

HOW TO PREVENT 'LEAKAGE' AND STAY FULL OF THE HOLY SPIRIT

Introduction

Our life is a marathon, not a hundred meters Olympic final.

To stay alert, strong and fruitful we need to embrace the work of the Holy Spirit daily, and be filled and keep being filled with His energizing life.

Webster's Dictionary defines 'embracing' as *"To clasp in the arms with affection, to take in the arms, to hug, to cling to; to cherish; to love, to seize eagerly"*

1. Preserve and protect your first love

- **REV 2:2-4, GAL 5:6**

- Working hard for God yet losing the first love?

- **PROV 4:23**

- Protect your heart *"above all...from it flows the springs of life"*

2. Keep the joy

- **NEH 8:10** - The joy of the Lord is your strength

- **PHIL 4:4** - Rejoice always

3. Live in total forgiveness

- **MARK 11:25** - Do you have anything against anyone?

4. Live in fresh revelation

- **COL 3:16** - Use the SOAP. What is God saying to you today?

5. Don't stop praying & praising

- **EPH 6:18** - *“praying always with all prayer...”*
- **EPH 5:18** - *...be filled with Holy Spirit speaking to one another, singing and making melody to the Lord)...*

6. Don't become too occupied

- Take time to be a Mary

7. Be in the right place

- **EPH 4:16** - *“every joint supplies according to the effective (proper) working of each individual part”*

Conclusion

Embracing these few basic guidelines will help us to retain the victory in our life, and be sensitive to the leading and working of the Spirit.