

# The Holy Spirit - Week 1

**Ice-breaker.** As a group, or in small groups, list as many words as you can that are associated with the Holy Spirit.

**Read** Galatians 5:22-23

**Discuss:**

Perhaps the best way to understand the Holy Spirit, is by impact.

The Holy Spirit is like a multi-faceted diamond, that displays several qualities at once. We often like to separate the fruit of the spirit, but Paul leaves us no option to do that.

Why do you think Paul suggests that against any of these, there is no law?

**Group Discussions:**

Which part of the fruit of the Spirit do you find most challenging?

What part do you think others see in you?

What part is your work/home/social groups in need of most?

What can you do in the next week to allow that part of the fruit to grow in those areas?

**Feedback from Groups.**

**Receive:**

Take time to sit quietly and reflect on which fruit of the Holy Spirit have stood out to you today, ask yourself why, what do you need to do, what do you need to pray about, does anything need to change?

**Discuss:**

What impact does/should the Holy Spirit have on our lives?

**Pray:** Dear Lord, as we rise to meet each new day, please let us be filled with more of You, to be more like Jesus and to have more of Your Spirit at work in us. Wherever we go, let us spread love, joy, peace, patience, kindness, generosity, faithfulness and self control.

Let us desire to become more like You and to worship You in all we do. Help us desire these things so much more than the sin that entices us and the mundane ways of this ever-changing world.

Thank you for always going before us.

In Jesus' Name, Amen.