

FILLED WITH THE SPIRIT

Week Two

Ephesians 5:18 NLT



Don't be with , because that will your life.
Instead, be with the Holy Spirit ...

Notes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Discussion Questions:

- ◆ What is one thing from the message that challenged you this week?
- ◆ Read Ephesians 5:15-18 NLT together. What do you think it means to “be like those who are wise”?
- ◆ Have you ever sensed the Holy Spirit guiding, prompting, or convicting you? What was that experience like?
- ◆ What are some distractions or competing voices that make it hard to discern God’s voice from our own feelings or desires?
- ◆ In what area of your life do you most need God’s direction right now? Share with the group and spend some time in prayer for one another.
- ◆ Read the Nicene Creed together as a group. You can find the full creed on our website or by scanning the QR code below.

Practice

Breath Prayer:

A breath prayer is a simple, short prayer that is prayed slowly in rhythm with your breathing. It is a simple way to stay aware of God’s presence throughout your day, take a slow breath in as you pray, “Holy Spirit, lead me,” and then breathe out slowly, “I surrender to You.” Repeat it a few times whenever you feel distracted or need to refocus. Over the week, let it become a reminder that the Holy Spirit is with you, working in you and leading you.

Inhale: Holy Spirit, lead me.

Exhale: I surrender to You.

Want to learn more about the Holy Spirit?

Scan this QR code or visit sunnybrookchurch.org.

