

Group Discussion Guide

Summer @ One Life
“Walking With The Spirit”

- Pastor Jared described the Holy Spirit using the Greek word 'pneuma,' meaning a current of air or refreshing wind. What does it mean to you personally that the Holy Spirit is described as a 'breath of fresh air' rather than just a set of rules or religious duties?
 - Can you think of a time in your life when you felt spiritually dry or exhausted? How might actively inviting the Holy Spirit as a 'breath of fresh air' change the way you approached that season?
- Pastor Jared drew a clear distinction between condemnation and conviction, saying condemnation pushes us away from God while conviction draws us toward Him. Why do you think it's important to understand this difference, and how can it change the way we see our own struggles and failures?
 - When you make a mistake or fall into a bad habit, which voice do you tend to hear more — condemnation or conviction? What's one practical step you could take to better recognize the Holy Spirit's loving voice in those moments?
- Pastor Jared shared five ways the Holy Spirit works in our lives, drawn from A.W. Tozer's writing — banishing loneliness and fear, comforting broken hearts, curing restless nights, enabling confidence, and convicting (not condemning) people. Which of these five roles of the Holy Spirit resonates most with where you are in life right now, and why?
 - Is there an area of your life where you have been trying to handle things on your own instead of leaning on the Holy Spirit? What would it look like to invite the Holy Spirit into that specific area this week?
- Pastor Jared referenced Luke 11, where Jesus says, 'How much more will the Heavenly Father give the Holy Spirit to those who ask him.' What does it tell us about God's character that He is eager and willing to give us the Holy Spirit simply when we ask?

- How often do you actually ask God to fill you with the Holy Spirit? What might change in your daily routine if you made this a consistent, intentional prayer each morning?

- Pastor Jared taught that the Holy Spirit gives us confidence — not because of our own talent or ability, but because we are never alone. He shared how this truth transformed his own fear of preaching. How does knowing the Holy Spirit is already present in every situation you face change the pressure you feel in difficult moments?
 - What is one situation coming up in your life — a hard conversation, a big decision, a scary responsibility — where you need to remind yourself that the Holy Spirit is already there with you? How can your small group pray for you in that specific moment?