

## Staying Full Positions You to be Led by Melanie Imel

I recently had someone asked me about being led by the Spirit. Romans 8:14 clearly says that as a child of God, we can expect to be led by the Spirit of God. Then why do so many Christians struggle with this process of being led by God? Have you ever just wanted to go back to the old covenant guidance system of the cloud by day and the fire by night? Can you imagine all us Christians following clouds throughout the day? That would be so funny, but God desires to lead us, not by clouds, or fire but by our spirit. I would like to give you one key to being led by the Lord in your life. Luke 4:1 "And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit.".....If you want to be led by the Spirit, then you need to stay FULL of the Spirit. A full person will be in a position to be led. When you are not full of the spirit, you will not be sensitive to the promptings of the Spirit of God. Romans 8:16 says "The Spirit itself beareth witness with our spirit, that we are the children of God." The Christian life is a spirit to spirit life. We are to be led from the inside out. When we do not live and conduct living out of our spirit, then we rely on our mind and flesh to lead us. We are more in tune to the flesh and soul. That is what causes us problems. God does not lead us in our minds Ephesians 4:17 in the Amplified Bible says it like this: "So this I say and solemnly testify in [the name of] the Lord [as in His presence], that you must no longer live as the heathen (the Gentiles) do in their perverseness [in the folly, vanity, and emptiness of their souls and the futility] of their minds." We are not to live our life out of our minds or soul, but out of our spirit. So, one key to being led by the spirit is to stay full of the spirit!

How do you stay full?

1. Feed on the Word! 1 Peter 2:2 "As newborn babes, desire the sincere milk of the word, that ye may grow thereby." Just like you eat in the natural to fill your stomach, we spiritually eat the word of God on a daily basis to stay full of the Spirit. When we are squeezed by the world, circumstances, and just everyday living, what we're full of comes out. We need to be full of the word and the spirit so we can properly respond to pressure.
2. Pray in the Spirit- Jude 1:20 "But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost." Most of us don't think about our muscles, but have you ever went to the gym ,worked out and woke up the next day to sore muscles? We find out the next day that we have muscles we never knew we had! We became more aware of them. It is the same way with our spirit man. As we build up our spirit by praying in the Holy Ghost, we become more aware of our spirit, thereby being more aware of the leadings of the Spirit.
3. Be refreshed by the Body of Christ- 1 Corinthians 16:17-19 "I am glad of the coming of Stephanas and Fortunatus and Achaicus: for that which was lacking on your part they have supplied. For they have *refreshed my spirit.*" ... I want to be the type of person that when you see me coming, you are GLAD because I'm going to bring a supply of the Spirit of God to refresh your spirit. That is why it is so important to fellowship with strong believers who refresh your spirit, not drain everything out of you. As we feed on the Word, pray in the Spirit, and fellowship with strong believers, we will live a life of fullness, always prepared and ready to hear the promptings of the spirit, thereby being led by the spirit.