

# Help! I Am Drained

January 14, 2024

## UPCOMING EVENTS

**21 Days of Prayer** (January 7-27. 6-7am M-F. Saturdays 9am)

**Man Night** – January 29th, 7pm

**Small Groups Launch** (Feb 4th)

You can register your Small Group at [cityhills.com](https://cityhills.com)

Pastor Brandon Shanks, January 14, 2024

## Power for You – Week 2

### “Help! I Am Drained“

[Acts 1:4-8](#) And while staying with them he ordered them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, “you heard from me; 5 for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.” 6 So when they had come together, they asked him, “Lord, will you at this time restore the kingdom to Israel?” 7 He said to them, “It is not for you to know times or seasons that the Father has fixed by his own authority. 8 But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

## 1 The Holy Spirit – Our Teammate

Many Christians are living life FOR God but don't understand the potential they have to do life WITH God.

Trust in the holy Spirit.

[John 14:26](#) But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

## 2 The Holy Spirit – Our Teacher

Holy spirit is our teammate.

[Isaiah 30:21](#) Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

[John 16:8](#) And when he comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment.

## 3 The Holy Spirit – Our Transformer

The Holy Spirit does not convict us to SHAME us, but to CHANGE us

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You have changed my life holy Spirit curse of Alzheimer's thank you Jesus and holy spirit.

“Being filled with the Holy Spirit doesn't make me better than YOU, it  makes me better than ME”

4 More of the Holy Spirit is AVAILABLE, but not AUTOMATIC

You will not see more until you pursue it for yourself from the holy Spirit.

[Ephesians 5:18](#) “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”

[Acts 13:52](#) **NASB** And the disciples were continually filled with joy and with the Holy Spirit.

*What is the Holy Spirit Saying to You Through This Message?*

Did you have a fresh start with God today? If so, text “CHHOPE” to 97000