

Sermon Notes – February 22, 2026

Ghosted: Why The Holy Spirit was Never Meant to be Ignored

Week 6: Proof Of Life: Living From The Inside Out

Pastor Curtis Gudrie

SCRIPTURE: Romans 8:7-11NLT

"⁷ For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. ⁸ That's why those who are still under the control of their sinful nature can never please God. ⁹ But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) ¹⁰ And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. ¹¹ The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

Intro Quote: "There can be no life without the life-giver... no Christlikeness of character apart from His fruit... As a body without breath is a corpse, so the church without the Spirit is dead." – John Stott

1) You've Got Company (He Dwells Within)

- You've Got Company: You don't have to do this life alone (Romans 8:7-11, 1 Cor. 3:16, John 20:22, Eph. 1:13-14).
 - Indwelling of Holy Spirit occurs at salvation.
 - Indwelling: He dwells within for relationship and transformation!
 - "The Holy Spirit never enters a person and lets them live like the world." – A.W. Tozer
 - If He dwells in you, change is inevitable!

2) From The Inside Out (He Transforms Us)

- Spiritual transformation is not about becoming a better version of ourselves, or a "better you." This transformation is so much greater - we are being formed into the image of Christ!

- Transformation is not self-improvement, it is Spirit-formation.
 - 2 Don't copy [conform to] the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. – Romans 12:2.
 - Transformation; Metamorphosis: Paul uses the word transformed, or in the Greek, *metamorphoo*, which speaks of a change of nature, character or form, in Romans 12:1-2 and 2 Corinthians 3:18. We are being transformed into His image. Same root idea seen at the Transfiguration in Mark 9.
- Saved instantly; Transformed daily
- Our Responsibility: Paul reminds us there is a part we play... we cannot transform ourselves, but we can yield and respond to Him.

- Will we choose to conform, or will we yield to The Spirit's transformation? Will we ignore/ghost Him or will we respond?
- Every day we have to choose: Will culture shape me? Or will the Spirit form me?
- Our goal is to allow the Spirit to help us become more like Jesus (Eph. 4:13).
- What does the Holy Spirit need to transform in you? Anger, bitterness, unforgiveness, pride...?
- He desires that we would allow Him to grow good fruit in us that would be displayed through us.

3) Proof Of Life (He Produces Good Fruit In Us)

- What is the evidence of us choosing not to ghost The Holy Spirit and living a yielded life? The answer is good fruit.
- Transformation on the inside eventually shows on the outside. Jesus said they will know you by your fruit...
- Good fruit is the evidence of His inward work and ministry in our lives! (Gal. 5:22-23)
- The evidence or proof that we are walking with the Spirit is not what we say, but the fruit we consistently display.
- 22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things! - Galatians 5:22-23
- We don't produce fruit by trying harder. We produce fruit by staying connected and yielding daily.
- Proof Of Life: How can we continue to daily yield to the Spirit's work within us and live a fruitful life?
- **A) Daily Evaluate the Fruit** - Daily/weekly look at Galatians 5:22-23 and ask: How am I doing on a scale of 1-10 in these areas? Ie. How loving, patient, kind, joyful... self-controlled am I in my daily life? If comfortable, let a trusted friend/spouse do the same. Ask Holy Spirit to help you grow in the needed areas.
- **B) Yield To His Leading** - Choose to yield and not conform! Start your day off surrendered in prayer. Ask Him to shine a light on our lives and invite His correction; Respond quickly to His conviction and choose to stay sensitive to His leading, guiding, and direction throughout the day.
- **C) Stay Connected: Abide and Grow** - Spend time with Him. We can't produce fruit in our own strength, but we can choose where to position ourselves and stay connected to the vine. Abide within the vine and let Him transform our lives. Practice The Spiritual Disciplines - Word, Prayer, Community, Journal, Solitude,