

Paul says in [Romans 8:7–9](#), "The mind that is set on the flesh is hostile to God; it does not submit to God's law, indeed, it cannot; and those who are in the flesh cannot please God. But you are not in the flesh, you are in the Spirit if the Spirit of God really dwells in you." There are two groups of humans: those in the flesh (born of the flesh) and those in the Spirit (born again of the Spirit). Those in the flesh are devoid of the Spirit and cannot submit to God's law or please God. Those in the Spirit are indwelt by the Spirit and are enabled by him to fulfill the just requirement of the law.

This means that all the saints of the OT who trusted God and followed his ways in the obedience of faith were born again by the Spirit and indwelt by the Spirit. For example, [Numbers 14:24](#) says of Caleb, "My servant Caleb, *because he has a different Spirit* and has followed me fully, I will bring into this land." And [Numbers 27: 18](#) says, "And the Lord said to Moses, 'Take Joshua the son of Nun, *in whom is the spirit*, and lay your hand upon him.'" The OT believers were saved the same way we are: they were born of the Spirit, they trusted in God's promises, and they followed his commandments in the obedience of faith.

3. The Constant Presence of the Spirit

Third, the OT believers enjoyed *the constant presence of God's Spirit*. [Psalm 139:7–10](#) says, "Whither shall I go from thy Spirit? Or whither shall I flee from thy presence? If I ascend to heaven, thou art there! If I make my bed in Sheol, thou art there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there thy hand shall lead me, and thy right hand shall hold me." Old Testament believers enjoyed the presence of God's Spirit wherever they went. It gives me a lot of encouragement, when I am called to go places where I feel insecure, to know that the Spirit is within to give me the words I need and that he is also already in the place where I am going to prepare the way and to hold me when I get there.

claims.

Read the full article here: <https://www.desiringgod.org/messages/how-believers-experienced-the-spirit-before-pentecost>

Deeper

Real Change for Real Sinners

Lesson 5

Breathing

- **Our greatest earthly treasure**
- **Reconstructing**
- **Oxygen**
- **A block of good news**
- **The defining habit**
- **Exhaling**
- **Children speaking to dad**
- **The bible's prayerbook**
- **Inhale, exhale**

Supernaturalized

- The New Age
- Three kinds of men
- Redirecting our gaze
- A foretaste of heaven

Conclusion: What Now?

Ten Ways OT Saints Experienced the Holy Spirit

So here are ten ways Old Testament believers experienced the Holy Spirit which in these "last days" of Pentecostal fulfillment ought to be enjoyed by the church.

1. The Spirit as Creator and Sustainer of Life

First, and most basic, the OT believers were conscious of God's Spirit as the *Creator and Sustainer of their natural life*. In [Job 33:4](#) Elihu speaks for all faithful Jews when he says, "The Spirit of God has made me and the breath of the Almighty gives me life." Psalm 104 celebrates the wonder and variety of all living things and says (vv. 29–30), "When thou takest away their breath, they die and return to their dust. When thou sendest forth thy Spirit, they are created; and thou renewest the face of the ground."

I hope you share this world view with the OT saints: namely, that your conception as a person in your mother's womb was a sovereign act of creation by God's Spirit and that every breath you take now and every chemical transaction in the cells of your body is sustained every moment by work of the Holy Spirit.

2. New Birth and Indwelling of the Spirit

Second, the OT believers experienced the *new birth and indwelling of the Holy Spirit*. When Nicodemus was bewildered about Jesus' demand for new birth by the Spirit, Jesus responded ([John 3:10](#)), "Are you a teacher of Israel and yet you do not understand this?" In other words, I'm not teaching or requiring anything new. Any Israelite who has ever been saved had to be born again by God's Spirit. Otherwise how would they ever overcome their natural hostility to God? How could they have ever submitted to God's law and pleased him—as many did, like Abel and Noah and Abraham and Moses and Rahab and Ruth and Deborah and David?