

# **Guided**

*How To Live A Holy Spirit-Led Life In A Busy Real World*

**By J. Jefferson Scott**

## **GUIDED: HOW TO LIVE A HOLY SPIRIT-LED LIFE IN A BUSY REAL WORLD.**

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# INTRODUCTION

Have you ever wondered why it's so hard to consistently be the person you know God has called you to be? If you're anything like me, you've probably had moments where you're walking strong —only to stumble once more in old struggles or frustrations. I know what it is like to feel stuck or not good enough. It's an exhausting cycle. And I bet I am not alone. So many of us try harder, only to feel like we are falling short.

I've lived in this trap over and over. Until something changed. When I discovered the power of living each day with the Holy Spirit, I felt freedom I have never experienced before.

*The best part?* I did not just know about Him—I had Him as an active Presence, a Guide, and a Friend.

If you're like me, you may have spent years hearing about the Holy Spirit without understanding who He is or what He does. Early on in my faith, I knew who I was in Christ, but I struggled to grasp **who Christ is in me** through the Holy Spirit.

*Have you ever questioned:*

- How do I hear God's voice?
- What does it mean to be led by the Spirit?
- Is the Holy Spirit really for me?

If so, you're in the right place.

The next 5 days is your invitation to discover who the Holy Spirit is and how He leads you into peace, power, and purpose you have been looking for—every single day. Whether you’ve been walking with God for years or are just now exploring what it means to live by His Spirit, I believe these next few days will encourage and equip you to experience more.

Take a deep breath.

Set aside the pressure to “do better.”

Let’s begin this journey together—and be Holy Spirit-led, one day at a time.

# DAY 1: WHO IS THE HOLY SPIRIT, REALLY?

## *The Big Idea:*

The Holy Spirit isn't a mystery. He's our constant Companion, ready to help us every day.

*"You know Him because He lives with you and will be in you."*

— John 14:17 (NLV)

## **Devotional Reflection:**

For a long time, I didn't really understand who the Holy Spirit was.

I grew up hearing Him called the "Holy Ghost." Honestly... that sounded a little spooky. How could something from a Halloween movie be something I could relate to when it came to my faith?

I'd also seen people on TV saying the Holy Spirit made them do all kinds of things that didn't seem right. It felt confusing and uncomfortable. Maybe you've felt that way too. Deep down, some of us might imagine the Holy Spirit is for people who are "out there," but not for us.

But something didn't sit right with this idea. If the Holy Spirit is all throughout Scripture—could it be that there was something deeper for me to learn, some sort of connection I was meant

to have, I just needed to go back to the Word? I believed God had more for me. So I opened my Bible and began to read what Jesus said about the Holy Spirit.

*This is where everything changed.*

Jesus called Him our Helper.

He said it was better for us that He (Jesus) would go away so the Holy Spirit could come and be with us.

*That's when it clicked.*

The Holy Spirit isn't a distant, mystical force.

He's the presence of God with us—right now.

I started inviting the Holy Spirit into my everyday life.

Not just when I was in church.

Not just when I was praying about big decisions.

But in the middle of my ordinary day.

### **What I've learned is this:**

The Holy Spirit isn't just a part of my faith; He's my everyday Companion.

He helps me when I feel weak.

He gives me peace when I'm stressed.

And He gives me strength when I feel like I've got nothing left.

I know the same is true for you.

You don't have to have it all figured out.

You just have to invite Him in.

**Reflection Questions:**

1. What is your current view of the Holy Spirit?

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2. Who do you turn to when you do not feel good enough?

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3. What's one thing you could talk to the Holy Spirit about today?

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**Action Step:**

At some point today, find a moment to say, "Holy Spirit, I invite You in. Help me recognize You in my life today."

**Prayer:**

*Holy Spirit, I want to know You—not just in my head, but in my life. Help me see that I'm not in this alone. Show me how You want to walk with me every day. Amen.*





## DAY 2: FRIENDSHIP WITH THE HOLY SPIRIT

### *The Big Idea:*

The Holy Spirit is a Person. He thinks, speaks, loves, and wants to be your closest Friend.

*“May you all have the fellowship that comes from the Holy Spirit.”*

— 2 Corinthians 13:14 (NLV)

### **Devotional Reflection:**

For the longest time, I didn't understand the Holy Spirit.

I grew up hearing about stories, but I wasn't sure what to think. A lot of what I heard didn't line up with the picture of the Holy Spirit I saw in the Bible.

As I started digging deeper into Scripture for myself, here's what I found:

The Holy Spirit is a Person.  
Not a force. Not a vibe.  
A Person.

He thinks.  
He speaks.  
He loves.  
He grieves.

And you can have a relationship with Him—just like you would with your closest Friend.

The best way I can describe it?

The Holy Spirit is my Best Friend who's always with me. I talk with Him about everything—not just when I need something big but in the small, ordinary moments too.

Here's what this looks like for me:

My wife is my best friend on Earth. We've been married for 53 years, and I deeply trust her wisdom and encouragement.

But there are times when she's not beside me when I want to “bounce” an idea off someone.

The Holy Spirit is always there.  
And sometimes, He's playful.

I remember one time I was thinking about doing something new for me.

Suddenly, I could almost hear Him laughing in a playful way:  
*“You're going to do what?”*

It made me laugh too. I paused a moment and that helped me rethink the situation.

When we realize the Holy Spirit is a Person, we stop trying to “figure Him out” and start inviting Him in.

You can talk to Him about everything.

Ask for His help.

Listen for His guidance.

And enjoy His presence.

That's when the relationship becomes real.

You don't have to be perfect.

He is patient, gentle, and always ready to connect with you.

**Reflection Questions:**

1. How do you view your relationship with the Holy Spirit?

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2. How would your life change if you considered Him a close Friend?

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3. What's one area of your life where you could invite Him to be more present today?

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**Action Step:**

Find a quiet spot today and have a conversation with the Holy Spirit like you would with a trusted friend. Be real. Be honest. And give room to listen.

**Prayer:**

*Holy Spirit, thank You for being someone I can know and trust. Help me see You not as distant, but close—my Friend. Teach me to listen for Your voice and walk with You today. Amen.*

## DAY 3: FROM SPIRIT-FILLED TO SPIRIT-LED

### *The Big Idea:*

Being filled with the Holy Spirit happens once. Being led by Him is a daily choice.

*“If we live by the Holy Spirit, let us walk by the Holy Spirit.”*

— Galatians 5:25 (NLV)

### **Devotional Reflection:**

When you chose Jesus to be Lord of your life, the Holy Spirit came to live inside you.

You're filled!

But here's something I didn't realize for a long time:

Being filled with the Spirit isn't the same as being led by Him. Being filled happens once—in the moment you put your faith in Jesus.

But being led?

That's a daily decision.

It's like choosing to walk alongside your best friend instead of running ahead on your own.

The Bible talks about “walking” with the Spirit. This is present tense, ongoing, step-by-step.

This relationship isn’t meant to be a one-time event. It’s supposed to be an everyday thing.

And the Holy Spirit? He’s a Gentleman.  
He won’t push His way into your day.  
He waits for an invitation.

Free will is one of God’s greatest gifts to us.

And I’ve come to realize that inviting the Holy Spirit into my day—every day—is one of the most important ways I can use that gift.

Every morning, I ask Him to be with me in everything I do.

Whether it’s a tough decision, a conversation I’m nervous about, or even the ordinary things like errands, I invite Him in. It’s like handing over the wheel and saying, “I’m done driving. You take it.”

Here’s the best way I can describe it:

It’s like GPS on your phone.  
It’s there, ready to guide you, but unless you open it and follow the directions, it’s not doing you any good.

The Holy Spirit is always ready to lead—but you’ve got to open the app and let Him guide.

So the question isn’t, “Do I have the Holy Spirit?”  
It’s, “Does the Holy Spirit have me today?”  
I don’t say, “I got this.”  
I say, “He’s got this.”  
And He always does.

## Reflection Questions:

1. What's the difference between being Spirit-filled and Spirit-led for you?

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2. Is there an area of your life where you've been leading yourself instead of letting the Holy Spirit lead?

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3. How can you make inviting Him into your day a habit?

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## Action Step:

Start your day tomorrow with this simple prayer: "Holy Spirit, I give You control today. Lead me in every step I take."

## Prayer:

*Holy Spirit, I'm tired of trying to lead on my own. I want to follow Your lead. Help me to slow down, listen, and trust You to guide me. I know You've got this. Amen.*





## DAY 4: LETTING THE HOLY SPIRIT TAKE THE LEAD

### *The Big Idea:*

You don't have to do life alone. The Holy Spirit wants to lead you step by step.

*"All those who are led by the Spirit of God are sons of God."*

— Romans 8:14 (NLV)

### **Devotional Reflection:**

Being Spirit-led isn't about trying harder or making all the right decisions on your own.

It's about walking with God—moment-by-moment.

But here's the thing.

Most of us have been trained from a young age to think:

"I have to do this."

"I need to figure it out."

"I should be able to handle this."

Think about it.

Growing up, most of us were raised to believe that:

“I have to eat all my dinner before I get dessert.”

“I have to finish my homework to get good grades.”

“I have to... I need to... I must...”

And as adults, this instinct only gets louder.

We wake up thinking about what we’re responsible for.

We go to bed thinking about what we didn’t finish.

And when we mess up—or can’t keep up—it’s easy to feel like we’re not good enough.

*That’s a heavy load to carry.*

But here’s the good news:

That’s not what Jesus had in mind for you.

He didn’t leave you to figure things out on your own.

He sent the Holy Spirit to be your Helper.

It’s no longer I... it’s He... and we.

Being led by the Holy Spirit isn’t about getting everything perfect.

It’s about inviting Him into the small, everyday moments and letting Him lead.

Some days, that might mean feeling peace about a tough decision you’ve been stuck on.

Other days, it might be a nudge to send a text to someone who needs encouragement.

And sometimes, it’s remembering to reach out to someone out of the blue.

That happened to me last Christmas.

Randomly, I found myself thinking about Alma—a family friend I hadn’t spoken to in over 20 years.

She used to live with us when I was a kid. She helped my mom around the house and babysat my little brother whose 9 years younger than me.

I couldn't shake the feeling that I needed to reach out, so I wrote her a simple note.

A few days later, I got a call from an unknown number.  
*(And let's be honest, who answers those anymore?)*  
But something told me to pick up.

It was Alma.

We had an incredible conversation.  
We laughed. We caught up. It was such a blessing for both of us.  
That wasn't coincidence.

That was the Holy Spirit leading and prompting me in real-time.  
The Holy Spirit does that kind of thing every day—if we're willing to listen.

He guides your thoughts.  
He prompts your mind to take small action steps and big ones.  
He gives you courage when you feel weak.

But it all starts when you make space for Him.

So, here's your challenge today:  
**Slow down.**

Talk to the Holy Spirit like you would your best friend.  
Listen. Watch. Trust Him to be with you.

*You're not in this alone.*

**Reflection Questions:**

1. Right now, what's weighing on you that you've been trying to handle on your own?

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2. What is one thing you can do to slow down and make space for the Holy Spirit today?

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3. Do you remember a time when you felt a "prompting" to do something that you knew wasn't from you—and you followed that? What happened?

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**Action Step:**

Take five minutes today to sit quietly and say, "Holy Spirit, I'm listening." Notice what comes to mind and write it down.

**Prayer:**

*Holy Spirit, I don't want to carry the weight of life on my own anymore. Lead me today. Help me to hear Your voice, recognize Your nudges, and trust that You are guiding me every step of the way. Amen.*

## DAY 5: LIVING WITH HOLY SPIRIT POWER EVERY DAY

### *The Big Idea:*

The Holy Spirit's power isn't just for special moments—it's for everyday life.

*"You will receive power when the Holy Spirit comes on you."*

— Acts 1:8 (NLV)

### **Devotional Reflection:**

For a long time, I thought God's power was something reserved for people who were super spiritual.

You know, the kind of people who seem to have it all together. The ones who lead churches, speak on big stages, or perform miracles.

But over time, I realized that's not true.

God's power isn't just for them.  
It's for me.  
And it's for you.

The Holy Spirit gives us strength when we feel weak.

He gives us peace when life is chaotic.  
He gives us courage to do what's right, even when it's hard.  
He gives us words when we don't know what to say.  
And He gives us the ability to love people who aren't easy to love.

For me, the Holy Spirit's power often shows up when I'm tired and worn out.

There are nights when I just want to stay home and crash on the couch. But I know I'm supposed to lead a group at church, even though I'm not feeling it.

That's when I talk to my Best Friend—the Holy Spirit. I'll say, "Holy Spirit, I need You to take over. I don't have the energy. But You do."

And every single time, He shows up.

By the end of the night, I walk out feeling refreshed.

I find myself amazed—saying, "Holy Spirit, You were awesome tonight!"

There are also times when I've had to face tough conversations—ones I'm not looking forward to because they're uncomfortable or hard.

When I ask the Holy Spirit to show me how to listen with His ears, see with His eyes, and speak His words, and ask Him to grant me His wisdom—something incredible happens.

Conversations that should have ended in conflict lead to understanding and peace.

That's not me.

That's Him.

The more I choose to follow the Holy Spirit, day-by-day, the more I experience His power.

Not just in the big, life-changing moments.  
But in the small, everyday stuff too.  
Not just on Sundays.  
Every day.

Imagine starting your day by saying, "Holy Spirit, lead me today.  
Strengthen me. Guide me."

And when you hit a wall, instead of thinking, "I can't do this."  
Say, "Holy Spirit, You've got this."

That's when life changes.  
That's when faith becomes alive and unstoppable.

**Reflection Questions:**

1. Where do you need the Holy Spirit’s power in your life right now?

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2. What’s one area where you’ve been relying on your own strength that you can surrender to Him today?

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3. What’s one bold step you can take today, trusting in His power instead of your own?

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**Action Step:**

Take a moment today to say out loud, “Holy Spirit, I need Your power today.” Then watch for how He shows up.

**Prayer:**

*Holy Spirit, fill me with Your power today. Lead me, strengthen me, and guide me. I can’t do this without You—and I don’t have to. I trust You to help me do what I could never do on my own. Amen.*





## ABOUT THE AUTHOR

J. Jefferson Scott is passionate about helping people move from knowing about God to truly experiencing life with God through the power of the Holy Spirit. He's the founder and co-author of Discipleship Walk as well as Growth Seekers, two communities which are dedicated to helping believers grow in their relationship with Jesus and live Spirit-led lives—every day.

Jeff's down-to-Earth style makes spiritual truth simple, clear, and relatable. His teaching encourages Christians of all backgrounds (including those who've felt unsure or even cautious about the Holy Spirit) to discover how practical and personal a Spirit-led life can be.

In addition to this devotional, Jeff is the author of *Empowered For More*, a deeper dive into what it means to surrender every area of your life to the Holy Spirit.

When he's not writing or mentoring leaders, Jeff loves spending time with his family, leading small groups, and helping people encounter the Holy Spirit in practical, everyday ways. He and his family live on a lake and enjoy water-related activities. You can connect with Jeff and explore his resources including further information about Discipleship Walk and Growth Seekers at:

[www.jjeffersonscott.com](http://www.jjeffersonscott.com)



## TAKE THE NEXT STEP

If you've enjoyed this 5-Day Devotional, there's so much more waiting for you!

Check out *Empowered For More*, Jeff's book designed to take you even deeper into Spirit-led living. You'll explore how to experience the Holy Spirit's power in every area of your life—not just on Sundays.

You can find it now at:

[www.jjeffersonscott.com](http://www.jjeffersonscott.com)

Or scan the QR code below to get started!

