



## Week Two

### Opening Prayer

God, thank you for meeting us here. Thank you for giving us the gift of your Holy Spirit. Help us to learn more about your Spirit and about the ways you are looking to move in our lives. Amen.

### Talk it Over

This week we continued our series, Within, which centers on growing in our understanding of the Holy Spirit. More specifically, today we will be looking at how the Holy Spirit works in our lives and changes us.

- Since we are talking about being changed today, tell us about the last major season of transformation you've experienced. This can be a story about your circumstance changing or you changing. This can be a story about change that came easily, change imposed on you, change you loved, or changed you hated.
- In what ways have you grown or changed as a person these last six months?

### Read Romans 8:29 (NLT)

This talk's big idea is all about the fact that the Holy Spirit transforms the children of God to be like Jesus, the son of God. A key part of the motivation here is, of course, the fact that God loves us. Despite our imperfections, hurts, habits, or hang-ups, God loves us just as we are. In fact, the Bible teaches that God loves us so much that he actively looks to help us grow and change into the best versions of who we can be.

- While the hope is there are people here who have been changed by God, let's spend a few minutes talking about the ways we have seen God change someone. Without oversharing someone else's story, tell us what you observed.
- In your own life, have you ever experienced love and a challenge to grow simultaneously? If so, in your own words, describe what it's like to be loved and challenged.

Today we are going to look at two ways or practices we can use to help cooperate with God's transforming work in our life.

### 1. Be filled with the Holy Spirit.

#### Read Ephesians 5:15-18 (NLT)

The Bible tells us that being filled with the Holy Spirit will cause us to think differently, talk differently, and behave differently. Along these lines, it's important to note that often the language around the Holy Spirit changing us — in this case "filled" with the Holy Spirit, implies an inside-out focused transformation, not an outside-in focused transformation.

- In your own life, and in your own words, how would you describe being 'filled with the Holy Spirit'?
- Tell us about a time an internal spiritual change impacted or shifted how you were on the outside. For example, have you ever forgiven someone and then found yourself able to enjoy a relationship with that person even though they didn't change? Or have you ever started enjoying a job you once hated because something shifted inside of you?

*(Content continued on the next page.)*

## **2. By yielding to the Holy Spirit.**

### **Read Galatians 5:16-17 (NLT)**

Being filled and yielding to the Holy Spirit actually go together — it's hard to do one without the other. To better understand what 'yield' means we looked at two examples. First, when it comes to driving, yielding means to "to give way". Second, in military ranking or leadership structures, the word 'yield' is synonymous with 'submission'. To yield means to submit.

- In what ways have you struggled with yielding to the Holy Spirit?
- In this season of life, what is one way you are having to be intentional to yield to the Holy Spirit?

### **Read 1 Corinthians 3:6-8 (NIV) and 2 Corinthians 3:17 (ESV)**

When it comes to being changed or transformed, it's crucial we remember this is a partnership with God. While we have an active part to play in our own lives, our growth is not just up to us and our efforts. The Holy Spirit works to help us become who we were created to be. In this partnership, each of us must choose to yield, to cooperate, and submit to God's leadership in our own life so we can live the life God has for us.

- Rather than leaning into an active partnership with God, is there an area in your life where you are putting all the emphasis on your own efforts to change, produce, or create? If so, tell us why this is the case and how you might welcome God into the process more.
- Looking at your life, in what areas of your life do you think you need to work on taking a bit more ownership on yielding, cooperating, and submitting to God trusting God will do his part?

### **As we close up today, let's read our series theme verse (Galatians 5:25 [NLT]) and then transition straight to a prayer:**

God, thank you for the gift of your Spirit living in us. Help us to follow your Spirit's leading in every part of our lives. You know where we are doing this well and you know where we are struggling. Through the power of your spirit, open us more to your leadership. We want to live yielded to you. Amen.

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### **How To Use this Discussion Guide**

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressure to read all the content or to hit all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith in your specific group.

In addition, spend some time praying for your group each week, preparing your heart, and asking God for wisdom and guidance as you lead.