

# WHO IS THE HOLY SPIRIT?

Week One



*Ephesians 1:13-14*

And you also were included in \_\_\_\_\_ when you heard the \_\_\_\_\_ of \_\_\_\_\_ the gospel of your \_\_\_\_\_. When you believed, you were \_\_\_\_\_ in him with a seal, the promised \_\_\_\_\_, who is a deposit \_\_\_\_\_ our inheritance ...

*Notes:*

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## *Discussion Questions:*

- ◆ Before this message, how would you have described the Holy Spirit to someone? Did anything from this week's message change that?
- ◆ Read Sunnybrook's statement of faith on the Holy Spirit together:  
*The Holy Spirit is in the world to make men aware of their need for Jesus. He also lives in every Christian from the moment of salvation. He provides the Christian with power for living, understanding of spiritual truth and guidance in doing what is right. He gives every believer a spiritual gift. As Christians, we seek to live under His control daily.*  
Is there anything about this statement you find confusing, or are there questions you have about the Holy Spirit you hope to have answered during this series?
- ◆ The message described the Holy Spirit as our primary guiding force. Have you experienced that in your life? How so?
- ◆ Explain in your own words what it means to be "filled by the Spirit".
- ◆ Why do you think surrendering control of our lives is so hard? What are some ways this week you can work on surrendering? Share with the group and spend some time in prayer for one another.
- ◆ Read the Apostles' Creed together as a group. You can find the full creed on our website or by scanning the QR code below.

### *Practice*

## *Breath Prayer:*

*A breath prayer is a simple, short prayer that is prayed slowly in rhythm with your breathing. It is a simple way to stay aware of God's presence throughout your day. Take a slow breath in as you pray, "Holy Spirit, fill me," and then breathe out slowly, "I put You in charge." Repeat it a few times whenever you feel distracted or need to refocus. Over the week, let it become a reminder that the Holy Spirit is with you, working in you and leading you.*

*Inhale: Holy Spirit, fill me.*

*Exhale: I put You in charge.*

***Want to learn more about the Holy Spirit?***

***Scan this QR code or visit [sunnybrookchurch.org](http://sunnybrookchurch.org).***

