

Small Group Discipleship Guide

Ice Breaker

Question: Have you ever been around someone who was clearly “filled” with something — whether it was excitement, nervousness, or even alcohol? What did that look like, and how did it affect the people around them?

Scripture Reading

Have someone read **Ephesians 5:15-21** aloud:

“Pay careful attention, then, to how you walk — not as unwise people but as wise — making the most of the time, because the days are evil. So don’t be foolish, but understand what the Lord’s will is. And don’t get drunk with wine, which leads to reckless living, but be filled by the Spirit: speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, giving thanks always for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another in the fear of Christ.”

Discussion Questions

Understanding the Message

1. Pastor Phil shared a story about feeling like something horrible happened to his son, and how the Holy Spirit tugged on his heart to respond differently than his anger wanted him to. Can you think of a moment when you felt that same kind of tug? Did you follow it or ignore it?
2. Paul says to “pay careful attention to how you walk.” What does it look like practically to walk *wisely* versus walking *foolishly* in your daily life right now?
3. The “alcohol myopia” idea from the sermon suggests that being Spirit-filled narrows your focus — you become less worried about the risks of following God and more locked in on what He’s doing. What risks of following the Spirit have you been hesitant to take?

Going Deeper

4. Pastor Phil listed three practical steps from the church’s values: **pray** (even just “God, help me”), **get into God’s Word daily**, and **respond to the voice and leading of the Holy Spirit**. Which of these three is most underdeveloped in your life right now?

5. The signs of being Spirit-filled that Paul lists are communal — singing together, giving thanks, *submitting to one another*. Why do you think the evidence of being filled with the Spirit shows up so much in how we relate to *other people*?
 6. Pastor Phil mentioned that he's seen people make "leaps and bounds" in their walk with Jesus as they engage with Scripture and ask God to change them. Where have you seen that kind of growth — in yourself or in someone you know?
-

Personal Reflection (3 minutes, quiet)

Read this slowly and sit with it:

"So don't be foolish, but understand what the Lord's will is... be filled by the Spirit."
— Ephesians 5:17-18

Ask yourself: - Where is the Holy Spirit prodding me right now that I've been slow to follow? - What would it look like to say "Yes, Lord" to that prompting this week?