

# Breaking the Heart of God

Connect Group Guide - 6.14.26

## Opening Prayer

## Ice Breaker

Share a time when you felt spiritually "flat" or disconnected from God. What helped you reconnect?

## Key Scripture

• Ephesians 4:17-32

## Message Recap

This message reminds us that the Holy Spirit is not just a force but a person who lives within every believer and desires a close relationship with us. We are challenged to recognize how subtle compromises and unchecked habits can grieve the Holy Spirit and hinder our spiritual growth. Yet His conviction is not condemnation—it is a loving call back to God. Holiness is not about rule-keeping but about surrender, allowing the Holy Spirit to shape our desires and transform us from the inside out. The goal is not perfection, but a heart that continually yields to God and keeps pursuing Him.

## Key Takeaways

- 1. The Holy Spirit is a person, not just a power or experience** - He can be grieved by our choices
- 2. Holiness is about relationship, not rules** - God's commands are guardrails, not prison walls
- 3. Conviction is evidence God hasn't given up on us** - It's different from condemnation
- 4. We cannot blend into culture and follow Jesus** - We're called to love deeply without compromising truth
- 5. The Holy Spirit gives power to live differently** - We cannot transform ourselves through willpower alone

# Discussion Questions

## Understanding the Holy Spirit

1. Pastor Mike mentioned that many of us take the Holy Spirit for granted. Why do you think we struggle to understand or connect with the third person of the Trinity?
2. Read Ephesians 4:30. What does it mean to "grieve" the Holy Spirit? How is this different from just making God angry?
3. The message suggested that if the Holy Spirit lives inside us, our choices affect Him. How does thinking of the Holy Spirit as a person living inside you change your perspective on daily decisions?

## Conviction vs. Condemnation

4. What's the difference between condemnation (from the enemy) and conviction (from the Holy Spirit)? Can you share an example from your own life?
  - Condemnation says: "You're a failure, you'll never change"
  - Conviction says: "That's not who you are anymore"
5. Pastor Mike said, "One of the greatest ways to tell if the Holy Spirit lives inside of you is when you have sinned and you immediately feel conviction." Have you experienced this? How do you typically respond to conviction?

## Spiritual Rhythm and Balance

6. Pastor Mike shared how he got "out of spiritual rhythm" on Saturday by being busy with good things but neglecting prayer and Bible study. What are the signs in your life that you're out of spiritual rhythm?
7. Discuss this statement: "Sin always promises freedom but always produces bondage." Can you think of examples where this is true?
8. How does the Holy Spirit help us balance legitimate activities (work, hobbies, family time) so they don't become unhealthy or sinful?

## Living Differently in Culture

9. Read Romans 12:2. The sermon listed several ways we might grieve the Holy Spirit in everyday life:

- Putting career above family
- Scrolling phones for hours but can't pray for 5 minutes
- Being physically present but emotionally absent
- Carrying bitterness from years ago
- Constantly feeding the flesh while starving the spirit

Which of these resonates most with you? Why?

10. Pastor Mike said, "You can't follow Jesus and blend into every part of the culture." Where do you feel the most pressure to compromise? How can the group pray for you in this area?

## Living Differently in Culture

11. The message emphasized that the Holy Spirit changes our desires and appetites over time. Have you experienced this in your walk with God? Share examples of how your desires have changed.

12. What does it mean to "yield" to God rather than try to be perfect? How does this understanding bring freedom rather than burden?

## Practical Applications

This Week's Challenge:

- **Establish a spiritual rhythm:** Set specific times for prayer and Bible reading
- **Address conviction:** Confess and repent of something the Holy Spirit has been convicting you about
- **Create guardrails:** Identify one area where you need boundaries to protect your relationship with God
- **Change appetites:** Stop feeding something that's been growing the flesh and start feeding the Spirit instead
- **Yield to God:** In one specific area of life, consciously choose to follow God's leading rather than your own way

# Prayer Requests & Closing

## Leader Notes

- Be sensitive to different perspectives on Israel; focus on biblical teaching rather than politics
- Encourage participation from everyone, but don't force anyone to share
- If someone wants to give their life to Christ during discussion, be prepared to pray with them
- Keep the discussion focused on personal application, not just theological debate
- Consider inviting someone knowledgeable about Israel or Jewish culture to a future meeting