

A Series of Principles
in Spiritual Life



HOW TO FILL UP WITH

The Holy Spirit

Preparation:
House of God's Love

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How to fill with the Holy Spirit.

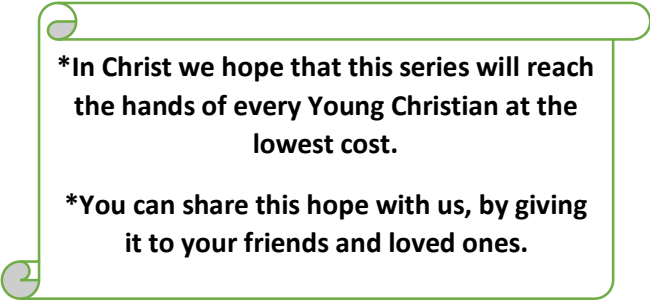
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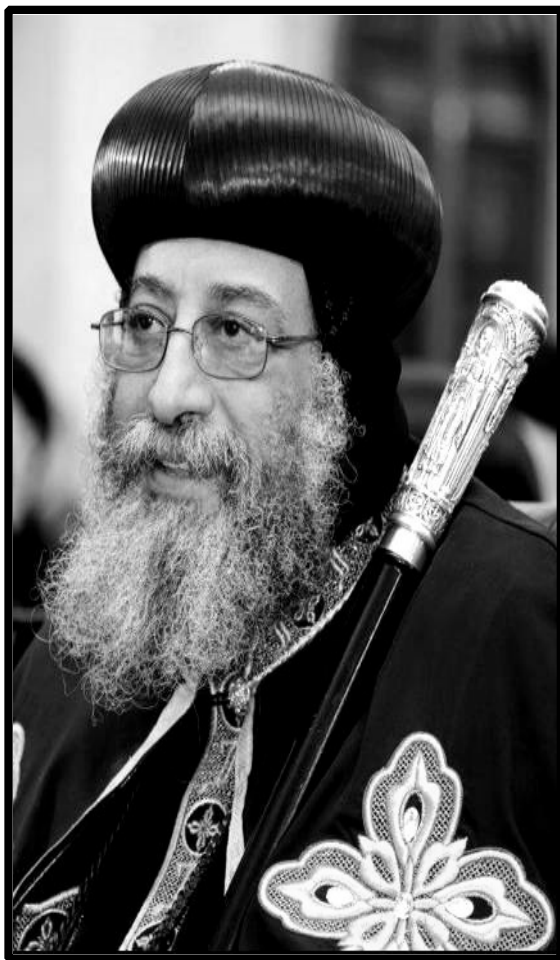
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**In Christ we hope that this series will reach
the hands of every Young Christian at the
lowest cost.*

**You can share this hope with us, by giving
it to your friends and loved ones.*

Note: To take full advantage of this series, please read the
full parts first in order, the lack of arrangement may cause
confusion and non-continuity may cause frustration.



His Holiness Pope Tawadros II

*Pope of Alexandria and Patriarch of all
Africa on the Holy See of St. Mark the
Apostle (118)*

I walked to meet my spiritual Father, and on the way, I thought about the verse I read yesterday: **“Be filled with the Spirit” (Ephesians 5:18)**. And I said to myself how I be filled with the Spirit, and what is the fullness of the Spirit? I wish I can reach that stage. I met my spiritual Father and told him about my longing. And I said to him: Yesterday, Father, I read a verse in the Ephesians message that says, "Be filled with the Spirit." How can I be filled with the Spirit, Father?

He said: Before we talk about how you are filled with the Spirit; let's spoke first about what is the fullness of the Spirit?

I said: What really is the fullness of the Spirit. What is the use of asking for the fullness of the Spirit, while I don't know its meaning!!

He said:

Filling with the Holy Spirit means:

To be in constant communion with the Holy Spirit [1].

¹The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. Amen. (2 Corinthians 13 :14)

And the more a person's fellowship with the Holy Spirit increases, this is evidence of his growth into the fullness of the Holy Spirit.

I said: Can you explain me more?

He said: The fullness of the Spirit is on three levels:

First: The body level:

The fullness of the spirit on the body level, means that your senses (Eyes-ears-tongue-touch- ..) be in communion with the Holy Spirit and grow in holiness and don't participate in any matters far from holiness, because you are afraid of losing your communion with the Holy Spirit.

Like a young woman engaged, who preserves her chastity and protects herself, for the sake of her love for her fiancé.

I said: Does this happen suddenly or gradually?

He said: Of course, gradually. Just as the human body grows gradually, so we are gradually filled with the spirit, as it's written **"But grow in the grace and knowledge of our Lord and Savior Jesus Christ." (2 Peter 3:18)**. Also St. Macarius says "Growth takes place gradually from childhood until maturity and perfection in Christ.

Because faith increases and grows through the work of the divine Holy Spirit. Therefore, the bastions of evil ideas are gradually destroyed, until the wars are completely destroyed." [2]. And as a person grows in the fullness of the spirit, he grows in the holiness of the senses and is more careful in keeping them sacred.

I said: But suppose that someone tries to preserve his senses, but he often weakens, what is the position of communion with the Holy Spirit?

He said: As we said, the relationship with the Holy Spirit is "communion." Means the Holy Spirit be next to you in the way of Strive against sin, so when you become weak, he will teach and guide you, as it's written "**But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.**" (John 14:26). So, when you are responding to his education and guidance, that gives you strength and hope to continue Strive, as it's also written "**Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.**" (Romans 15:13).

²Divine Love Book 126.

The Holy Spirit knows your weakness and knows the intensity of the war that fights you, so don't ever lose your hope, but declared your weakness to him continuously and ask for his aid, he will never give up on you in your weakness, and a day by day you will grow in strength, until **"It shall come to pass in the day the LORD gives you rest from your sorrow" (Isaiah 14: 3).**

I said: I miss this day, Father. But what is the second level of the fullness of the Spirit?

He said: The second level is:

2- The Soul level:

The soul is feelings, thinking and will. As a person grows in the fullness of the Spirit. Grow in reverence for his feelings and emotions. And the Holy Spirit directs him to be filled with the love of Christ, as it's written "And

Peace is freedom from desires, something that cannot be attained without the work of the Holy Spirit.
St. Mark Hermit, Divine Love, p. 960

Jesus said to them, **"I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst."** (John 6:35). Christ will be his friend, lover, and bridegroom, and with time he grows in satiety with the love of Christ, and his affection becomes sanctified more and

more, and rejects any attachment to any strange love or unholy passion. And saves himself and his feelings in holiness, and live as a bride, who is faithful to her heavenly groom, as it is **written "For I am jealous for you with godly jealousy. For I have betrothed you to one husband, that I may present you as a chaste virgin to Christ."**

(2 Corinthians 11: 2). The Virgin has all her love for her fiancé, and never attracted to any stranger.[3]

And, also grows in sacred thinking [4] and always thinking of the holy spiritual things, so he can't tolerate any thought of an evil or quasi - evil.

Regarding the will, his will also grows in the path of holiness, and he takes sacred decisions and turns away from the paths of evil and sin [5], and trained to recognize and reject unholy feelings and thoughts, as it is written **" those who by reason of use have their senses exercised to discern both good and evil." (Hebrews 5:14).**

³I will betroth you to Me forever; Yes, I will betroth you to Me In righteousness and justice, In lovingkindness and mercy (Hosea 2 : 19).

⁴ And this I pray, that your love may abound still more and more in knowledge and all discernment, that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ (Philippians 1 : 9-10).

⁵ I have set before you, life and death, blessing and cursing; therefore choose life, that both you and your descendants may live (Deuteronomy 30 : 19).

I said: But for someone who has been accustomed for many years to evil thoughts and unholy emotions, what is his position on the fullness of the Holy Spirit?

He said: Always remember the principle of gradual in the spiritual life. The Holy Spirit will appreciate your weakness of will, and appreciate the accustoming of your feelings and thoughts to evil for a long time, for our God is tenderness and long in spirit, as it is written **“The LORD is merciful and gracious, Slow to anger, and abounding in mercy.” (Psalm 103: 8).** And he will be slow to anger with you, and progress with you step by step on the path of holiness. So that the unholy emotions and thoughts are replaced [6] by holy emotions and thoughts. Don't ever despair of yourself, for the Holy Spirit won't leave you, no matter how much your feelings are related to something or someone, so be patient and you will obtain true freedom and full satisfaction.

If carnal love causes a person to relieve himself of any other love, then how much rather those who have been deemed worthy to enter into the communion of the soul, and everything else becomes worthless to them because they are overwhelmed with a heavenly desire.
St. Makar the Great
Divine Love, p. 992

⁶That Christ may dwell in your hearts through faith(Ephesians 3 : 17).

Just declare your weakness, needs, ask for freedom and satiety, and he will help you and take you step by step until you grow and be liberated.

A long time ago, a prince loved a poor girl and wanted to marry her, and indeed he engaged, married her and took her to the palace, but because she was raised and lived all her life in a poor house, she didn't adapt with the life of the palace quickly, so she committed many mistakes in using the things in the palace, and even the dealings and words were strange about her. Some of the slaves bully her. So she decided one day to flee and return to her poor home, and when the prince felt that, he encouraged her and told her that he accepted all her mistakes and appreciated her fatigue and assured her that he would be next to her and would teach her himself. And as she fights with despair and failure to adapt, his encouraging words were of her best support and aid. Also, when the storms of memories and old connections blew on her, she would remember her bridegroom's love for her, to be comforted and strengthened, and refuse to look back again, and say to herself, **"How can I betray who loved and accepted me? Despite my poverty and my faults and the disgraceful past."**

We are also on the way of sanctifying Christ and our heavenly wedding. Will find difficulties troubling us, and the old nature and the attachments of the past fight us, whether feelings, words or thoughts, but the presence of the Holy Spirit inside us is a good encouraging, and the Bible's promises of acceptance and unconditional love are the best support and aid. As it's written, **"For I, the LORD your God, will hold your right hand, saying to you, "Fear not, I will help you." (Isaiah 41: 13).** Every person fights with emotional attachments, evil thoughts, or weak will, so let him be patient in his communion with the Holy Spirit and constantly declare his weakness, and trust that the Spirit will set him free, sanctify his feelings and strengthen his will. Because without the help of the Holy Spirit, man will never be free. As St. Macarius the Great says "It's in your power that you struggle against and fight sin, and as for eradicating it, this is God's work, because if a person could eradicate it, what need would it have called then for the Lord to come into the world?" [7].

I said: What is the third level of fullness of the spirit, my father?

⁷ Sermons of St. Macarius the Great sermon 3 p. 45

He said:

The third level is:

3- The Spirit level:

When a person grows in the fullness of the Holy Spirit, his soul grows in longing for God and uniting with him. And Christ becomes his life, as it's written **"For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory."** (Colossians 3: 3-4). And he can't distance from him, because he becomes like the branch, that can't be separated from the vine **(John 15: 5)**. And he takes the image of Christ [8], an image of humility and gentleness [9]. And away from pride and condemnation. And he loves to pray constantly and without interruption. And the Lord become his life, and stick to him all the way, as it's written **"That you may love the**

Just as the trees, if it
doesn't drink the
water, can't grow.
So, the soul, if
doesn't accept the
heavenly spirit,
can't grow, and
ascend to the top.
St. Anthony
Divine Love, p.
1067

⁸For as many of you as were baptized into Christ have put on Christ Galatians 3 :27).

⁹ learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls (Matthew 11 :29).

LORD your God, that you may obey His voice, and that you may cling to Him, for He is your life" (Deuteronomy 30: 20).

I said: But the question is, how can I be filled with the spirit, Father, I want practical steps as you always teach me?

He said: Three steps to be filled with the Holy Spirit.

1- Longing and asking.

The Holy Spirit will not impose himself on you, and if you don't accept him, he will not dwell in you nor participate in you against your will.

I said: Why does the Holy Spirit not dwell in us even if against our will, instead of leaving us dwelling place for demons?

He said: The relationship with the Holy Spirit is a relationship of love, and to call it love, it's can't be by force, but only by choice.

Imagine if the poor girl who the prince loved, refused to marry him, and didn't accept his love, but preferred to live in her poverty. What if the prince marries her against her will and forcibly take her to the palace to be a princess and live with him in the palace, would she be comfortable, and would that be love or marriage?

I said: Of course not. She will never rest, and it will not be love, but rather selfishness and servitude, not marriage.

He said: Likewise, the Holy Spirit offers his communion with us but doesn't impose it on us, as it is written **"Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me."** (Revelation 3 :20). He knocks, if we accept him, he enters and resides with us and shares our lives with us, but if we reject him, he remains outside.

I said: But, isn't the Holy Spirit present in all Christians?

He said : All Christians received the grace of having the Holy Spirit dwelling in them with baptism and chrism oil, as it's written **"But you have an anointing from the Holy One, and you know all things."** (1 John 2:20). But unfortunately, we can grieve the Spirit, as it's written **"And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption."** (Ephesians 4:30). Or we quench the spirit, as it's also written: **"Do not quench the Spirit."** (1 Thessalonians 5:19).

Also, if we want to have communion with the Holy Spirit, we must accept Him with love and seek Him with longing. As the

young woman yearns to be with her fiancé, and the bride is happy with her groom.

What if the poor girl, whenever she saw the prince, frowns her face, and be depressed and sad! But when she with strangers, she is happy and pleased! Does she love him, and will that make the prince happy?

I said: Of course not. He will be sad. Because, by that she expresses that she is present with him only out of greed or fear.

He said: God rejoices over us, as it's written: **“As And as the bridegroom rejoices over the bride. So shall your God rejoice over you.” (Isaiah 62: 5).** He also wants us to rejoice in him as the bride rejoices over her groom. Not that our relationship with him is without depth, and our heart and our love is for someone else!

I said: What is the second point to be filled with the Holy Spirit?

He said: The second point is:

2- Preparing the Communion:

To be filled with the Spirit it's necessary to be ready for communion with him.

It's as if a person has a partner in his company, but he does not share decisions with him or take his advice, but rather acts alone, as if there is no partnership between them. Do you think that such a company will continue? And if it continues, will it be a real partnership?

I said: Of course not. The partner who does not participate in the decisions may withdraw from the partnership, or even if he does not withdraw, the partnership between them will be only by name and not a real partnership.

He said: We are as well, if we don't participate with the Holy Spirit in our decisions and seek his advice, we will not have partnership with Him, or it will be a partnership only by name.

I said: How can I be prepared for communion with the Holy Spirit?

He said: The Holy Spirit is the spirit of holiness, so you are ready to live in a life of holiness and reject all evil and sin.

He is the spirit of love, so you are ready to reject all hatred.

He is the spirit of meekness, so you are ready to reject the pride and the condemnation.

He is the spirit of witnessing to Christ, so you are ready to testify to Christ (by your words, your actions, your clothes, and your appearance). Don't behave like those who don't know Christ, or it will be a cause of blasphemy against the name of Christ, instead of being a witness to him, as it is written " **For "the name of God is blasphemed among the Gentiles because of you," as it is written." (Romans 2:24).**

I said: How can be blasphemy on the name of God because of us?

He said: What is the situation of the prince, if the girl whom he married began to walk in evil ways and do ugly things? What is his situation if he walks with her on the street while she wears clothes that are inappropriate, or she wears no clothes at all? What is his situation if, as she walks with him, she utters ugly and disparaging words? What will people say about the prince, and what will his reputation be?

I said: A really difficult situation. It will make the relatives grieving and the enemies gloating.

He said:

Thus, we also are called by the name of Christ, if we don't walk in holiness and reject all evil, we will become

disgraced and blasphemous, and we will make the saints grieve and rejoice the demons.

The truth is that whoever walks in ways that don't please the Spirit, and says that he had fellowship with Him is a liar, as it is written **"If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth."** (1 John1: 6). And also written **"Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?"** (2 Corinthians 6:14).

I said: But it's not that easy, Father, because the world is full of evils and sins, and I fall a lot?

He said: Focus, my son. I say that you are ready to live a life of holiness and reject sin and evil. Do you have this willingness, my son?

I said: I have it, Father. With all my heart, I reject every evil and sin and want to live a life of holiness, but what is the situation of the Holy Spirit when I fall?

He said: The Holy Spirit is your comforter and advocate. When you fall, he will give you comfort, defend you, and give you the strength to rise again and overcome the devil and his evils, but he will also crush him under your feet as it

is written **"And the God of peace will crush Satan under your feet shortly." (Romans 16:20).** Never give up because despair makes you weaker. As St. Macarius the Great says **"When a person is in adversity and great waves of passion revolt against him, he should not despair, because despair makes sin flourish and find more opportunity to possess him, but when a person has a constant hope in God, sin diminishes and dries up."** [10].

I said: But will the Holy Spirit not tire of my frequent fall? Or grieve and turn off, as you mentioned?

He said: No, my son, he will never tire of your frequent fall. Just as a father does not tire of teaching his young son to walk, no matter what he falls, and does not leave him until he learns. Thus, the Holy Spirit will not tire of you, and will remain with you until you learn how to walk the path of holiness.

There is a beautiful verse in the Book of Deuteronomy, that explained how God himself graded in our education. As written

¹⁰ Sermons of St. Macarius the Great, Homily 16, p. 170.

"As an eagle stirs up its nest, Hovers over its young, spreading out its wings, taking them up, Carrying them on its wings, So the LORD alone led him." (Deuteronomy 32: 11-12).

So when the eagle wants to teach its chicks to fly, it moves the nest and the chicks fall in the air, and before they reach the ground, it raises them again in the air, and repeats this with them many times until their wings are strengthened and they learn to fly.

Thus, the Holy Spirit helps our weakness, as it's written **"Likewise the Spirit also helps in our weaknesses" (Romans 8:26).** And also, he endures us and teaches us so that we can fly with him in the sky of the Spirit, and away from matters of evil and sin.

I said: But what is meant by making the Holy Spirit sad or extinguishing it?

He said: As if someone wants to sit in the dark and turn off the lighting (the light) of the room, so whoever wants to walk in evil and sin is extinguishing (i.e. rejecting) the voice of holiness (i.e. the voice of the Holy Spirit).

When a person falls into sin and walks in the path of Satan (the way of darkness), the Holy Spirit comes and calls him to

the path of light. If he responds to the voice of the Holy Spirit, he returns to the light, and if he refuses, he remains in the darkness.

Also, like the girl who married the prince, if she returns to her poor environment and begins to do improper deeds, and lives in matters of evil and impurity, then the prince comes and calls her to return. If she responds, he helps her and frees her from any evil attachment, but if she rejects his advice and prefers to remain in evil and betrayal, what will be the situation of the prince?

I said: He will certainly be very sad, and his situation will be embarrassing, and his image will be distorted in front of people.

He said: Thus, every Christian has been associated with Christ in baptism and sanctified by the chrism oil, when he remains in sin, satisfied with it, refuses to repent or return, he grieves God's heart, and make God's enemies (demons) gloat.

I said: But I think if the poor girl left the prince and lived in evil, it would be difficult or impossible for the prince to accept her again?!

He said: With humans, that could happen, but with the Holy Spirit the matter is different, as he urges us to return and repent. And when we return and repent, he accepts us, whatever our condition and our sins, and purifies and returns us to a state of holiness again, as the Spiritual Sheikh “St. John Saba” says, "Repentance is what makes the adulterers, virgins."

So, what extinguishes the Holy Spirit and saddens him is not the multitude of thy fall. But there are three things that make him grieve.

I said: What are they, Father?

He said:

Coexistence with sin – Despair - Doubt.

1- Coexistence with sin:

The Holy Spirit doesn't grieve when you fall into sin ...

I said (interrupting): The Holy Spirit doesn't grieve when I fall into sin?!

He said: I will continue, my son. The Holy Spirit doesn't grieve when you fall because of the weakness, we all have our weaknesses, as it's written **“If we say that we have no sin, we deceive ourselves, and the truth is not in us.”**

(1 John 1: 8). But He grieves when you coexist with sin and accept it in your life, and you reject his voice and his advice to you, as St. John Chrysostom says "Are we infuriated God with a cruelty that no one has ever committed before? Rather, this makes us stop our past deeds, repent of what preceded, and show a great transformation, because the evils that we have made not enrage God, as our desire not to change, because he who makes mistakes has fallen into human weakness, As for the one who continues in sin, he nullifies his humanity to become a devil." [11].

It is as if a father tries to advise his son to keep away from bad friends and from evil ways and return to his father's house, but the son rejects his father's advice and does not listen to his voice. Here the father grieves over his son's rejection of his love, also grieves for him because, by walking on the path of evil, his end will be fatigue and destruction.

Thus, the Holy Spirit grieves on us, when we coexist with evil and sin and we refuse to repent and return, because the end will be our loss and our destruction.

¹¹ The book of Satan and our victory over him, p.109.

As it is written " Know therefore and see that it is an evil and bitter thing That you have forsaken the LORD your God" (Jeremiah 2:19).

I said: What is the second thing that grieves the Holy Spirit?

He said: The second thing that grieves the Holy Spirit is:

2- Despair:

The Holy Spirit also grieves when you despair and surrenders to weakness in front of sin. As if a son left his father's house and lived in the distant country, and after losing everything and approaching death, he didn't return to his father's house, but surrendered to despair and didn't trust that his father could accept him. Although his father used to send him letters of encouragement and ask him to return, but because of his great despair, he didn't listen and didn't return. And here his father mourns for him and his death.

As it is written "Say to them: "As I live,' says the Lord GOD, "I have no pleasure in the death of the wicked, but that the wicked turn from his way and live. Turn, turn from your evil ways! For why should you die, O house of Israel?" (Ezekiel 33: 11).

The true sorrow of the Holy Spirit is because of your despair and surrender to sin, not because of your fall. Because despair makes sin increase more and more so that it destroys us.

As St. Macarius the Great says "**When a person is in adversity and great waves of passion revolt against him, he should not despair, because despair makes sin flourish and find more opportunity to possess him, but when a person has a constant hope in God, sin diminishes and dries up**" [12].

The truth, my son, is that the keyword for growth and continuity in the spiritual life is the word of hope. And the keyword for failure and loss is despair.

I said: Our Lord protects us from despair, Father. But what the third thing that grieves the Holy Spirit?

He said: The third thing that grieves the Holy Spirit is:

3- Doubt and Fear:

I said: Doubt about what?

¹² Sermons of St. Macarius the Great, Homily 16, p. 170

He said: Doubting his strength and his ability to free them. There are some people who don't accept evil and also don't give in to despair, but they doubt the power of the Holy Spirit that He can liberate them and strength them against the devil and his wars, because of their suspicion they remain in their weakness and fall. For these people the Holy Spirit grieves, because although they have the possibility of strength [13] But they live in weakness, they have the possibility of liberation, but they live as if they are slaves [14]. And we notice, my son, in the Book of Revelation that the first list of those who will not enter the kingdom are the ones who fear **"But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death."** (Revelation 21: 8).

Like a young man, although his father is strong, but he lives in humiliation among his evil neighbors - who harass and tire him - because he doubts that his father can protect him.

¹³ But you shall receive power when the Holy Spirit has come upon you (Acts 1 : 8).

¹⁴ Therefore if the Son makes you free, you shall be free indeed (John 8: 36).

This is how the Holy Spirit grieves for everyone who lives in humiliation, weakness, and fear of Satan. And doesn't know that he is in communion with the Holy Spirit and has the right to seek the help of his power and take shelter in Him. [15] Which, if he believes and uses them, he becomes in the utmost power and dignity [16], lives free [17] and king [18] and be feared by demons [19] and people.

I said: Oh Father!! I lived years of doubt and weakness, and I was never aware that I had strength and dignity, so I lived humiliated from sin and humiliated by Satan. I used to think that the fullness of the Holy Spirit was not for people like me, and although I used to pray in the Agpeya "Book of hours" and say, **"O Heavenly King, the comforter, the spirit of truth... Would you please settle in us"**.

¹⁵ "Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you." (Luke 10: 19).

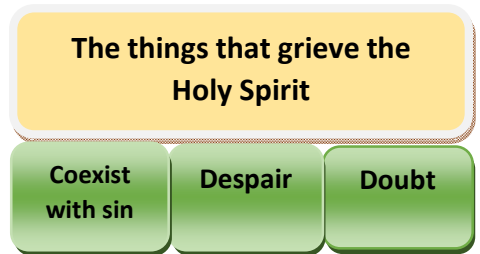
¹⁶ "For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." (Romans 8: 15).

¹⁷ "Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ." (Galatians 4: 7).

¹⁸ "And has made us kings and priests to His God and Father." (Revelation 1: 6).

¹⁹ "And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen." (Romans 16: 20).

But I used to say without understanding and without confidence, it has been just a recitation because of my doubt and my lack of knowledge. Years lost in weakness and humiliation before sin due to ignorance and lack of knowledge.



He said: Start from now on, my son. And let you have fellowship with the Holy Spirit, by being ready to hear his voice in his guidance and direction for you, also be encouraged when he encourages you, and never give up no matter what your weaknesses is, also have confidence in his strength and ability, don't doubt in the dignity that he gave you as a son of God, and don't ever fear from Satan.

I said: What is the third thing that makes me fill with the Holy Spirit?

He said:

3. The Spiritual Nourishment:

The practical application of communion (fullness) with the Holy Spirit is spiritual nourishment through prayer and the Bible. So, my communion with the Holy Spirit increases,

when there is a continuous prayer throughout the day, and I speak to him and share with him all my small and big affairs, as the book says

"Pray without ceasing" (1 Thessalonians 5:17).

How can I be filled with the Holy Spirit?

Prepare for
the
communion

Spiritual
nourishment

The request
and the
longing

Also, regular reading in the book will make me hear the voice of the Holy Spirit and

know his guidance and counsel for me. Because the Bible is the word of God, and through it the Holy Spirit speaks to me.

So, he who has no living and continuous relationship with the Bible and says that he has fellowship with the Holy Spirit, is deceiving himself.

The more a person grows in prayer and in understanding the Bible, the more he is filled with the Holy Spirit. And the more a person moves away from prayer and from the Bible, the Holy Spirit extinguishes in him.

It's like someone who has a lamp, so when there is much oil in it, it shines more brightly, and the less oil, the less the light is.

And also, like the young woman who engaged. The more there is constant contact with her fiancé, the more love

increases between them, and her heart filled with the love of her fiancé and there is no opportunity for any other love.

And so, we are too, the more there is continuous communication with prayer and listening to the word of God, the more our fellowship with the Holy Spirit increases and frees us from all love of evil and sin.

I said: But what are the indicators that I have been filled with the Holy Spirit?

He said: Filling with the Holy Spirit is a continuous growth, and it takes the path of the whole life. As we mentioned that being full is to have a fellowship with the Holy Spirit. So, the more we grow in the fellowship with him the more we grow in fullness.

And there are three indicators of the fullness of the Holy Spirit:

1- Growth in the fruit of the Spirit:

Scripture says, "**But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.**" (Galatians 5:22-23).

An important indicator of the fullness of the Spirit is the presence of the fruit of the Spirit in our life.

Like the poor girl whom the prince married, the indication that she has become a princess is the change in her nature, way of thinking, style, words, even her clothes and appearance. So, the more she grew in change according to the new life and the new dignity, the more this indicated that she truly became a princess.

But if she insists on acting with the same behavior of the past, her nature, words, and appearance didn't change as befits the new life and dignity that she took. This is the biggest proof that she has not yet become a princess, and that all her relationship with the palace is a formal relationship, and there is no real relationship with the prince.

We as well, if our life doesn't begin to change internally and externally, and our words, appearance and actions are as befitting the children of God, then the truth is this is a dangerous indication that we have no fellowship with the Holy Spirit at all. The Scripture also says, **"You will know them by their fruits." (Matthew 7:16)**. When we have the fruit of the Spirit (love, joy, peace, ...) this is the proof that we have fellowship with the Holy Spirit.

I said: What is the second indicator of the fullness of the Holy Spirit?

He said: The second indicator is:

2- Sensitivity to sin:

An important indicator of growth in the fullness

(Communion) with the Holy Spirit is sensitivity to sin. The more a person grows in fellowship with the Holy Spirit, the more sensitive he becomes to sin. And he rejects even every kind of evil, and cannot bear to grieve the Holy Spirit by breaking any commandment, even if it happens, he quickly offers repentance. As if a person has a dear friend, and loves him so much, if anything comes from him that makes his friend sad, he will not rest until he apologizes to his friend, reconciles with him, and get back the good relationship between them. And when he apologizes, he trusts that the love will return between them.

On the contrary, the more a person coexists with evil and sin, the more he moves away from fellowship with the Holy

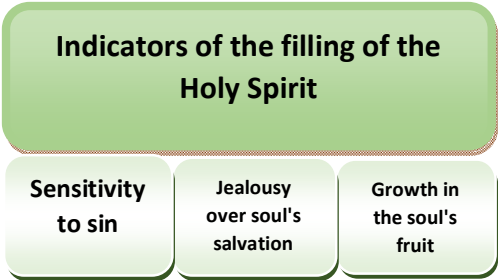
If bodily love causes a person to relieve himself of all other love, then how much rather those who were deemed worthy to enter truly into the fellowship of the soul, that beloved heavenly soul, are purged from all universal love and everything else becomes worthless to them, because they were overwhelmed with heavenly lust and became wholly in his familiarity and harmony with him.
Sermons of St. Macarius the Great
Homily 30 p.280

Spirit and has fellowship with the spirit of evil (the unclean spirit). And away from the source of light and enter the dark. So look, my son, how sensitive you are against sin, the more you behave with precision and grow in rejection of even the likeness of evil, this is an indication of growth in the fullness of the Holy Spirit. As St. Macarius the Great says, **“The one who is completely immersed in evil, who is drunk with a spirit of iniquity, is Insatiable from evil, whether it is murder or fornication. As for Christians who baptized with the Holy Spirit, they have no fellowship with the evil at all.”**[20]

The third indicator is:

3- Jealousy over the salvation of souls:

Jealousy over the salvation of souls is an important indication of growth in the fullness of the Holy Spirit. When fellowship with the Holy Spirit increases, we take the same nature as him and have the same interest. As the Holy Spirit testifies to Christ (**John 15:24**).



²⁰ Sermons of St. Macarius the Great. Homily 43 p.327.

He has jealousy over the salvation of souls, and he wants everyone to be saved. Thus, everyone who grows in the fullness of the soul will have jealousy over the salvation of souls, and he wants the whole world to know Christ, obtain forgiveness and have eternal life.

Like a tribe living in the desert and struck a severe state of drought, many of them were dying and some were on the verge of death. The members of the tribe were looking everywhere for springs of water, and if one of them found a fountain of fresh water, is it enough for him to drink from it alone and let the rest of his people dying of thirst?

I said: Of course not. If he is a good person, then he must inform his brothers as quickly as possible about the spring, so that they may come and drink before they die and perish.

He said: Thus, everyone who knows and tastes communion with the Holy Spirit cannot leave his family deprived of the love of Christ and satiety by him. Rather, the more he grows in fullness and fellowship with the Holy Spirit, the more his jealousy increases over the salvation of souls. As the Apostle Paul says, **"Who is weak, and I am not weak? Who is made to stumble, and I do not burn with indignation?" (2 Corinthians 11:29)**. As for the one who does not care about the salvation of those around him and does not think about

their eternity, his fellowship with the Holy Spirit is an unreal one.

I said: Should we all be preachers and go to Africa or Asia in order to have fellowship with the Holy Spirit?

He said: The correct order of the question is; Because we have fellowship with the Holy Spirit, do we have to be preachers? The truth is that evangelism is not only to go to Africa and Asia, for many around us need to know Christ and trust in eternity and forgiveness, and speech is not the only way to evangelize, but you can pray and ask for the salvation of those around you, this is also a level of evangelism, as we explained before.[21].

I said: Will there come a time when I will say that I have been filled with the Holy Spirit?

He said: Filling with the Holy Spirit is a continuous and endless process, so the more your communion with him increases, you want more and feel as if you have not yet begun, as if someone descends into the ocean, the more he deepens, he finds more depths and feels that he has not yet begun.

²¹ Please refer to the summary of work motivations and levels of work. (Principles of spiritual life).

As St. Macarius the Great says, **"The enjoyment of God is an insatiable vessel from it. The more a person tastes and eats, the more he gets hungry. Such people have heat and love for God that cannot be counted, and the more they strive to progress and grow, the more they consider themselves poor, as those who are in dire need and have nothing. This is what they say. "I am not worthy of the radiance of this need and they do not possess anything. This is the sign of Christianity this modesty, and if someone says, "I have satiated and filled" then he is deceitful and liar."** [22]

Because he who feels deeply his poverty and comes to the Lord and asks him by prayer constantly, then he gets food and heavenly treasures.

St. Macarius the Great
Homily 1 p.37

I said: But what is the practical training in order to be filled with the Holy Spirit, Father?

He said : The practical training to fill with the Holy Spirit, is to request to be filled with the Holy Spirit, as it's written, **"If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!" (Luke 11:13).**

²² Sermons of St. Macarius the Great sermon 15 p. 157.

And as St. Macarius the Great says **"And the Lord has promised all those who believe in Him and ask Him for the truth, that He will give them the secrets of the unspeakable communion of the Spirit."** [23].

To be concerned to seriously asking for the filling of the Holy Spirit, this expresses your need and acceptance of fellowship with him. And because the nature of man is forgetfulness. I suggest that you establish a daily time to seek the fullness of the Holy Spirit, let's say while eating, just as the body needs to be full of food in order to live, so we need to be full of the Holy Spirit in order to live spiritually, so with every spoonful or every bite, ask and say, "Lord, fill me with the Holy Spirit." And take care to say with understanding and focus, meaning that you say, "Lord, fill me with the Holy Spirit, sanctify my senses." "O Lord, fill me with the Holy Spirit and sanctify my feelings." "Lord, fill me with the Holy Spirit and make me unite with you."

The main thing is to keep praying. There is one thing necessary for everyone, which is for a person to obtain within himself the treasure, and life in his mind, this life which is the Lord himself, so that whether he works, prays, or reads, he still obtains that unending portion, which is the Holy Spirit
St. Macarius the Great
Homily 3 p.45

²³ Sermons of St. Macarius the Great. Homily 18 p.195.

Also, you can establish a day in the week, let's say (Sunday) and ask (all day long - in free time (the time killed) that the Lord fill you with the Holy Spirit and fill your friends, relatives, and your household.

And know, my son, that your persistence in seeking that constantly, is evidence of your true longing and need for the filling of the Holy Spirit.

***We summarize what we have said today:**

- Filling with the Holy Spirit means fellowship with Him. On the level of body, soul, and spirit.
- How to fill (longing and requesting - getting ready for fellowship- spiritual nutrition).
- The things that grieve the Holy Spirit (contentment with sin - despair - fear and doubt).
- Indicators of fullness (the fruits of the spirit - sensitivity against sin - jealousy over the salvation of souls).

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