

# Holy Spirit: God's Comforting Presence

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Romans 8

Christies Beach Baptist Church

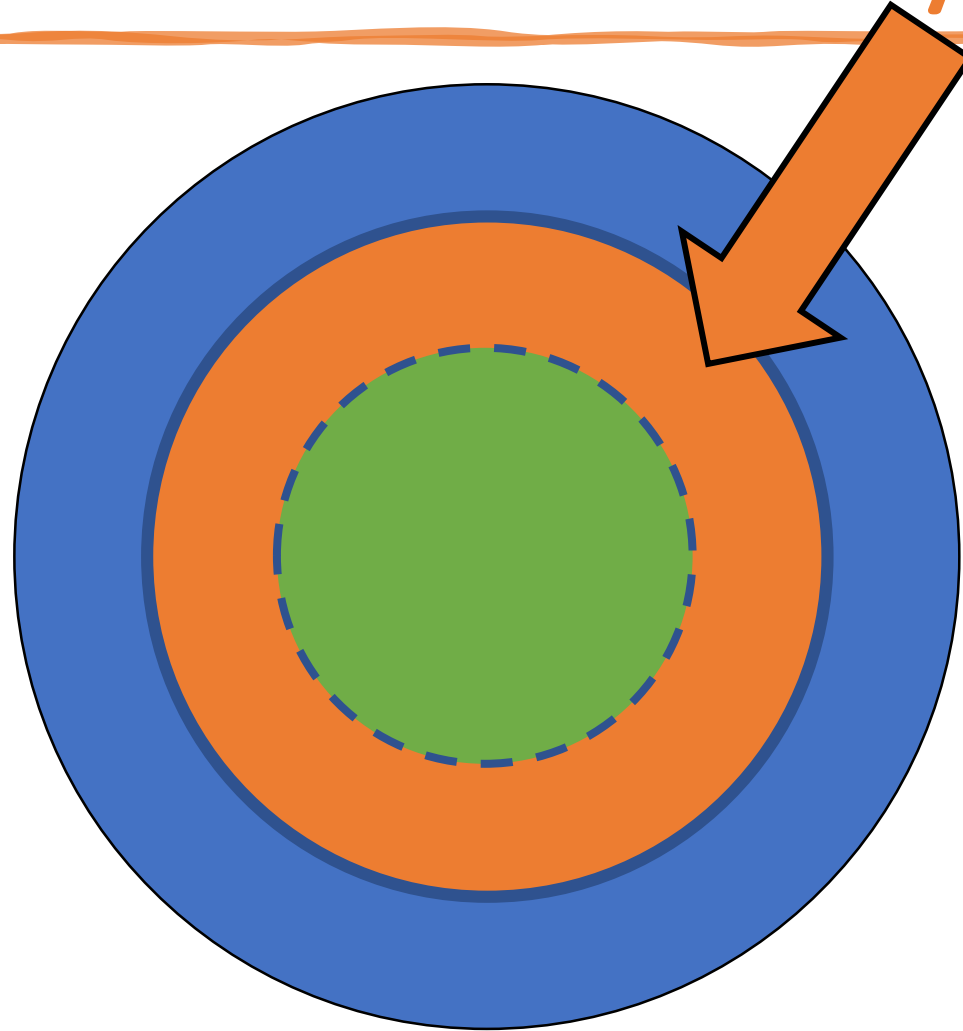
28 May 2023

# The Spirit of God...lives in **you**!

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Romans 8:11

The Enveloping  
4-Dimensional  
Love of Christ



The Indwelling  
Spirit of God:  
the Paraclete

# The Indwelling Spirit's Prayer

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Romans 8:22-27

For we know that all creation has been **groaning** as in the pains of childbirth right up to the present time. And **we believers also groan**, even though we have **the Holy Spirit within us** as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. ... 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.

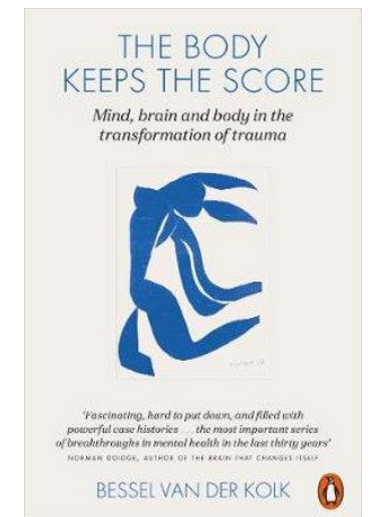
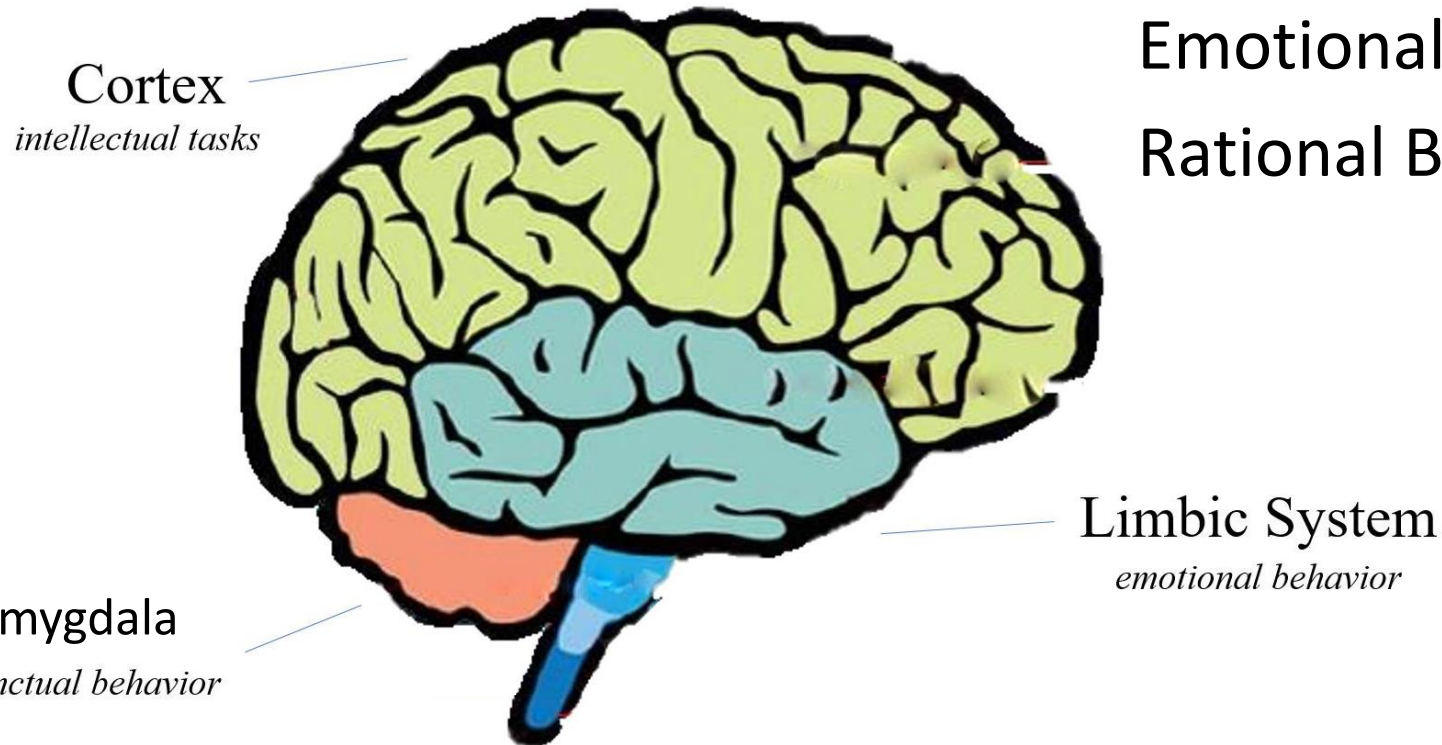
# The Three-Part Brain

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Survival Brain – Fight, Flight, Freeze

Emotional Brain – 80% from body to brain

Rational Brain – Analysis, Meaning, Words



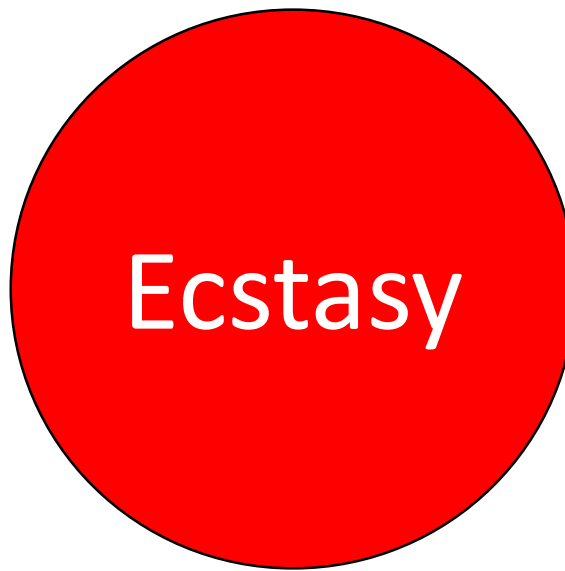
# An Overwhelmed Emotional Brain

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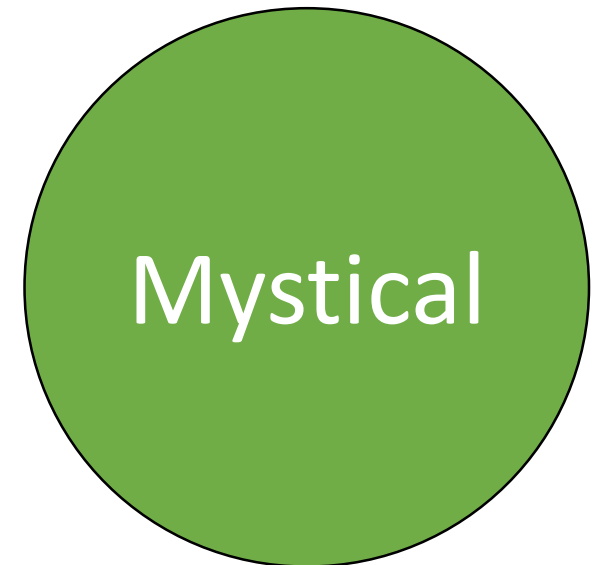
A person may be caught up in excessive, unmanageable, or overwhelming emotions that could be either positive or negative for which they have no words. Quite literally, they are speechless. This may lead to responses on a scale from inappropriate physical outbursts to “freezing” or disassociation.



Integration of memory fragments



Shared joy



Embodied worship

# The Spirit inhabits our Emotional Brain

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Romans 8:22-27

...**we believers also groan**...for we long for our bodies to be released from sin and suffering. ...

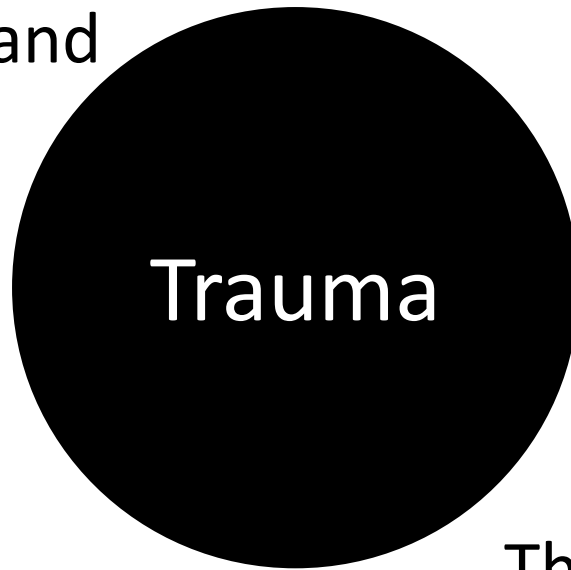
And the Holy Spirit helps us in our weakness. ...the Holy Spirit prays for us **with groanings that cannot be expressed in words.**

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.

# In our depths with the Spirit of God

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Even when we are “locked out”  
from our deepest pains and  
griefs...



The Spirit of God is there, present to  
our deepest pains and grieves, and  
giving them a voice that God hears.

# Comfort and Intercession

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The Spirit of God **feels with us**. In times of trauma, grief, ecstasy, depression, anxiety, rage – when we have no words, when we are disconnected with ourselves and with others – the Holy Spirit is our Helper, our comforter and advocate.

“You will experience God’s peace, which exceeds anything we can understand. **His peace** [shalom] **will guard your hearts** [refuge] and minds as you live in Christ Jesus [presence].” Philippians 4:7



# Joining Prayers of Comfort and Intercession

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If the Holy Spirit is groaning,  
then why are we talking?

- DON'T BE** Job's Comforters  
– who gave a false voice to that which cannot be spoken

# Blessings of a Truly Present God

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2 Corinthians 1:3-4

God is the Father of mercies and the God of all comfort.

He comforts us in all our tribulation and trauma, in our grief and fear.

The Holy Spirit dwells in our deepest emotional spaces where we have no words, and he groans with us, and he holds us to his heart.

There will come a time when because the Spirit of God's comfort – his peace, his presence, and his protection – has healed us, we will be able to comfort others who are experiencing their own times of trouble and trauma.

Those who are deeply wounded will be healed and they, in turn, will become wounded healers sharing God's love, and light, and life with others.