



HELP IS HERE

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GET STARTED

- This weekend Aaron talked about trying to hang up a whiteboard and how sometimes we try to handle life on our own with no help. **What is your "whiteboard"? What burdens or plans do you feel you are trying to manage on your own, and how can the Holy Spirit help you navigate them?**

TAKE IT IN

- **What encouraged and/or challenged you from the message this week? Why?**

TALK IT OVER

Read Romans 5:1-5

- Paul talks about how we have peace with God through Jesus, and we can rejoice in our difficulties because they help us grow. Knowing that there is rejoicing while in a struggle; **Discuss how this makes you feel about current struggles you might be experiencing. What are some ways you can become more aware of and rely on the Holy Spirit when facing difficulties or making decisions?**

Read John 14:15-17

- In these verses the Holy Spirit is described as a “Helper”! The Greek word used here is παράκλητος (paraklētos) and is used in the Gospel of John to describe the Holy Spirit’s role in guiding, teaching, and reminding the disciples of Jesus’ teachings. **When you hear the word “helper”, what comes to your mind? The Holy Spirit is extremely important and powerful but our English language makes the word “helper” seem like a secondary role when really the Holy Spirit is the power that lives in us. Does this change your view on the word helper? How does this make you feel about the Holy Spirit?**
- This weekend we discussed how people can react differently to the Holy Spirit, ranging from viewing everything as a supernatural event to dismissing any unexplained phenomenon. **In your own faith journey, have you experienced either of these extremes? How can you find a balanced understanding of the Holy Spirit in your life?**

- These verses briefly mention that “the world cannot accept him” meaning the world can not accept the Holy Spirit because he can not be seen. This is something that the Bible mentions often; that the world will not accept Jesus and therefore might not accept us as believers or at minimum make life hard. This realization should give us all the more reason to follow Jesus as closely as possible and therefore listen to the Holy Spirit! **Can you think of a time when you felt like you heard the Holy Spirit? Did you share that with anyone? Why or why not? What was that experience like?**

Read John 16:7

- In this verse Jesus said that it would be better for him to go so the Holy Spirit could come. Additionally, Aaron pointed out that Jesus emphasized the importance of the Holy Spirit in empowering believers to live their faith. **How can you actively seek to grow your relationship with the Holy Spirit in your everyday life, and what changes might that bring?**

LIVE IT OUT

Discuss in your group ways that you can better notice the Holy Spirit in your everyday lives. How can you listen to the Holy Spirit better? How can you better speak to the Holy Spirit daily? Discuss times in the past where you knew it was the Holy Spirit and how you knew! This can help know how to recognize the Holy Spirit in the future.

Memorize:

“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?”

1 Corinthians 6:19a