



HEALTHY HEART

DIGGING DEEPER

WEEK 4: Holy Spirit

This study guide is designed to help you dig deeper into the weekend message and apply it to your life. The questions below are meant to encourage thoughtful reflection, discussion, and prayer for you, and your Life Group.

PRAY [Have someone in your group open in prayer.]

MESSAGE SUMMARY

This week at Fair Oaks Church we wrapped up part 2 of our series *Spiritual Fitness*. We learned that a healthy heart is focused on God by living a life that is Spirit-filled and empowered by the Holy Spirit.

KEY SCRIPTURE [Read aloud]

“And Jesus said to them: If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live.” **John 14:15-19**

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Read the following passages about the Holy Spirit and his work in us: Ephesians 5:17-21, Acts 8:14-17, 1 Corinthians 12:3-11
Which of these passages seems the most familiar to your experience and understanding of the Holy Spirit? Which seems the most unfamiliar to you and why?
3. One of the questions we have asked this week is: “How regularly do I invite the Holy Spirit to fill, guide, and empower my life, consciously yielding control of self to the loving control of the Holy Spirit?” How would you answer that question today? How might you take a step in this area with the Holy Spirit?
4. If you haven't yet, take a moment to take the *Healthy Heart: Holy Spirit* portion of the *Spiritual Fitness Assessment* (available fopc.org/spiritualfitness or via the Fair Oaks Church app).
Share your score with your group or a spiritual friend. Where does your current score for love for God and being filled and led by the Holy Spirit land on the Spiritual Fitness Scale? How might grow in your ability to live a Spirit filled and empowered life?

PRAY [Close your time in prayer. Allow time to pray for any needs in your group.]

Close your time by asking God to help you and your group to love God with all of your heart, soul, mind, and strength.