



CELL GUIDE

TOPIC	The Spirit-Empowered Believer	SPEAKER	Ps Daniel Foo
THEME	Walk in Wisdom	DATE	23 & 24 May 2026

MESSAGE SUMMARY

INTRODUCTION

As believers, many of us desire to grow deeper in our walk with God, overcome struggles, and live lives that glorify Him. In this sermon, “The Spirit-Empowered Believer,” Ps Daniel Foo reminds us that the Christian life cannot be lived by human effort alone. God has given us the Holy Spirit to dwell within us and empower us daily.

Ps Daniel emphasized that the Holy Spirit is not merely a doctrine or experience, but God Himself actively working in believers. Since Pentecost, every Christian has access to both the presence and power of the Holy Spirit. Through Him, we are guided, strengthened, transformed, and equipped to fulfil God’s purposes in our lives.

The sermon focused on two major dimensions of the Holy Spirit’s work: the anointing within and the anointing upon. Together, they enable believers to know God personally and to live victoriously for Him.

THE HOLY SPIRIT IN OUR LIVES

Point 1: The Anointing Within — The Presence of God in the Believer

Ps Daniel explained that the “anointing within” refers to the permanent presence of the Holy Spirit in every believer since Pentecost. Because of Jesus’ finished work on the cross, believers can now experience God dwelling within them continually. Unlike in the Old Testament where the Spirit came upon certain individuals temporarily, the Holy Spirit now abides in every believer permanently.

The Holy Spirit teaches, guides, convicts, and reveals truth to us. He helps believers to grow in intimacy with God and leads us through every area of life, including our relationships, work, ministry, and personal struggles. Ps Daniel reminded us that our walk with God must be based on faith rather than feelings, because God’s presence remains with us even when we do not emotionally sense Him.

The sermon also emphasized that the Holy Spirit works within us to transform our hearts by dealing with ungodly beliefs, fears, pride, hurts, and unresolved baggage. As we surrender to Him, He gradually shapes us into Christlikeness. Therefore, believers must remain grounded in both the Word of God and the Spirit of God.

Point 2: The Anointing Upon — The Power of God for Victorious Living and Ministry

Ps Daniel taught that the “anointing upon” refers to the empowering work of the Holy Spirit that enables believers to fulfil God’s purposes. In the Old Testament, individuals like Gideon, Samson, and Jephthah were empowered by the Spirit for specific assignments. After Pentecost, however, this empowerment became available to every believer.

The Holy Spirit empowers Christians to overcome sin, fear, temptation, and spiritual attacks. Human effort alone is not enough to overcome the sinful nature, but the Spirit gives believers the strength to live victoriously. Ps Daniel used the illustration of gravity to explain that just as a stronger force is needed for an airplane to fly, believers need the power of the Holy Spirit to overcome the pull of sin and the world.

Beyond spiritual victory, the Holy Spirit also strengthens believers in daily life. Whether in ministry, family responsibilities, caregiving, work, or difficult situations, the Spirit provides wisdom, courage, endurance, and grace for every assignment God gives.

Point 3: Living a Spirit-Empowered Life Requires Passion, Obedience, and Surrender

Ps Daniel concluded by emphasizing that believers must cultivate the right posture to walk in the fullness of the Holy Spirit. He highlighted three important attitudes: passion, obedience, and surrender.

Firstly, believers must hunger for God and desire a deeper relationship with Him. Spiritual empowerment comes to those who actively seek God’s presence.

Secondly, believers must walk in obedience and avoid grieving the Holy Spirit through sin, pride, and disobedience. A sensitive and obedient heart allows the Spirit to work freely within us.

Finally, believers are called to live in surrender and dependence on the Holy Spirit rather than relying on their own strength. As we yield every area of our lives to God, the Holy Spirit empowers us to become vessels of His grace and blessing to others.

CONCLUSION

The sermon reminds us that the Holy Spirit is both the abiding presence of God within believers and the empowering power of God upon believers. Through the Holy Spirit, Christians can grow in intimacy with God, overcome sin, experience transformation, and minister effectively to others.

God never intended believers to live the Christian life through human strength alone. Instead, He calls us to daily dependence on the Holy Spirit through faith, obedience, and surrender. As we continue to walk closely with Him, may we become mature and Spirit-empowered disciples who faithfully fulfil God’s purposes in every season of life.

QUESTIONS

1. What is the difference between the “anointing within” and the “anointing upon” mentioned by Ps Daniel Foo? How have you personally experienced either one or both of these anointings in your life?

2. Why is difficult for believers to overcome sin through human effort alone? How does the Holy Spirit help believers to overcome sin?

3. Knowing how the Holy Spirit can help us, what is one area in your life where you need to depend more on the Holy Spirit? How can you seek the Holy Spirit and allow Him to transform you?