



A Guide for Spiritual Formation

Theme of the month:	Embracing the Holy Spirit
Text for the Week:	Acts 1:6-8
Message for the Week:	"Being filled with the Spirit"
Theme for the Week:	We need to be filled with the Holy Spirit

Week 3

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What are the 5 most important things in your life?

Read:

Read [Acts 1: 6-8](#) out loud.

What words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them those who are with you.

Respond / Reflect:

What does it mean for you/us to be filled with the Holy Spirit?

Being filled with the Holy Spirit is a statement of total surrender to the Spirit of God. How do you/we go about surrendering, yielding, and allowing your/our thoughts, perceptions, and actions to be controlled by the Spirit?

“Let’s focus together on the **main** thing - keeping the **main** thing the **main** thing.” – Pastor Doug

Is the main thing (being filled with the Holy Spirit) your main thing?

“Try It!”

Place a large empty vase or pitcher or 5-gallon bucket somewhere in your house where you will see it multiple times each day.

EVERYTIME you see it, place something in it (a golf ball, rock, toothpick, penny, Lego, a quarter cup of water, etc.) and offer a prayer to God asking to be filled with the Holy Spirit.

Prayer: Spend time in prayer regarding the things God revealed and that you discerned in your time with God today.

Also, spend time in prayer for the other person(s) who are with you...

“Father, I/we need You. I/We hunger and thirst for a more vital relationship with You. I/We admit that I/we have often tried to be in control of my/our own life. As a result, I/we have sinned against You.

“Thank You for forgiving my/our sins through Christ’s death on the cross. I/We now confess and turn from my/our sins. I/We surrender the control of my/our lives to the Lord Jesus. By faith, I/we ask You to fill me/us with the Holy Spirit as You commanded me/us to be filled. You promised to fill me/us if I/we ask according to Your will. I/We pray this in the authority of the name of Jesus Christ.

“To demonstrate our faith, I/we now thank You for filling me/us with Your Holy Spirit and for taking control of my/our life. Amen.”