



DISCUSSION GUIDE

THE SPIRIT

SPEAKER: Bo Stern Brady

DATE: October 5, 2025

TEXT(S): I Thess. 4:3-4, with Psalm 42: 1-2,
Romans 12:1-2, John 14:15, and I Thess. 3:12

HOW TO USE THIS GUIDE: *This resource is designed to help you, or your group, step through a progression of engagement with the Bible passage(s) and the speaker's message. Our goal is to help you better understand and apply B4's teaching.*

MESSAGE SUMMARY + DISCUSSION PROMPTS

Sanctification is the ongoing story of God's Spirit at work in His people. This process is not about earning salvation but about participating with the Spirit in becoming who we were made to be: holy, whole, and fully alive. Like transforming a fixer-upper into a beautiful home, the Spirit renovates our hearts and minds, reshapes our desires, and produces fruit such as love, joy, and peace. We learn obedience, grow in purity, think truthfully, love deeply, endure hardship, and hunger more for Jesus. This isn't passive faith. It's an active partnership. Throughout the journey, our lives become more truly living temples, offering visible evidence that the Spirit of God dwells among us and is building His Church from the inside out.

LEAN IN: *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5-10 minutes.*

1. Have you ever taken on a renovation or DIY project? How did it go, and what did you learn in the process?
2. When you hear the phrase "work in progress," what comes to mind?
3. What's something new you've been learning lately that's stretched you?
4. Are you more of a "jump in and fix it" person or do you call "someone who knows what they're doing," and why?
5. What's something you're unexpectedly good at that most people wouldn't guess?

LOOK DOWN: *These are questions about the Bible passage(s) from the message. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Paul says, "It is God's will that you should be sanctified." How does it feel to know that God's will for your life isn't a mystery, but starts with holiness?
2. Why do you think Paul connects sanctification so closely with purity and self-control?
3. Eugene Peterson paraphrases 1 Thessalonians 4:3-4 as a "living, spirited dance." How does that image change the way you think about following God's will?
4. Paul is writing to believers who already know Jesus. Why do you think he still emphasizes the ongoing need for sanctification?

5. What's the difference between trying harder to be good and being transformed by the Holy Spirit?

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. In a world that prizes self-expression and freedom, what do you think it means to live with self-control or personal integrity?
2. Why do you think people resist change, even when they know it could lead to something better?
3. The early Christians were known for living differently than their culture. What does "living differently" mean in today's world, and why might it matter?
4. If you were to describe what "honor" means in modern terms, what would it look like in relationships, work, or daily choices?
5. What role do community and accountability play in personal growth? Why is it often easier to go it alone?

LOOK IN: *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Think about the "renovation" metaphor; What's one area of your life that could use some spiritual repair or renewal?
2. Which aspect of sanctification, whether obedience, purity, thinking differently, love, endurance, or hunger for God, feels most relevant to your current season?
3. When have you recently noticed signs of spiritual growth or "good fruit" in your life? What helped it happen?
4. Where do you sense the Holy Spirit inviting you to say "yes" to change or growth right now?
5. What role could this group (if you are using this for a group discussion) play in helping you stay accountable and encouraged as you grow in faith?

LIVE IT OUT: *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5-10 minutes:*

1. If you were to write a short prayer or statement of commitment based on today's message, what would it be, and who might you share it with?
2. If you haven't already, incorporate these three small rhythms into your daily routine: reading God's Word, spending time in prayer, and offering yourself as a faithful presence by consistently demonstrating Christ's love to others in everyday relationships.

You can find more encouragement on [our series resources page](#).