



Session 9:

'How do I keep in step with the Holy Spirit?'

Amanda McPhie

Group Questions:

1. What images does "walking in step" bring up for you?
2. Can you think of and share examples/times when you have been walking in step with the Holy Spirit?
3. Amanda talked about the Holy Spirit being our advocate (John 14:26). What particularly resonated with you about this (e.g. representing our interests, empowering us)?
4. How do you relate to the Holy Spirit? Do you feel you know Him? Do you hear Him or sense Him directing you? Do you trust Him?
5. Read Galatians 5:16-26. In verse 16 it says, "walk by the Spirit" and in verse 25 it says, "if we live by the Spirit, let us also keep in step with the Spirit". What is the context for this and why is this contrasted with gratifying the desires of the flesh?
6. What if anything is distracting us from hearing and obeying the Spirit or keeping in step with Him?
7. Why does Jesus being the same and not changing help us cope with change?
8. Do you see your journey with Jesus as a sprint, a long distance run or a walk? Why does it matter?
9. What suggestions do you have to practise keeping in step with the Spirit?
10. Think about what is distracting you, causing you to run ahead or lag behind. Are you able to confess these to the group, so they can pray for you?