

Main Street Church - Life Group Guide

Series: Together for Good

Message 5: The Thirst - Satisfying Our Deepest Longing

Speaker: [Brent Trickett - Family Life Canada](#)

Date: March 22, 2026



Connect (30min)

1. **The Thirst** – Read [Psalm 63:1-8](#) & Open in Prayer
2. What is your favourite *Hot Drink* on a cold day? What is your favourite *Cold Drink* on a hot day?
3. Share a brief story about a time when you really wanted something (a toy, a job, a relationship) thinking it would make you happy, but it didn't last.

Message Discussion (45min)

REFLECTION: *Brent Trickett* discussed his own "drinking problem"—not just with alcohol, but with trying to quench a spiritual thirst with physical things.

1. **The Drinking Problem** – Brent shared how a breakup at 23 revealed he had made his fiancée his "God."
When have you looked to a person or an achievement to validate your worth?
2. **The Design** – We are created in the Image of God, for relationship.
Why do we often try to fill our eternal hole with temporary things?
3. **Inside Out** – The world tells us to fill ourselves from the outside-in (relationships, success).
How is God's invitation to be changed from the "Inside-Out" different?
4. **The Waterfall** – Paul describes the Spirit-filled life as a flow: Spirit -> Heart -> Gratitude -> Relationships.
Which part of this flow is hardest for you to maintain?

READ: [Ephesians 5:18–21](#) and [John 7:37–38](#).

1. **Read Ephesians 5:18.** "*Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.*"
Paul contrasts being drunk with being filled with the Spirit because they are both influences that control how we walk and talk.
 - > What are some modern "wines" (besides alcohol) that people use to numb their pain or thirst?
 - > How does being under the influence of the Spirit look different than being under the influence of those things?
2. **Read Ephesians 5:19-21.** "*Submit to one another out of reverence for Christ.*"
Brent described these verses as a "waterfall"—submission (v.21) isn't a new command, but the overflow of being filled (v.18).
 - > How does viewing submission as a "spillover" of God's joy change how you view serving your spouse, friends, or coworkers?
 - > Why is it dangerous to try to serve others without first being filled yourself?

3. **Read John 7:37-38.** "If anyone thirsts, let him come to me and drink."

Jesus gives two simple commands: Come (approach Him as source) and Drink (internalize His grace).

> What stops you from coming to Jesus when you are feeling "dry" or empty?

> Do you tend to try to "clean yourself up" first, or do you run to Him in your mess?

RESPOND:

1. **Read Galatians 5:13-26.** Brent talked about the following options for us in response.

2. **Spiritual Breathing** - A way to surrender to God.

First — Exhale (Confess):

> Confessing my wrongs and admitting the good things I've failed to do.

> God promises to forgive us: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9 (NIV)

Second — Inhale (Surrender):

> Surrendering to God in every area of my life and asking Him to fill me with His Spirit and to empower me and change me. Stop trying to fill yourself.

> Multiplying God's Investment is a Choice.

> Indwelling is Constant; Filling is Continuous.

3. **What will you do? What practical steps can you take to practice "Spiritual Breathing" this week?**

REVIEW:

- **God wants to fill you from the Inside-Out with His Spirit.**
- **Relational health is the result of a Spirit-filled life.**
- **We must "Exhale" (Confess) and "Inhale" (Surrender) continuously.**

PRAYER (15min)

>> Set aside 15min to Pray together as a group. Break into groups of 3-4 people to enhance this time.

● **Part 1: How can we pray for you and your key relationships?**

a. **With God** b. **With Family** c. **With Friends**

Share specific needs and requests and pray for one another.

● **Part 2: Who is one other person in your life that we can pray for?**

Share their specific needs and pray for them together.

FYI

>> Share [announcements](#) and confirm plans for your next Life Group meeting.

- **Partnership Class.** Sunday, April 12. 6pm. mainstreetchurch.ca/growthtrack
- **Set Free Retreat.** April 17-18. mainstreetchurch.ca/set-free
- **Hearing God Workshop.** Sundays, April 19-May17. mainstreetchurch.ca/hearing-god