

## THE LIFE CHALLENGE

### CONNECT

How do you deal with change in your life? (ie. you love it or you don't deal with it well) **OR**  
Share a story about a recent life change and how you dealt with it.



### IDENTITY

Pastor Jonathan talked about the struggle we feel with the tension of **our part** and **God's part** in change. (two ditches)

Which side do you feel like you struggle with more?

Do you agree or disagree that real freedom involves limits?  
Why or why not? How does culture define this?

### THE EXAMEN

How have you experienced or understood the role of the Holy Spirit in your life?

Pastor Jon talked about the Holy Spirit as the *paraclete* (one who stands alongside). This word meaning **counselor, advocate, comforter and helper**.

Which of these ways do you need the Spirit to work in your life right now? After sharing, talk a moment to pray for this.

***"Without the Spirit of God, we can do nothing. We are as ships without the wind, branches without sap, and like coals without fire, we are useless."***

Charles Spurgeon

### PRACTICE: CONTEMPLATIVE PRAYER

If contemplating (beholding or staring) the glory of God is a way we participate in transformation, let's try it right now.

Set a timer for 5 minutes. Try sitting comfortably in your seat, close your eyes and focus your attention on Jesus. When your thoughts stray, return them to Jesus. Fix your attention and love on Him. This is hard to do, so be gracious to yourself. This is just one way we can behold Him.

Feel free to share after how it went for you. We are learning together.



### PRAY TOGETHER

*If you are willing share needs with one another. Then pray together.*