

## **Thank God for the oil of His Spirit that makes everything run smoothly and quietly, without friction.**



**H**ARDLY ANYTHING MECHANICAL in this world can function well without some kind of oil or lubrication. Where moving parts rub together, they create friction. Friction creates heat, heat creates fire, and fire causes parts of the machine to burn up, consume. But oil that's poured on parts of a mechanism that are squeaking makes those parts run quietly and smoothly, without complaint.

Our spirits, like machinery, need cleaning and oiling. If we didn't have the oil of the Holy Spirit, we would get rusty and break down or overheat from the friction, seize up, and come to a dead stop. Without proper maintenance and lubrication, there would soon be no useful motion and we'd be fit only for the junk pile.

But thank God, His Holy Spirit oils everything—our heads, our hearts, our spirits, our tongues, and even our feet so we'll go and preach the Gospel. He pours in the Holy Spirit, fills us from top to bottom, and covers every part. Instead of growling and howling, our machine hums with love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, and other good things (Galatians 5:22–23).