Without the power of the Holy Spirit, believers cannot live in victory and do the work God has given to us. Jesus intended the Holy Spirit to be the Comforter and Helper, who lives in every Christian, to help, strengthen and lead us.

All believers have the Holy Spirit, but the Holy Spirit does not have all believers – A.W. Tozer

We cannot use the Holy Spirit. The Holy Spirit uses us. - Warren Wiersbe

There are many different views about the Person of the Holy Spirit and His working in us. These guidelines are what are accepted by the majority of Christians. Let us not stumble over personal views and doctrines, but let us rather focus on not grieving the Holy Spirit.

**Practical guidelines**

1. We receive the Holy Spirit by faith through asking the Father for the working of the Person of the Holy Spirit in our lives (Luke 11:13; Galatians 3:14). If I am a Christian, the Holy Spirit lives in me. Scripture speaks of this as the ‘gift of the Holy Spirit’, the ‘indwelling of the Holy Spirit’, ‘receiving the Holy Spirit’ and being ‘born again’ by the Holy Spirit. The Holy Spirit is a Person, the third Person of the Trinity; not simply a power or an influence, although He does have power and influences people.

2. The infilling of the Holy Spirit (to be filled with the Holy Spirit) is over and above the indwelling of the Holy Spirit. The infilling of the Holy Spirit is a daily and continuous action, not a once-off occurrence (Ephesians 5:18) All believers can and should be filled with the Holy Spirit. Being filled with the Spirit is a different experience for every person.

3. The anointing of the Holy Spirit, on the other hand, is every believer’s special equipping for the particular work or service he/she is called to do. Pray for the anointing of the Holy Spirit to be equipped by Him to do your work and live out your calling.

4. Not everybody receives the same gift(s). Pray and ask God to show you clearly which gifts the Holy Spirit has given you. Develop them, use them and serve the body of Christ with them.
5. We receive the power and fullness of the Holy Spirit by praying and asking God for it. Luke 11:13 teaches us: If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him!

There is not a single reference of the Holy Spirit in the Old or the New Testament where the infilling of the Holy Spirit is not linked to a witness about service to God - R.A. Torrey

Portions of Scripture for prayer

Then the LORD said to Moses, “See, I have chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, and I have filled him with the Spirit of God, with skill, ability and knowledge in all kinds of crafts — to make artistic designs for work in gold, silver and bronze, to cut and set stones, to work in wood, and to engage in all kinds of craftsmanship.” (Exodus 31:1-5).

The Spirit of the LORD will rest on Him — the Spirit of wisdom and of understanding, the Spirit of counsel and of power, the Spirit of knowledge and of the fear of the LORD. (Isaiah 11:2).

The Spirit of the Sovereign LORD is on Me, because the LORD has anointed Me to preach good news to the poor. He has sent Me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD’s favour and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion — to bestow on them a crown of beauty instead of ashes... (Isaiah 61:1-3).

...This is the word of the LORD to Zerubbabel: ‘Not by might nor by power, but by My Spirit,’ says the LORD Almighty. (Zechariah 4:6).

...He will baptise you with the Holy Spirit and with fire. (Matthew 3:11).

If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him! (Luke 11:13).

...“If anyone is thirsty, let him come to Me and drink. Whoever believes in Me, as the Scripture has said, streams of living water will flow from within him.” By this He meant the Spirit, whom those who believed in Him were later to receive. (John 7:37-39).

And I will ask the Father, and He will give you another Counsellor to be with you forever—the Spirit of truth. The world cannot accept Him, because it neither sees Him nor knows Him. But you know Him, for He lives with you and will be in you. (John 14:16-17).

But the Counsellor, 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. (John 14:26).

But when He, the Spirit of truth, comes, He will guide you into all truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come. He will bring glory to Me by taking from what is Mine and making it known to you. All that belongs to the Father is Mine. That is why I said the Spirit will take from what is Mine and make it known to you. (John 16:13-15).
But you will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. (Acts 1:8).

In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy. (Acts 2:17-18).

And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us. (Romans 5:5).

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will. (Romans 8:26-27).

We have different gifts, according to the grace given us. If a man’s gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully. (Romans 12:6-8).

Now about spiritual gifts, brothers, I do not want you to be ignorant. There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord. There are different kinds of working, but the same God works all of them in all men. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and He gives them to each one, just as He determines. (1 Corinthians 12:1, 4-11).

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body... (1 Corinthians 6:19-20).

...that by faith we might receive the promise of the Spirit. (Galatians 3:14).

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Since we live by the Spirit, let us keep in step with the Spirit. (Galatians 5:22-23, 25).

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. (Ephesians 4:30).

...be filled with the Spirit. (Ephesians 5:18).

Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints... (Ephesians 6:17-18).
For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (2 Timothy 1:7).

God also testified to [what Jesus said] by signs, wonders and various miracles, and gifts of the Holy Spirit distributed according to His will. (Hebrews 2:4).

But you have an anointing from the Holy One, and all of you know the truth. As for you, the anointing you received from Him remains in you, and you do not need anyone to teach you. But as His anointing teaches you about all things and as that anointing is real, not counterfeit — just as it has taught you, remain in Him. (1 John 2:20, 27).