



3 Beliefs for a Better Year

Week 3: The Holy Spirit Lives in Me

Big Idea

The Holy Spirit is not a force or a feeling — He is God, He lives in believers, and His presence transforms how we live.

WARM UP

Warm-Up Question: When you hear the phrase “**Holy Spirit**,” what’s your immediate reaction—and why do you think you react that way?

VIEW MESSAGE

[Watch the Message from this Week](#)

VIDEO NOTES



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READ ALOUD

Have someone read aloud:

- **2 Corinthians 1:21-22**
- **1 Corinthians 6:19-20**
- **John 14:16-18**

DISCUSS

1. Why the Holy Spirit Makes Some People Uncomfortable

Many of us have confused or conflicted thoughts about the Holy Spirit.

- If you grew up around faith: what messages did you “absorb” about the Holy Spirit (even unspoken)?
- What do you think is at stake when we avoid talking about the Spirit?

2. The Spirit Is With Us... But Easy to Ignore

- When life feels overwhelming or uncertain, what do you personally tend to rely on instead of the Holy Spirit?



- What do you think we miss out on when we live unaware of Him?

3. “The Holy Spirit Lives in Me” — What Does That Actually Mean?

Read 2 Corinthians 1:21-22 again.

This passage says believers have been sealed by God, and the Spirit is a deposit—or guarantee—of what is to come.

- What feelings come up when you consider that **God has placed His Spirit in you?**
- What part of your life is hardest to believe the Spirit is truly present in? Why?
- The message said we are not set apart by achievements, appearance, or talent, but by the Spirit. Where do you most feel pressure to “prove yourself”?

4. The Holy Spirit Is a Person — Not a Force

Read John 14:16–18 again.

Jesus calls Him a **Helper** who will never leave.

- When you think of a “helper,” what kind of help do you naturally want most: comfort, strength, direction, courage, peace, clarity, self-control, etc.?
- Where do you currently need help that you’ve been trying to handle in your own strength?
- What’s the difference between living like the Holy Spirit is **available** vs. living like He is **actually leading**?



5. Spiritual Growth Isn't "Try Harder"—It's "Stay Connected"

Have someone read Galatians 5:22–23 aloud.

Fruit grows when something is healthy and rooted—not when it's pressured.

- Which fruit of the Spirit do you most want to grow in you right now—and why that one?
- Where do you feel the tension between “trying harder” and “depending more”?
- What might “more of the Spirit” look like in your life in a very normal week?

APPLY IT

Move from reflection to action. Personal Reflection: If the Holy Spirit is truly **with you and in you**, what part of your life is most in need of His leadership right now?

This Week's Step:

Choose one this week:

- **Acknowledge Him daily**
Each morning: “Holy Spirit, I welcome You. Lead me today.”
- **Practice awareness**
Set a daily reminder on your phone: “Holy Spirit, what are You doing in me right now?”
- **Follow one prompt**
The next time you sense conviction, prompting, or wisdom—respond in obedience quickly.

