



The Spirit-Powered Life Jimmy Witcher

Focus God wants us to live a Spirit-powered life and empowers us to do so through the Holy Spirit.

Fun Are you on Team Black Friday Shopping or Team Stay Home? Or do you enjoy a different activity on the day after Thanksgiving?

Review Key Scriptures: John 3:3–8; Matthew 6:31–34

Are you rowing in your strength or sailing with the Holy Spirit?

1. Is your relationship with God centered on shame and condemnation?

When we feel God is mad at us because of our sin, we are sin focused. Our eyes are on ourselves, and we become focused on sin. God wants us to be Spirit focused and overcome sin by His power.

2. Is your life marked by worry?

Worry and stress have become a badge of honor. However, worry and stress are detrimental to our physical, emotional, and spiritual health. The Lord wants us to surrender to Him, relax, and let the Holy Spirit guide us.

3. Are you intimidated by fear?

Fear is a spirit that cannot live in the wind tunnel of God's grace. When we have the Holy Spirit, we have power, love, and self-discipline. We don't have to listen to the spirit of fear anymore.

Group Dynamics Idea Our annual Christmas production *Chasing Lights* is just around the corner! Challenge your group to invite a friend, neighbor, or coworker to join them for this special event. For more details, visit gatewaychristmas.com.

Discuss

1. Pastor Jimmy Witcher said honoring stress and worry have become values in our society. What are ways we value stress and worry or see them honored?
2. Read Matthew 6:31–34. What is God's answer to stress and anxiety?
3. When Jesus talks about the kingdom of heaven, is He talking about a place you experience after you die or right now? How does this truth impact how we live today?
4. Consider rowing a boat versus sailing in a sailboat. What force is the driving energy behind each one? How do these relate to relying on the Holy Spirit?
5. The illustration of skydiving in a wind tunnel was used to illustrate allowing the Holy Spirit to be the wind that powers us. When we step into the wind of the Holy Spirit, He carries us. What prevents us from allowing the Holy Spirit to empower us?
6. In Romans 8:1–2, we read that there is no condemnation in Christ Jesus. According to these verses, from what are we set free? How can this change our focus?
7. Fear is a spirit. What has this spirit added to our lives? According to 1 Timothy 1:7, the Holy Spirit empowers us with what three qualities?
8. What areas of your life are you living in the spirit of fear, condemnation, shame, or worry? Are you ready to relinquish control and allow the Holy Spirit to empower you? Ask the Lord what it looks like for you to let go of what is weighing you down.

Take Home As we conclude, remember the following:

- Stress and worry keep us from fulfilling the life God wants us to live. He gave us the Holy Spirit, so we can live a stress-free life.
- We can step into the kingdom of heaven right now and live a life of rest, peace, and contentment.

- When we live a Spirit-focused life, His power gets us over our sin. We can relax, and the spirit of fear has no control.
- Keys to sailing with Holy Spirit: Talk to Him—regularly! Pray in the Spirit. Make decisions in faith. Keep your head up and relax.

Prayer

Thank You, Lord, for Your Holy Spirit. Show me areas of my life where I have focused on shame, condemnation, and stress or allowed fear to intimidate me. I repent for trying to control my life. Holy Spirit, I submit to You. Right now, I choose to step into kingdom-of-heaven living and allow You to empower me and direct my steps. Lord, I trust You. In Jesus' name, Amen.

New Leader Tip Just because we take time off from meeting during the Christmas season doesn't mean you can't get together. For some, this is a lonely time of year. Ask your group for ideas for activities. Group members can head up the different outings with whoever can attend.