



# RESURRECTED LIFE

## PART ONE: NOT ALONE

The resurrection of Jesus is the foundational event of the Christian faith. All that we believe and know to be true about Jesus is because of the resurrection. Jesus told his followers that his “death and resurrection” was the starting line, not the finish line. It was the beginning of what he started—a new family, movement, and way of life.

*Have you ever felt that way in your Christian faith—unsure, anxious, or confused? If so, you’re in good company! The disciples felt that way when Jesus told them he was going to die and leave them. The good news is that Jesus didn’t leave them stranded. He left them with the promise that the Holy Spirit would be coming, and we are beneficiaries of that same promise.*

## SCRIPTURE

### Philippians 4:7.

*“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

## PRE-VIDEO TABLE DISCUSSION [6:30 PM]

### QUESTIONS:

1. Think about a time you went somewhere new, maybe for a vacation or for work. While you may have had a little knowledge about where you were going, there were probably a few (or a lot of) things you still had to navigate.
  - How did you feel during that experience?
2. What comes to mind when you hear “Holy Spirit”?

[ON YOUR OWN]

## WATCH THE VIDEO | NOTE-TAKING GUIDE [6:50 PM]

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[WITH YOUR GROUP]  
**GROW** | POST-VIDEO DISCUSSION

DISCUSSION [1].

**REFLECT:** One way the Holy Spirit comforts us is by bringing peace in the midst of hard situations and seasons in life.

Read **Philippians 4:7**.

*“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

**QUESTION:** Share a time when you experienced this comfort from the Holy Spirit.

DISCUSSION [2].

**QUESTION:** When was a time you really needed the comfort of the Holy Spirit?

DISCUSSION [3].

**REFLECT:** No one usually enjoys or appreciates another person pointing out something wrong in their life.

**QUESTION (A):** Why do you think it’s important for the Holy Spirit to do this in the lives of believers?

- What’s the purpose?

DISCUSSION [4].

**QUESTION (A):** In what way(s) has the Holy Spirit led you to life change?

- How did that change make you better as a Christ follower?
- Did you notice improvements in other areas of your life? Ie. As a spouse, parent, friend, family.

**QUESTION (B):** How did others around you respond to your personal change and spiritual growth?

- Were the responses positive or negative?

## BEFORE NEXT TIME

There are three things the Holy Spirit does for us:

1. He is our advocate, which also means “helper,” “comforter,” or “encourager.” He comforts us during the challenging times in our lives.
2. He provides conviction (not guilt or condemnation) that produces a distaste for our sins and drives us to change.
3. He guides us in truth to a life that lives and looks like Jesus.

Over this week, set aside time to invite the Holy Spirit into your everyday life intentionally. Pray along the lines of, “Holy Spirit, please bring encouragement to me in situations I’m feeling challenged by, the conviction in areas that I need to change, and guidance for decisions I need to make.”:

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## MEMORIZE

*“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

**Philippians 4:7.**

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## PRAY | DISMISS [8:00 PM]

Take time to pray as a group. You can use the following prayer as a guide:

“Heavenly Father, thank you for not leaving us to live life alone. Thank you for giving us the Holy Spirit to walk alongside, encourage, convict, and guide us. You know we can’t live on our strength alone. Help us this week to walk in step with your Holy Spirit and to live the resurrected life.”