

# NEW LIFE ONE STUDIES



Series: “You Are The Church”

Week 3 Study Guide

Message: “The Pressure Is Off”

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## SCRIPTURE

Main Text:	Cross References:
<i>Acts 2:1-41</i>	<i>Acts 1:8</i> <i>Joel 2:28-32</i> <i>2 Timothy 1:7-8</i> <i>Ezekiel 37:1-14</i> <i>Genesis 1:2</i>

## UNDERSTANDING THE STORY

*(This section focuses on understanding what the text means —  
before jumping to what it means for us.)*

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**Read Acts 2:1-4**

**Main Idea:** The Holy Spirit fills God’s people with His presence and power.

**Commentary:**

Pentecost was a major Jewish festival connected to harvest and thanksgiving. Jerusalem was filled with travelers from many nations, positioning this moment for global impact before the disciples even spoke a word.

Luke describes the coming of the Spirit using imagery deeply connected to God's presence throughout Scripture:

**Wind** → connected to the breath and Spirit of God bringing life and power.

**Fire** → represents God's holy presence dwelling among His people. (See: *Genesis 1:2, Ezekiel 37:9-10, Exodus 13:21*)

In the Old Testament, God's presence rested in places like the tabernacle or temple. But here, the fire rests on people. God is no longer simply dwelling among His people—He is dwelling **within** them.

This marks the birth of the Spirit-filled Church.

### **Discussion Questions:**

1. What is the significance of the wind and fire imagery in this passage?
2. How is this moment different from how God's presence operated in the Old Testament?
3. What does this passage reveal about the identity of the Church?

### **Takeaway:**

*The Church is not merely a gathering of people—it is a Spirit-filled people made alive by the presence of God.*

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## **Read Acts 2:5–13**

**Main Idea:** The Holy Spirit empowers the Church for mission.

### **Commentary:**

As the disciples are filled with the Spirit, they begin speaking in languages they never learned. This miracle is not random—it is purposeful.

The nations gathered in Jerusalem hear the wonders of God proclaimed in their own languages. The Gospel immediately begins crossing cultural and language barriers. This reveals an important truth about the Holy Spirit: *The Spirit empowers believers not only for personal transformation, but for mission.*

God fills His people so they can carry the message of Jesus to others.

The mixed reaction of the crowd also reveals that people respond differently when God moves. Some are amazed and curious; others mock and dismiss what they do not understand.

*(See: Acts 1:8, Matthew 28:19, Romans 1:16)*

### **Discussion Questions:**

1. Why is it significant that people hear the message in their own languages?
2. What does this reveal about the purpose of the Holy Spirit's empowerment?
3. Why do you think the crowd responds so differently to the same event?

### **Takeaway:**

*The Holy Spirit empowers the Church to communicate the Gospel so people can encounter Jesus.*

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### **Read Acts 2:14–21**

**Main Idea:** The outpouring of the Spirit fulfills God’s promise and points people toward salvation in Jesus.

**Commentary:**

Peter publicly explains that what the crowd is witnessing is the fulfillment of Joel’s prophecy.

This is significant because it shows:

God planned this moment long before it happened.

The Spirit is being poured out on all kinds of people.

The purpose of the Spirit’s outpouring is connected to salvation.

Peter emphasizes that sons and daughters, young and old, men and women are all included. The Spirit is not reserved for spiritual elites—it is available to God’s people broadly.

The climax of Joel’s prophecy comes in verse 21:

*“Everyone who calls on the name of the Lord will be saved.”*

The movement of the Spirit is ultimately about bringing people to Jesus.

*(See: Joel 2:28-32, Galatians 3:28, Romans 10:13)*

**Discussion Questions:**

1. Why does Peter connect this moment to Old Testament prophecy?
2. What stands out about who receives the Spirit in Joel’s prophecy?

3. How does verse 21 reveal the ultimate purpose of what is happening?

**Takeaway:**

The Holy Spirit was poured out so that people everywhere could encounter salvation through Jesus.

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**Read Acts 2:22–36**

**Main Idea:** The center of the Church’s message is Jesus—His life, death, resurrection, and lordship.

**Commentary:**

Peter’s sermon is entirely centered on Jesus.

He explains:

Jesus lived and ministered with God’s power.

Jesus died according to God’s plan.

Jesus was raised from the dead.

Jesus now reigns as Lord and Messiah.

Peter’s boldness is remarkable considering this is the same disciple who previously denied Jesus out of fear. This transformation highlights the power of the Holy Spirit at work in ordinary people.

The Church’s message is not self-improvement or religion—it is the Gospel of Jesus Christ.

**Discussion Questions:**

1. What are the main parts of Peter’s message about Jesus?
2. Why is the resurrection central to Peter’s sermon?

3. How does Peter himself demonstrate the transforming power of the Spirit?

**Takeaway:**

The Church is called to boldly proclaim Jesus—His life, death, resurrection, and lordship.

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***Read Acts 2:37–41***

**Main Idea:** The Holy Spirit works in the heart as people hear the Gospel.

**Commentary:**

When the crowd hears Peter’s message, they are “cut to the heart.” This reveals the work of the Holy Spirit.

Peter speaks the message, but God is the One transforming hearts.

Peter calls the people to:

Repent (Turn from sin)

Be baptized (Trust in Jesus, and fully live for Him)

Receive the gift of the Holy Spirit (Given to all who believe)

About three thousand people respond and become part of the Church.

This moment demonstrates that spiritual transformation is not produced by human effort. God works powerfully through ordinary obedience.

**Discussion Questions:**

1. What does it mean that the people were “cut to the heart”?
2. Why is repentance an important response to the Gospel?
3. What does this passage reveal about the relationship between human obedience and God’s power?

**Takeaway:**

Our responsibility is faithful obedience; God’s role is power.

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## **MAKE IT PERSONAL**

Acts 2 reminds us that the Christian life was never meant to be lived through human strength alone.

The disciples were ordinary people: fearful, uncertain, imperfect — but when they were filled with the Holy Spirit, they became bold witnesses for Jesus.

**Reflection Questions:**

1. Where have you been carrying responsibilities that belong to God instead of you?
  2. What fears or insecurities tend to silence your witness?
  3. How would your life change if you truly believed the Holy Spirit was empowering you?
  4. Where do you need to stop striving and start trusting God’s power?
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# LIVING IT OUT

The early Church responded in obedience and trusted God to work through them.

## Action Steps:

1. Pray daily this week for fresh filling and boldness from the Holy Spirit.
  2. Identify one person you can intentionally encourage, serve, or talk to about Jesus.
  3. Release the burden of outcomes to God—focus on faithful obedience instead of results.
  4. Read Acts 2 again this week and reflect on what stands out about the Spirit's work.
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## *For LifeGroups:*

# ENCOURAGE EACH OTHER

**God moves in power — the pressure is off!**

## Share:

- a. Where do you most often feel pressure or fear when it comes to living out your faith?

- b. Have you experienced a moment where God gave you boldness or words you didn't expect?
- c. What would it look like for this group to rely more on the Holy Spirit together?

**Pray together:**

- a. Ask God for fresh boldness and dependence on the Holy Spirit.
- b. Pray for opportunities to speak about Jesus this week.
- c. Pray for people in your lives who need to encounter Jesus.
- d. Ask God to move powerfully through our church and region.