In Paul’s Epistle to the Ephesians, it states in chapter 5:18: “And be not drunk with wine, wherein is excess; but be filled with the Spirit.” Or, be continually filled with the Spirit.

When we study the book of Acts, we read how the early Church was filled with the Spirit in the day of Pentecost (Acts 2:4). A few chapters later (Acts 4:31), it states again that they were filled with the Spirit.

This is contrary to many Pentecostal Christians’ belief. They believe that the baptism of the Holy Spirit of God is a one time experience.

However, the Bible clearly teaches that the infilling must be continual and daily, not just a one time experience.

The fire must always be burning on the altar. It must never go out. (Leviticus 6:13)

The fire of the Spirit of God prevents the wolves (evil spirits) from harming us.

Be sober, be vigilant, because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour. (1 Peter 5:8)

Have you ever thought about why Jesus would spend so much time in prayer? Sometimes he would pray for hours, and sometimes he would pray for whole nights. If Jesus the Son of God, who never sinned, had to pray that much to be able to fulfill the will of the Father, how much more you and I.

Paul who was a great prayer warrior noted in 1 Corinthians 11:1: “Be ye followers of me, even as I also am of Christ.” That would include our prayer life.

I believe that Jesus, and later Paul, both gave us an example of what it is to live a victorious life, in continual fellowship with our heavenly Father.

Lack of prayer, or fellowship with God, is the main problem and main reason why so many ministers and church members have fallen in the western Church today. However, in the developing countries of the world, it is not unusual to find Pastors and other ministers who spend two to three hours in prayer, every day. Thus it is not hard to understand why they are so anointed, and why they see so much of the supernatural power of God in their Churches and ministries.

Maybe that much time is not possible for you to spend in focused prayer. But surely we could all set aside an hour to an hour and a half each day, to fellowship with our heavenly Father, by praying and studying His Holy Word.

May the Lord help us all to heed the instructions of the Scriptures, and continually be filled with the fire, glory, and power, of the precious Holy Spirit.

-Roger Wågsjö