



LIFE GROUP NOTES

Week Beginning: 17th March 2024



Ephesians 1:13-14 and 5:18-20. Be filled with the Spirit

Warm Up

I love a good bonfire or watching the flames of a fire in the grate. What is it about fire that fascinates people?

Background and context

Fire is one of the most fascinating elements in the world, it can be both destructive and purifying. In the Bible it has a significant role and is full of symbolism. For example fire can represent; the Holy Spirit, baptism, judgement, wrath, purification, testing, destruction, holiness, zeal and of course the presence of God. Look up these verses to see examples of the symbolism of fire used in the Bible.

Heb 12:29, Luke 3:16, Exod 13:21,19:18,40:38, James 3:6, Lam 2:4. Luke 12:49, 1 Cor 3:13, 1Pet 1:7

1 Kings18:24,38, 2 Chron 7:1, Lev 9:24, 2 Thess 1:8, Acts 2:3 Deut 9:3 , Jer 23:29 Exod 3:2

Luke 24:32 Can you think of more?

Thinking it through: Main discussion/activity



Read: Eph 1:13-14 and 5:18-20. What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

1. Why do think fire is such a consistent biblical metaphor?
2. When does Ephesians 1:13-14 say that Christians received the Holy Spirit?
3. What does it mean that the Holy Spirit is "a deposit guaranteeing our inheritance"?
4. **Read Eph. 5:18-20.** How do we know that Paul is talking about an action rather than a feeling or experience?
5. How can we encourage people if they say they don't feel the Holy Spirit?
6. What things that people look for under the influence of alcohol do we experience under the influence of the Holy Spirit?
7. What does Paul describe as the downside of being under the influence of alcohol?
8. **Read 1 Cor 14:29-33.** If someone is concerned about losing control of themselves under the influence of the Spirit, how can we encourage them?
9. **Read Philipians 2:12-13.** What do you understand it to mean when it says, "God works in us to will and to act in order to fulfil his purpose"?
10. **Jeremiah 29:13,** says "You will seek me and find me when you seek me with all your heart." What stops you doing this? What can you do to overcome these obstacles?
11. Where are feelings in all of this?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.