



Table Group Discussion Guide

Title: “The Holy Spirit” | October 11, 2026

*Please respect each other by keeping confidential what someone else has shared during the group time. This helps to keep the environment a safe place to show our wounds and find healing.

Looking Back (5-10 minutes)

Last week’s practice: when you felt desire rising, ask one question — *what am I actually hungry for right now?* We were practicing **love**, one of the nine things Paul says in **Galatians 5:22–23** that the Spirit grows in a person: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

- Two sentence response. Did you ask it? Did the Spirit help to reorder your desires?

Getting Started (15 minutes)

1. When you first began reading the Bible, was there a passage or teaching that confused or even offended you? How did your understanding of it change over time?

2. Tony described the Holy Spirit as being like a small, sensitive bird that flies away when there is conflict or noise in the house. How does that image resonate with your experience of sensing God's presence?

Getting Into the Word (25 minutes)

Scripture: **John 6:48-63, 1 Corinthians 9:9, 2 Corinthians 6:14, Ephesians 4:29-30**

In John 6, Jesus describes eating His flesh and drinking His blood, and many of His followers found it deeply offensive. Tony explains that Jesus clarifies this by saying His words are spirit and life (John 6:63).

3. What does it mean to you to approach Scripture with spiritual eyes rather than only a natural understanding?

Tony makes the point that the Holy Spirit and the Word of God always agree and never contradict each other.

4. Why is this an important safeguard? Have you ever seen or heard of someone claiming spiritual direction that conflicted with Scripture? What was the result?

Two Old Testament laws from Deuteronomy were referenced, one about not yoking an ox and a donkey together and one about not muzzling an ox while it treads grain, and shows how Paul applies both to New Testament principles in **2 Corinthians 6:14** and **1 Corinthians 9:9**.

5. What does this tell us about the consistency and depth of God's Word across both Testaments?

Going Deeper with Each Other (25 minutes) *If your group has more than eight people, split into circles of three or four for these questions and come back together to pray.

Tony compares seeking God daily to a marriage relationship, noting that telling your spouse you love them once at the wedding is not enough.

6. How does this comparison shape the way you think about your prayer life and time in the Word?

Tony says that when we are not receiving answers to our prayers, one question worth asking is whether we are keeping God's commandments.

7. How do you respond to that idea? Does it feel convicting, encouraging, or both?

One quote from the sermon stands out: "I'm not worried about what I don't understand. What I do understand is enough to keep me busy for the rest of my life."

8. How does that perspective free you in your approach to studying Scripture?

Pray for Each Other (10 minutes) *Before you start: some of us have been following Jesus for a long time, some are newer at it, and some are still figuring out what they believe. All of that is welcome at this table. Nobody has to pray out loud, and nobody has to agree with something they haven't decided on yet.

Daily Prayer for the Spirit. Ask the Holy Spirit to open your spiritual eyes and ears to understand God's Word more deeply.

Make it a habit to ask God each morning to fill you with His Holy Spirit and to give you spiritual understanding as you read His Word. Treat it as asking for your daily bread. Before reading the Bible this week, pause and ask the Holy Spirit to be your teacher. Notice whether passages you have read before take on new meaning.

One Thing to Carry into the Week

Tony references the story of Elijah in the cave, where God was not found in the wind or the earthquake but in a still, small voice.

What practical steps can you take this week to quiet yourself enough to hear the Holy Spirit?