



HOLY SPIRIT SERIES · COMPANION GUIDE

How To Truly Walk In The Freedom That Jesus Offers Us

"Where the Spirit of the Lord is, there is freedom."

2 CORINTHIANS 3:17

Practical. Scripture-anchored. No hype, no manifestation theatrics. This is the written breakdown of the teaching — built so you can stop *chasing* freedom and start **walking in it**.

A TRUE HOPE CHURCH RESOURCE

WWW.SAVEMUSKEGON.ORG

START HERE

Knowing it and living it are two different things

You already heard the teaching. You saw it in the text — the veil is gone, the access is unveiled, the Spirit lives in you permanently. That's doctrine. Good doctrine. But doctrine sitting in your head doesn't change how Tuesday feels.

So this guide does one thing: it takes what's *already true of you* and turns it into a way of living. Six practices, each anchored in the same verses you just walked through, each small enough to actually do this week.

Don't rush it. Read with a pen. The write-in prompts aren't decoration — they're where the truth stops being information and starts becoming yours.

HOW TO USE THIS GUIDE

- 1 Read the foundation slowly (Parts I-V).** See the freedom, locate the Spirit, trace the thread through Scripture, and sit in the language of the text. This is where conviction is built.
- 2 Work the practices one at a time (Part VI), then let Part VII stir the fire.** Do the action. Answer the prompt in writing. Don't move on until you've lived it.
- 3 Run the 21-Day Walk (Part VIII), and keep the declarations and prayer close.** Say them out loud when the feeling isn't there. Fact over feeling.

The freedom already happened

Paul spends all of 2 Corinthians 3 contrasting two covenants. The old one was *engraved on stone* — glorious, but fading, and it condemned. The new one is written by the Spirit on human hearts, and it **gives life**. That contrast is the whole frame.

Then he reaches for a picture: Moses coming down from Sinai, face so radiant the people were afraid, veiling himself — not to hide the glory forever, but because it was *already dimming while he wore it*. That veil becomes his image for a mind reading the old covenant apart from Christ. And there's one thing that removes it:

"Whenever anyone turns to the Lord, the veil is taken away." — 2 Corinthians 3:16

So when verse 17 says freedom, it means **freedom from the veil** — freedom to look, unveiled, at the glory of God without the terror Israel had at Sinai. And verse 18 tells you what that looking does: you're *transformed into the same image, from glory to glory*. Not a feeling. Unveiled access that changes you over time.

II

PART TWO · LOCATE IT

Where the Spirit actually is

Verse 17 says freedom exists wherever the Spirit is. So the honest question is: *where is He?* Under the old covenant His presence was located — tabernacle, temple, degrees of access, a veil, one priest once a year. And it could leave: in Ezekiel 10 the glory lifts off the mercy seat and departs before Jerusalem falls. Located, and not guaranteed to stay.

Then Paul answers, in the same letter to the same church:

1 CORINTHIANS 6:19

"Your body is a temple of the Holy Spirit within you."

2 CORINTHIANS 6:16

"We are the temple of the living God... I will dwell in them."

The word both times is **naos (ναός)** — not *hieron*, the general temple complex, but the **inner sanctuary**. The holy of holies. The single most restricted space in the entire old covenant. That's the word Paul chooses for your body.

Here's the turn everything hangs on: the Spirit doesn't come and go out of you the way the glory came and went out of that temple. **He moved in — permanently.** Which means the freedom of verse 17 isn't a freedom that visits you. *The freedom is permanent because the residence is permanent.*

III

PART THREE · CLEAR THE LIE

You don't summon what lives in you

Before the practices, one lie has to go. "Where the Spirit of the Lord is, there is freedom" gets used to justify *manufactured atmosphere* — as if freedom is a mood you generate with the right music, the right lighting, the right emotional buildup, and your job is to "usher Him in."

If the Spirit indwells your body permanently, His presence is not more concentrated in one room than another. You don't summon what already lives in you. Freedom is not a feeling you chase Sunday night and lose by Tuesday.

The Spirit doesn't visit the temple. He indwells it. You are the temple.

IV

PART FOUR · GO DEEPER

Trace the thread through Scripture

The indwelling Spirit isn't a single verse Paul happened to write. It's a **thread** **God ran from the prophets to the apostles** — promised, then poured out, then sealed. Open your Bible and read these in order. Don't skim; write what each one *adds* to the picture. By the last line you'll see it wasn't an idea. It was a plan.

EZEKIEL 36:26-27 · THE PROMISE

"I will put My Spirit within you." Centuries before Pentecost, God promised a new heart with His Spirit *inside* it. The residence was prophesied.

WHAT THIS ADDS

JOHN 14:16-17 · THE SHIFT

Jesus says the Spirit "abides *with* you and will be *in* you." Watch the two words. **With → in**. The company becomes residence.

WHAT THIS ADDS

ROMANS 8:9-11 · THE PROOF

"The Spirit of God dwells in you." Your proof of belonging to Christ isn't a feeling or a performance — it's His **residence**. Same Spirit that raised Jesus.

WHAT THIS ADDS

GALATIANS 4:6 · THE CRY

Because you are sons, God sent the Spirit into your hearts, crying "Abba, Father." The resident Spirit gives you a family voice.

WHAT THIS ADDS

EPHESIANS 1:13-14 · THE SEAL

You were **sealed** with the Spirit — a deposit guaranteeing the inheritance. A seal isn't removed on your bad days. Permanent means permanent.

WHAT THIS ADDS

1 JOHN 4:13 · THE ASSURANCE

"We know that we abide in Him and He in us, because He has given us of His Spirit." The thread ties off: how do you *know*? He gave you His Spirit.

WHAT THIS ADDS

V

PART FIVE · THE WORDS BEHIND THE WORDS

The language of the text

The Greek isn't decoration — it's precision. Paul chose these words on purpose. Sit with each one and let it sharpen what you already believe.

ναός

NAÓS · THE INNER SANCTUARY

Not *hieron* (the temple grounds) but the holy of holies itself — the one room behind the veil. The word Paul picks for your body.

ἐλευθερία

ELEUTHERÍA · FREEDOM

The liberty of a freed slave made a full citizen — a settled legal **status**, not a passing mood. You were bought out and set free.

κατοπτριζόμενοι

KATOPTRIZÓMENOI · BEHOLDING

To gaze at, as in a mirror — and reflect what you see (2 Cor 3:18). *You become what you behold*. The looking is the changing.

from glory to glory

APÒ DÓXĒS EIS DÓXAN

Unlike Moses' *fading* glory, this one **increases**. Degree by degree, the transformation only ever climbs.

VI PART SIX · WALK IT OUT

Six practices that live from residence

Each practice names one truth, gives you one action for the week, and one prompt to write. You're not building freedom — it's already yours. You're learning to **live from it** instead of chasing it.

01 Turn — every day, on purpose

ANCHOR · 2 CORINTHIANS 3:16

The veil lifts by one act: turning to the Lord. Not performing, not earning — *turning*. Redirecting your attention off the mirror of yourself and onto Him. Do it first thing, before the phone, before the noise. The veil is already gone in Christ; turning is how you live in the room instead of standing outside it.

- ☐ **This week:** Begin each morning by turning your attention to the Lord for two minutes before anything else — no agenda, just facing Him.

WHERE DOES YOUR ATTENTION TURN FIRST EACH MORNING — AND WHAT WOULD CHANGE IF YOU TURNED TO HIM BEFORE THAT?

02 Behold – don't perform

ANCHOR · 2 CORINTHIANS 3:18

Transformation isn't something you strain for; it comes from *beholding*. "We all, with unveiled faces, beholding the glory of the Lord, are being transformed." The looking does the changing. Your job isn't to manufacture growth — it's to keep your eyes on His glory in the Word and let it do its slow, certain work.

☐ **This week:** Read one Gospel passage a day and ask a single question of it — "What does this show me about who Jesus is?" Then sit with the answer.

WHERE HAVE YOU BEEN TRYING TO CHANGE YOURSELF BY EFFORT INSTEAD OF BY BEHOLDING HIM?

03 Rehearse the fact over the feeling

ANCHOR · 1 CORINTHIANS 6:19

Feelings rise and fall; the residence doesn't. When the day feels dry, you don't need a better mood — you need to **preach the fact to yourself**: the Spirit lives in me, right now, permanently. Say it before you feel it. The fact is what's true; the feeling will catch up or it won't, and either way the freedom holds.

☐ **This week:** The next time you feel spiritually "off," say out loud: *"The Spirit of God lives in me and has not moved."* Then keep going with your day.

WHICH FEELINGS HAVE YOU BEEN TREATING AS EVIDENCE OF GOD'S NEARNESS OR DISTANCE?

04 Retire the summon-language

ANCHOR · 2 CORINTHIANS 6:16

The way you talk shapes the way you believe. "Usher Him in." "Bring His presence." "Come down, Lord." It sounds worshipful, but it quietly teaches you that He's *absent until invited*. He isn't. Trade the language of summoning for the language of **awareness** — "open my eyes to You who are already here."

- ☐ **This week:** Catch one "summon" phrase in your own prayers and rephrase it as awareness of a presence already with you.

WHAT DO YOU SAY — TO YOURSELF OR OUT LOUD — THAT ASSUMES GOD HAS TO BE CALLED BACK?

05 Carry the sanctuary

ANCHOR · 1 CORINTHIANS 6:19-20

You are the *naos* — the holy of holies — and you take it with you into the traffic, the inbox, the hard conversation. "Therefore glorify God with your body." This isn't heavy religion; it's dignity. The most sacred space in the old covenant now walks around wearing your name. Live like the sanctuary is **occupied**, because it is.

☐ **This week:** Pick one ordinary place you dread — commute, kitchen, a meeting — and enter it once remembering the sanctuary came in with you.

WHERE WOULD YOU CARRY YOURSELF DIFFERENTLY IF YOU TRULY BELIEVED YOU WERE HOLY GROUND?

06 Measure by what's true, not by the room

ANCHOR · 2 CORINTHIANS 3:17-18

Stop scoring your walk by how a service felt. A great worship set is a gift, not a gauge. Your spiritual reality is set by what's **already true of your body** — the veil gone, access unveiled, the Spirit resident. Live from residence, not visitation, and Sunday's high and Tuesday's flat both land on the same solid ground.

- ☐ **This week:** At the end of each day, name one thing that was true of you regardless of how the day felt. Write the fact, not the mood.

WHAT HAVE YOU BEEN LETTING "THE ROOM" DECIDE ABOUT YOUR STANDING WITH GOD?

VII PART SEVEN · FAN INTO FLAME

Stir up the gift that is in you

The residence is settled — that argument is over. But a resident fire can be *banked low* or **fanned high**. Paul writes to a young, timid Timothy and doesn't say "go get more of the Spirit." He says stir up what you already have:

2 TIMOTHY 1:6-7

"Fan into flame the gift of God, which is in you...for God has not given us a spirit of fear, but of power and love and a sound mind."

Stirring the gift is not manufacturing His presence — that's the atmosphere-chasing we already retired. It's **cooperating with the One already there**. The fire is His; the fanning is yours. Three ways to fan it:

Use it

A gift left unused grows cold. Step out before you feel ready — serve, speak, give. The flame catches in the doing.

Feed it

The Word is oxygen to the fire. Time in Scripture and prayer isn't duty — it's fuel. Starve it and it smolders.

Free it

Sin doesn't remove the Spirit — but it smothers the flame. Repentance clears the air. Obedience lets Him burn bright.

☐ **This week:** Name one gift or prompting you've let go cold out of fear. Take one concrete step to fan it — this week, not "someday."

WHAT HAS FEAR TALKED YOU OUT OF — AND WHAT WOULD OBEDIENCE LOOK LIKE INSTEAD?

VIII

PART EIGHT · A GUIDED JOURNEY

The 21-day walk

Three weeks. A few minutes a day. Read the passage, do the one move, and let it build. Check the circle when it's done — not to earn anything, but to keep walking.

WEEK ONE · FOUNDATION

See the freedom. Locate the Spirit.

- ☐ **Day 1 · 2 Cor 3:1-11** — Read the two-covenant contrast. Write the difference between the letter and the Spirit.
- ☐ **Day 2 · Exodus 34:29-35** — Moses' fading, veiled glory. Ask: what glory am I settling for that fades?
- ☐ **Day 3 · 2 Cor 3:12-18** — The veil removed; unveiled and transformed. Sit in verse 17.
- ☐ **Day 4 · 1 Cor 6:19-20** — Your body, the naos. Turn to the Lord for two silent minutes.
- ☐ **Day 5 · Ezekiel 36:26-27** — The promise of the indwelling. Thank Him it was always the plan.
- ☐ **Day 6 · Romans 8:9-11** — The Spirit dwells in you. Name it out loud as fact, not feeling.
- ☐ **Day 7 · Review** — Reread your notes from the week. What has shifted in how you see yourself?

WEEK TWO · WALK IT OUT

Live from residence, not visitation.

- ☐ **Day 8 · Turn** — Practice 01. Turn to the Lord first, before the phone (2 Cor 3:16).
- ☐ **Day 9 · Behold** — Practice 02. One Gospel passage; ask who Jesus is (2 Cor 3:18).
- ☐ **Day 10 · Rehearse** — Practice 03. Preach the fact to yourself when the day feels dry (1 Cor 6:19).
- ☐ **Day 11 · Retire the summon-language** — Practice 04. Catch one "usher Him in" phrase and rephrase it (2 Cor 6:16).
- ☐ **Day 12 · Carry the sanctuary** — Practice 05. Enter one dreaded place remembering who came in with you (1 Cor 6:20).
- ☐ **Day 13 · Measure by what's true** — Practice 06. End the day naming a fact, not a mood (2 Cor 3:17-18).
- ☐ **Day 14 · Review** — Which practice was hardest? That's usually where the freedom is waiting.

WEEK THREE · STIR THE FIRE

Fan into flame what already lives in you.

- ☐ **Day 15 · 2 Tim 1:6-7** — Fan into flame. Name the gift you've let go cold.
- ☐ **Day 16 · Use it** — Take one step to serve or speak before you feel ready.
- ☐ **Day 17 · Feed it** — Double your time in the Word today. Notice the oxygen.
- ☐ **Day 18 · Free it** — Repent of one thing smothering the flame. Clear the air (1 John 1:9).
- ☐ **Day 19 · Galatians 5:22-25** — Keep in step with the Spirit. Which fruit is He growing now?
- ☐ **Day 20 · Pray the prayer** — Pray Part XI out loud. Mean every line.
- ☐ **Day 21 · Send it forward** — Tell one person what changed. The fire spreads by being shared.

IX

PART NINE · HONEST ANSWERS

When the fire feels low

Every honest believer hits these. The lie is that a low fire means an absent God.

The text says otherwise. Here's what to preach to yourself:

“I don't feel Him.”

Feelings aren't the gauge; the seal is. You were sealed with the Spirit as a guarantee — that holds on the flat days too. **Ephesians 1:13-14.**

“I blew it again.”

There is now no condemnation for those in Christ. The Spirit convicts to *restore* you, not to evict you. Confess, and keep walking. **Romans 8:1; 1 John 1:9.**

“It's been dry for weeks.”

Dryness isn't absence. Even the psalmist's thirst was aimed *at* God, not away from Him. Keep turning; the residence hasn't moved. **Psalms 42:1-5.**

“Everyone else seems to have more.”

Same Spirit, same full residence — distributed as different gifts. You're not short-changed; you're assigned. **1 Corinthians 12:4-11.**



PART TEN · FACT OVER FEELING

Declarations to keep

Say these out loud when the feeling isn't there. They aren't affirmations you're trying to make true — they're facts you're rehearsing because they already are.

The veil is gone. I have unveiled access to God.

2 Corinthians 3:16, 18

The Spirit of God lives in me — permanently.

1 Corinthians 6:19

I am the temple. I don't summon what already dwells in me.

2 Corinthians 6:16

My freedom is permanent because the residence is permanent.

2 Corinthians 3:17

The fire in me is His. I fan it; I don't fake it.

2 Timothy 1:6-7

A prayer of activation

Not to summon Him — He's already home. This is you agreeing, out loud, with what's already true. Pray it slowly. Mean it.

Father, thank You that the veil is gone and I have unveiled access to You. I don't have to earn my way in — Jesus opened it.

Holy Spirit, thank You that You live in me — not as a visitor, but as a resident. You are not leaving. My freedom is not a mood I chase; it is where You are, and You are here.

So I stir up the gift. I fan the flame. I refuse the spirit of fear and I take hold of power, love, and a sound mind. Use what You've placed in me — feed it, free it, set it ablaze.

I am Your temple. Where You are, there is freedom — and You are in me. Permanently. Amen.

ONE LAST WORD

You don't need to find freedom

The veil is already gone. The access is already unveiled. The Spirit who grants the freedom already lives in you, and He is not leaving. Stop measuring your spiritual reality by how a room feels — start measuring it by what's already true of your body.

The temple isn't a building anymore. It's you. And where He is — there is freedom. Permanently.

TRUE HOPE CHURCH · HOLY SPIRIT SERIES

PARTNER WITH US

Keep the fire going — together

This teaching is free because someone chose to give. If it stirred something in you, we'd love for you to be part of what God is doing through True Hope Church — partner with us, give, or find your next step. There's room for you here.

PARTNER AT SAVEMUSKEGON.ORG

