



THIS AUGUST

FILLED

**HOW TO
ENCOUNTER
AND EXPERIENCE
THE TRUE
POWER OF GOD**



LIFEGROUPS

Series: Filled

Bible Focus: Ephesians 5:18-21

Date: August 6 & 7, 2016

—[LET'S TALK]—

- What is your greatest non-physical fear? (Something other than snakes, heights, burglars, etc.)

—[CHOOSE 1 SIDE]—

—[LET'S WARM UP]—

- Have you ever known someone who "escapes reality?" What are they seeking?
- When is a time that you have tried to escape reality? How did you feel after?

—[LET'S WARM UP]—

- What do you think it means to have your life saturated in something?
- What are some things outside the Holy Spirit you are tempted to be saturated in?

—[LET'S DIG]—

- Read John 16:7-15, Acts 20:16-24, and discuss how the Holy Spirit helps us wade into reality.
1. What does Jesus say about the Holy Spirit? Why might He be called the Advocate?
 2. How does the Holy Spirit impact Paul in Acts 20? What qualities does Paul show?
 3. What elements from John 16 do you see active in Acts 20?
 4. Can you think of another story when the Holy Spirit helped someone face truth?

—[LET'S DIG]—

- Read Nehemiah 1:1-11, 2:1-5, and discuss being saturated with the Holy Spirit.
1. Nehemiah was "squeezed" by the bad news. What do you see come out of him?
 2. Consider Nehemiah's prayer; have you ever prayed an anguished prayer like that?
 3. Nehemiah risks his life to make his request. Why would he do that?
 4. The king asks Nehemiah what he wants. What was Nehemiah saturated in that supplied the answer?

—[LET'S ACT]—

- Find something difficult, and then practice facing it while saturating yourself in the Holy Spirit.
 1. Choose a difficult reality: a great fear in your life, asking for honest feedback about your character, a tough project you've been putting off, etc.
 2. Saturate: Spend a couple of days in prayer about what you've chosen. Be sure to include scriptures in your prayers.
 3. Make a move: Be strong and courageous! Take a first step to face this difficult reality in your life. Saturating in the Holy Spirit will help you see what that first step may be.



—[**SERMON REVIEW**]—

- Scriptures referenced: [2 Kgs 6:12-23] - [Jn 6:63, 14:26, 16:7, 17:17] - [Eph 5:15-21] - [2 Pt 1:21] - [2 Tim 3:16-17]
- To be filled with God’s Holy Spirit is to experience the presence and power of God inhabiting our lives.
- Other things try to offer authenticity and truth, but we are often left unsatisfied. We all desire an authentic, spiritual experience.
- We need to soak and saturate our whole lives in the Holy Spirit. When we let the Holy Spirit have all of us, we let Him produce in us the character and actions of Christ!
- To be filled with the Holy Spirit is to come completely under His control in every area of your life especially when you’re under great pressure!
- To be filled with the Holy Spirit means to live an awakened life by the power of the Spirit and the Word—a life that is stimulating, alert, and conscious to the reality of God in the universe.
- The Spirit uses the Word of God as kindling to illuminate the darkness of this world and reveal the truth about God, ourselves, others, the past, the present and the future. To live in the fullness of the Spirit then is to experience the authentic presence and power of God.

—[**NOTES**]—
