



Our Constant Companion – Part 2 – The Familiar Stranger (September 21st, 2025)

Sermon Recap

- **Big Idea:** The Holy Spirit doesn't just visit – He makes His home in us.
- Romans 8 shows that the Spirit dwells in believers, leads us, assures us of our adoption, and helps us in our weakness.
- The Spirit is not a squatter but the rightful owner who renovates our lives into a dwelling place for God's glory.
- He doesn't want visiting rights, but the keys to every room in our hearts.

Connect (Icebreaker)

- Share about a time you were home alone and got spooked or felt uneasy. What did you do?
- If you could renovate one room in your house right now (no budget required), which would it be and why?

Contemplate (Scripture & Discussion)

Read Romans 8:9–11

- What stands out to you about the Spirit living in us?
- How does it change your perspective to realize the same Spirit who raised Jesus lives in you?

Read Romans 8:12–14 & John 16:13

- Paul says the Spirit leads us. What's the difference between the Spirit as a resident versus the Spirit as your leader?
- Where in your life do you most need to trust the Spirit's leadership right now?

Read Romans 8:15–16

- What does it mean that the Spirit assures us of our adoption into God's family?
- How does this truth speak to your fears or feelings of insecurity?

Read Romans 8:26–27

- When have you experienced not knowing what to pray? How does it encourage you to know the Spirit intercedes for you?

Read Ephesians 3:16–19

- What does it mean for Christ to “dwell” in our hearts through faith?
- How is this different from treating Him as a guest?

Consider (Application)

- Which part of the Spirit's work (dwelling, leading, assuring, helping) is most meaningful to you today? Why?
- Are there “rooms” in your life that you've kept locked from the Spirit? What might it look like to hand Him the keys?
- How might your life look different if you truly lived with the awareness that the Spirit is your constant companion?
- What is one area this week where you need to actively invite and follow the Spirit's leadership?

Cover (Prayer)

- Thank God for the Spirit who makes His home in us.
- Pray for courage to surrender hidden areas of our lives to the Spirit's renovating work.
- Ask the Spirit to lead, assure, and intercede for each person in the group.
- Close by praying Ephesians 3:16–19 over the group.

Practices for the Week

- Room by Room Prayer: Walk through your home and pray in each room, symbolically inviting the Spirit into every area of your life.
- Daily Listening: Before a decision (big or small), pause and ask: “Spirit, how are You leading me here?”
- Identity Reminder: Each morning, speak aloud Romans 8:15 – “I have received the Spirit of adoption; I am God's child.”