just meet you—He inhabits you.

Practice + Journal: Sit still for one minute and place your hand over your heart. Pray: "Holy Spirit, thank You for dwelling in me."

How does knowing God lives in me reshape the way I see myself today?

TUESDAY, FEBRUARY 3 ✦ HE WALKS WITH YOU

Scripture: *And what union can there be between God's temple and idols? For we are the temple of the living God. As God said: "I will live in them and walk among them. I will be their God, and they will be my people."* 2 Corinthians 6:16

Prompt: God walks with those He dwells in.

Practice + Journal: As you move through your day, whisper: "You are with me."

Which ordinary moments would feel sacred if I truly believed God walks with me? What daily moments would look different if I believed God walks with me?

WEDNESDAY, FEBRUARY 4 ✦ HE CHANGES YOU

Scripture: *And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow My decrees and be careful to obey My regulations.* Ezekiel 36:26-27

Prompt: God changes hearts from the inside out.

Practice + Journal: Pray slowly: “*Holy Spirit, soften what has grown hard.*”

What inner change am I asking God to do that I cannot accomplish on my own?

THURSDAY, FEBRUARY 5 ✦ HE MAKES YOU HOLY

Scripture: *Who may climb the mountain of the LORD? Who may stand in His holy place? Only those whose hands and hearts are pure, who do not worship idols and never tell lies.* Psalm 24:3-4

Prompt: Holiness is about proximity, not performance.

Practice + Journal: Notice what competes for your attention today. Pray: “*Holy Spirit, draw my heart closer to You.*”

What pulls me away from intimacy with God more than anything else?

FRIDAY, FEBRUARY 6 ✦ You Are His

Scripture: *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.* 1 Corinthians 6:19-2

Prompt: You were bought with a price—you are not your own.

Practice + Journal: Open your hands as an act of surrender. Pray: “*Holy Spirit, I belong to You.*”

What area of my life needs to come back under God’s ownership?

SATURDAY, FEBRUARY 7 ✦ The Spirit Knows You

Scripture: *Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life.* Psalm 139:23-24

Prompt: You are not alone—the Helper is with you and within you.

Practice + Journal: Invite the Spirit to examine “room” of your heart.

What idols need eviction so His presence can be unhindered?

WEEK 3

THE HOLY SPIRIT LEADS

THEME:
Guidance over goosebumps



MONDAY, FEBRUARY 9 ✦ HE SPEAKS THE TRUTH

Scripture: *When the Spirit of truth comes, He will guide you into all truth. He will not speak on His own but will tell you what He has heard. He will tell you about the future.* John 16:13

Prompt: The Spirit leads into truth, not confusion.

Practice + Journal: Pause for 60 seconds before making any decision today. Pray: "Holy Spirit, guide me into truth."

What decision or situation do I need clarity in right now?

TUESDAY, FEBRUARY 10 ✦ HE IS CLOSE

"God is closer than you think, and more involved than you realize."
— Dallas Willard

Scripture: *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.* Galatians 5:16

Prompt: Walking with the Spirit is daily dependence.

Practice + Journal: As you move through your day, notice moments where you feel rushed or reactive. Pray: "Holy Spirit, help me keep in step with You."

What does "walking" with the Spirit look like in my routines?

WEDNESDAY, FEBRUARY 11 ✦ HE CONVICTS

Scripture: *For all who are led by the Spirit of God are children of God.*

Romans 8:14

Prompt: Conviction is a sign of sonship, not shame.**Practice + Journal:** Sit quietly and invite the Spirit to search your heart. Pray: “*Holy Spirit, show me what leads to life.*”

Where is the Spirit gently correcting me—not condemning me?

THURSDAY, FEBRUARY 12 ✦ HE FREELY INVITES

Scripture: *But it was to us that God revealed these things by His Spirit. For His Spirit searches out everything and shows us God's deep secrets. No one can know a person's thoughts except that person's own spirit, and no one can know God's thoughts except God's own Spirit. And we have received God's Spirit (not the world's spirit), so we can know the wonderful things God has freely given us.* 1 Corinthians 2:10-12**Prompt:** The Spirit reveals what God freely gives.**Practice + Journal:** Open your hands and receive from God without striving. Pray: “*Holy Spirit, help me receive what You're offering.*”

What truth might God be inviting me to receive, not earn?

FRIDAY, FEBRUARY 13 ✦ HE PRODUCES FRUIT

Scripture: *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!* Galatians 5:22-23

Prompt: Fruit grows—it's not forced.

Practice + Journal: Reflect on your week, and thank God for any evidence of growth. Pray: “*Holy Spirit, keep growing Your fruit in me.*”

Which fruit feels most visible, and which requires patience and trust? Which fruit do I see developing in myself, and which requires more effort to cultivate?

SATURDAY, FEBRUARY 14 ✦ HE IS TRUSTWORTHY

Scripture: *Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.* Proverbs 3:5-6

Prompt: God doesn't just visit you—He has made His home in you.

Practice + Journal: Pause & ask: “*Holy Spirit, lead me into truth.*”

What decision am I trusting Him with?



WEEK 4

THE HOLY SPIRIT EMPOWERS

THEME:
Ordinary people,
supernatural mission

MONDAY, FEBRUARY 16 ✦ HE EMPOWERS

Scripture: *But you will receive power when the Holy Spirit comes upon you. And you will be My witnesses, telling people about Me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.*
Acts 1:8

Prompt: Power is given for purpose.

Practice + Journal: Begin the day by praying: “*Holy Spirit, empower me for Your purpose.*” As you move through your day, notice where God has already placed you.

Where might He want to use me as a witness today?

TUESDAY, FEBRUARY 17 ✦ HE DIRECTS

Scripture: *When he saw Peter and John about to enter, he asked them for some money. Peter and John looked at him intently, and Peter said, “Look at us!”* Acts 3:3-4

Prompt: Spirit power often starts with noticing.

Practice + Journal: Slow down in one interaction today and truly see the person in front of you. Pray: “*Holy Spirit, help me notice what You notice.*”

Who might I normally overlook that God is inviting me to see?

WEDNESDAY, FEBRUARY 18 ✦ HE HEALS

Scripture: *But Peter said, “I don’t have any silver or gold for you. But I’ll give you what I have. In the name of Jesus Christ the Nazarene, get up and walk!”* Acts 3:6

Prompt: God uses what you have when you offer it.

Practice + Journal: List what you feel you don’t have, then list what you do have. Pray: “*Holy Spirit, use what I offer You.*”

What ordinary gift, resource, or moment could God use right now?

THURSDAY, FEBRUARY 19 ✦ HE GIVES GREATER GRACE

Scripture: *Each time He said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.* 2 Corinthians 12:9

Prompt: Weakness is where power shows up.

Practice + Journal: Name your weakness without apologizing for it. Pray: “*Holy Spirit, show Your strength through me.*”

Where might God want to display His strength through my weakness?

FRIDAY, FEBRUARY 20 ✦ HE IS DEPENDABLE

Scripture: *Then He said to me, “This is what the LORD says to Zerubbabel: It is not by force nor by strength, but by My Spirit, says the LORD of Heaven’s Armies.* Zechariah 4:6

Prompt: The mission moves by the Spirit.

Practice + Journal: Pause when you feel pressure to perform. Pray: “Holy Spirit, I depend on You, not my effort.”

Where am I striving instead of trusting?

SATURDAY, FEBRUARY 21 ✦ HE ASSIGNS

Scripture: *When He saw the crowds, He had compassion on them because they were confused and helpless, like sheep without a shepherd. He said to His disciples, “The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask Him to send more workers into His fields.”* Matthew 9:36-38

Prompt: You are empowered by God’s Spirit to live beyond your own strength.

Practice + Journal: Ask for one assignment today. Who might the Spirit be sending me to?

WEEK 5

THE HOLY SPIRIT TRANSFORMS

THEME:
New desires,
not just new decisions



MONDAY, FEBRUARY 23 ✦ HE MAKES NEW

Scripture: *So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like Him as we are changed into His glorious image.*

2 Corinthians 3:18

Prompt: Transformation is ongoing, not instant.

Practice + Journal: Reflect on your life over time, not just today. Pray: “*Holy Spirit, keep transforming me.*”

Where do I see slow, steady change that I couldn’t produce on my own?

TUESDAY, FEBRUARY 24 ✦ HE GIVES FREEDOM

Scripture: *So now there is no condemnation for those who belong to Christ Jesus.* Romans 8:1

Prompt: Freedom begins where condemnation ends.

Practice + Journal: Name the voice of condemnation and consciously silence it. Pray: “*Holy Spirit, I receive Your freedom.*”

What shame do I need to release to the Spirit?

WEDNESDAY, FEBRUARY 25 ✦ HE WANTS YOUR FOCUS

Scripture: *Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.* Romans 8:5-6

Prompt: What you set your mind on shapes your life.

Practice + Journal: Pay attention to what dominates your thoughts today. Pray: "Holy Spirit, set my mind on life and peace."

What has my attention? Is it producing life?

THURSDAY, FEBRUARY 26

✦ HE WALKS WITH YOU, YOU MUST WALK WITH HIM

Scripture: *Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to His cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.* Galatians 5:24-25

Prompt: Walking by the Spirit requires surrender.

Practice + Journal: Practice surrender by naming one desire you're holding tightly. Pray: "Holy Spirit, help me walk in step with You."

What needs to die so something new can live?

FRIDAY, FEBRUARY 27 ✦ HE FORGIVES

Scripture: *Create in me a clean heart, O God. Renew a loyal spirit within me.* Psalm 51:10

Prompt: God doesn't just clean behavior—He renews hearts.

Practice + Journal: Ask God to go beneath behavior and reach your heart. Pray: "Holy Spirit, renew me from the inside out."

What inner renewal am I longing for right now?

SATURDAY, FEBRUARY 28 ✦ HE DEEPENS YOU

Scripture: *Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases Him.* Philippians 2:12-13

Prompt: You are led by the Spirit, not driven by fear or confusion.

Practice + Journal: Confess. Depend. Obey. How is God working in me right now?



WEEK 6

THE HOLY SPIRIT SENDS

THEME:
The Spirit-filled life
is a sent life

MONDAY, MARCH 2 ✦ HE WORKS THROUGH US

Scripture: *Again He said, “Peace be with you. As the Father has sent me, so I am sending you.” Then He breathed on them and said, “Receive the Holy Spirit.”* John 20:21-22

Prompt: Jesus sends us the same way He was sent.

Practice + Journal: Begin the day by praying: “Jesus, send me as You were sent.” Pay attention to where God has already placed you.

Where might God be sending me in ordinary spaces this week?

TUESDAY, MARCH 3 ✦ HE DIRECTS

Scripture: *One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.” So after more fasting and prayer, the men laid their hands on them and sent them on their way. So Barnabas and Saul were sent out by the Holy Spirit. They went down to the seaport of Seleucia and then sailed for the island of Cyprus.* Acts 13:2-4

Prompt: The Spirit still speaks and sends.

Practice + Journal: Create space for listening before speaking today. Pray: “Holy Spirit, help me hear Your direction.”

Am I listening for the Spirit’s direction, or am I avoiding it?

WEDNESDAY, MARCH 4

◆ HE SENDS US TO GIVE THE GOOD NEWS

Scripture: *But how can they call on Him to save them unless they believe in Him? And how can they believe in Him if they have never heard about Him? And how can they hear about Him unless someone tells them? And how will anyone go and tell them without being sent? That is why the Scriptures say, “How beautiful are the feet of messengers who bring good news!”* Romans 10:14-15

Prompt: People matter to God—and they need someone sent to share Him with them.

Practice + Journal: Name the person or people God keeps bringing to mind. Pray: “Holy Spirit, give me Your heart for them.”

Who is God inviting me to intentionally love, pray for, or pursue with the good news of Jesus?

THURSDAY, MARCH 5 ◆ HE IS POWER

“The Spirit turns common folk into uncommon forces.” — Max Lucado

Scripture: *But you will receive power when the Holy Spirit comes upon you. And you will be My witnesses, telling people about Me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.* Acts 1:8

Prompt: Witness flows from power, not pressure.

Practice + Journal: Notice moments where fear or hesitation rises. Pray: “Holy Spirit, replace fear with power.”

What holds me back from speaking or living boldly for Jesus?

FRIDAY, MARCH 6 ✦ HE WANTS YOUR AVAILABILITY

“You receive power not to sit still, but to be sent.” — J.D. Greear

Scripture: *Then I heard the Lord asking, “Whom should I send as a messenger to this people? Who will go for us?” I said, “Here I am. Send me.”* Isaiah 6:8

Prompt: Availability matters more than ability. And a failed witness is a failure to witness. Not all will respond, but God’s called you to go, tell, baptize, and disciple.

Practice + Journal: Practice availability by offering your yes before knowing the details. Pray for the posture of Isaiah: “Here am I—send me.”

Where do I need to say, “Here am I—send me”?

SATURDAY, MARCH 7 ✦ HE IS WITH US ON MISSION

Scripture: *Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.* Matthew 28:20

Prompt: You are sent by God, filled with His Spirit, for His mission.

Practice + Journal: Pray: “Holy Spirit, send me.” Who is my one—and how will I love them intentionally toward Jesus?

**“Without the Spirit of God, we can do nothing.
We are as ships without wind.”**
— CHARLES SPURGEON

Creating Space to Meet with God

The Holy Spirit is always present, but we are not always aware.

These practices are not rules to follow, but invitations to slow down, lean in, and make space for God’s presence.

Use one or two each day. Let simplicity guide you. Here are our suggested practices:

PREPARE THE SPACE

- Find a quiet place where you won’t be rushed.
- Light a candle as a reminder that Christ is present.
- Return to the same space often and let it become familiar and sacred.

HONOR HOLY GROUND

- Take off your shoes as a physical reminder that you are stepping into holy ground.
- Let your posture reflect reverence and attention.

BE STILL

- Begin with one minute of silence.
- Slow your breathing—inhale deeply, exhale slowly.
- Allow your body to settle before your soul speaks.

PRACTICE LISTENING

- Ask simply: *“Holy Spirit, what do You want me to notice?”*
- Resist rushing to speak or write.
- Pay attention to what rises like thoughts, Scripture, conviction, peace.

ENGAGE THE SENSES

- Play instrumental worship music softly.
- Sit near natural light or step outside.
- Let beauty help you become aware of God's nearness.

USE YOUR BODY

- Open your hands as a posture of surrender.
- Place a hand over your heart to stay present.
- Kneel if you're able.

END WITH GRATITUDE

- Thank the Spirit for His presence even if you felt nothing.
- Trust that formation is happening beneath the surface.

Remember, these practices don't earn God's presence. They help us notice the God who is already here. Lean in. Show up daily. Let the Spirit lead.

