

## DAY 10 – THE HOLY SPIRIT QUICKENS US

*"And if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you." — Romans 8:11*

The Holy Spirit quickens us by transforming our hearts, convicting us of sin, guiding us into truth, and empowering us to live a holy and fruitful life in Christ. To quicken means to give life to something or someone.

The term **quicken** implies adding life, quality, or energy to something.

This quickening is the strengthening and empowering of the Holy Spirit to live a righteous and godly life. It is the Spirit-guided growth of a Christian's spiritual and moral character.

It also refers to a positive aspect of sanctification. To be sanctified means to be set apart by God. One effect of sanctification is quickening, where a person becomes aware of their sin and of God's judgment.

This awareness produces holy fear, sorrow, and anguish. It is these emotions that drive a person to hate sin and seek God's forgiveness (2 Corinthians 7:10).

This is what compels a Christian to have a deep desire to please God, dedicate their entire life to Him, and live for His glory — marking the reality of a changed life that pleases God and models victory over a sinful lifestyle.

### REFLECTION QUESTIONS:

1- In what ways or in what areas has the Holy Spirit been quickening your life?

Make a personal list of the areas where the Holy Spirit has now given you the desire to live for God.

2- What things that once seemed normal can you no longer do because the work of sanctification and quickening now causes the Holy Spirit to convict you?