4 Helps: Power

Daily life can be difficult, but the Holy Spirit gives us power for living

+Essentials **B**

Group Discussion Flow

connect with needs

- Find out how they are doing. Ask also how their ***action to take*** and ***person to tell*** went last week.
- Pray for wisdom from God for the session.
- Start by stating: *"Daily life is challenging at times."*

  Then, surface experiences:

  "Let me tell you how I have experienced this."

  "Tell us how you have experienced this."
- Transition to the Bible by saying, *"The Holy Spirit can give us power to cope with the daily challenges of life."*

hear what God says

- Read (or tell) a Bible story/passage related to the topic.

  Choices:

  Galatians 5:16–23
  Ephesians 3:16, 20
  Acts 4:5–14 (story)

  Two of these passages may be enough to cover in one session.

  Commentary:

  Galatians 5:16–23 — The desires of the flesh and the Spirit are contradictory to each other. We do not do what we want to do to be obedient to Christ. However, if we live by the Spirit, we will have power to say "no" to the desires of our sinful nature.

  Ephesians 3:16, 20 — (used earlier in the 4 Walks Section) — This passage gives an amazing statement of how much power is available to help us live lives that reflect God to those around us.

  Acts 4:5–14 — Peter and John are detained and must account for their ministry to the religious leaders.

- Discuss each passage using the following questions, or the alternate questions below:

  What do you think this passage teaches us?

  What can we learn about God or our response to God?

  How do you think this passage relates to the statement we discussed earlier: "Daily life is challenging at times"?

apply that to life

- State the main lesson: *"Daily life can be difficult, but the Holy Spirit gives us power for living."* Have them write the ***lesson learned*** on their Mini-Journal card.
- Discuss:
  What are some things that keep us from experiencing the power of the Holy Spirit in our daily challenges?

  What is one action you can take this week to overcome one of your life challenges through the power of the Holy Spirit?
- Have them write down their specific ***action to take.*** Then in groups of two or three, have them share what action they plan to take. Finally, have them pray for one another.

tell someone they know

- Ask whom they know who might be interested in hearing about what they are learning.
- Have them write the name after ***person to tell.*** Then, in groups of two or three, have them share whom they plan to tell. Finally, have them pray for one another.
- Encourage them to tell those people in the next few days.

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notes and preparation checklist

pray

- ☐ Pray for wisdom.
- ☐ Pray for group members.

connect

- ☐ Think of a good personal example to share.
- ☐ Decide when and how to transition from **connect** to **hear.**

notes and preparation checklist

hear

Alternate questions to ask:

☐ Galatians 5:16-23

1. *How common are the acts of the sinful nature?* (Verses 19–21) Give some examples you have observed (without mentioning names).
2. *How easy is it to implement the fruit of the Spirit in everyday life?*(Verses 22, 23)

   Draw the conclusion that the Holy Spirit provides practical power for living.

☐ Ephesians 3:16, 20

In your own words, how would you describe the power of the Spirit in light of verse 20?

Once again, highlight that this power "strengthens *our* inner beings" and "works within us."

☐ Acts 4:5–14

1. *Of what are Peter and John "guilty"? What gave Peter the boldness to answer his accusers?*
2. *What did the religious leaders find astonishing about them?* (see verses 13 and 14)

notes and preparation checklist

apply

- ☐ Decide when and how to transition from **hear** to **apply.**
- ☐ Be prepared to encourage people to a specific action step. Have an example in mind.
- ☐ Print Power Mini Journal.

notes and preparation checklist

tell

- ☐ Encourage people to do this despite their natural tendency not to.
- ☐ Look for group members who **tell** easily. They may be good at leading their own group soon.