

## Listening to the Spirit | Week 3

### Introduction

Listening to the Spirit moves us from chaos to calm. By releasing control and surrendering our will to God, we experience the life and peace found only in His presence.

### Conversation Starters (10 minutes)

- What is the most peaceful or "calm" place you have ever visited, and what made it feel that way?
- How do you typically try to quiet your mind when you feel overwhelmed or busy?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

### [Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to [Ephesians 6:18](#).

### Group Discussion (45 minutes)

#### *Starter Question from the Video:*

1. Where do you most feel connected to God?

#### *Scripture Observation:*

2. Re-read [Ephesians 6:18](#). According to this verse, how often and for whom should we be praying?
3. Read [Romans 8:6](#). What are the two different results of how a person chooses to "govern" or lead their mind?

#### *Scripture Interpretation/Discussion:*

4. What do you think it looks like practically for a person to have a mind "governed by the Spirit" in the middle of a stressful day?
5. Why is being "alert" a necessary part of listening to the Spirit and praying for others?

#### *Personal Application:*

6. In this weekend's message, Chad taught that listening to the Spirit helps us move from chaos to calm. In what area of your life are you currently feeling "chaos" where you need God's peace?
7. Releasing control can be difficult. What is one specific worry or plan you need to surrender to God this week to better follow the Spirit's lead?

For Further Exploration (Optional):

Read [Galatians 5:25](#). What does it mean to you to "keep in step" with the Spirit daily?

Prayer (5 minutes)

Close your group time in prayer. You can use these words or your own:

*"Holy Spirit, lead us from chaos into Your perfect calm. Help us release our need for control and surrender our hearts to Your will today. May we experience the life and peace that only comes from walking with You. Amen."*

Practices to Help You Grow (5 minutes)

- Spend five minutes each morning in silence, asking the Spirit to govern your thoughts.
- Identify one "chaos" moment this week and intentionally stop to pray for calm.
- Practice "releasing control" by journaling one thing you are handing over to God.
- Hear from God each day through His Word. Follow along with us in our Daily Bible Reading in the Sun Valley app.

Announcements

Upcoming Opportunity to Make an Eternal Impact on the Next Generation: Summer Camps!

Here's how to join us:

### **All Camp Volunteer Interest Meeting**

**When:** Sun., Feb 22nd from 2-3pm

**Location:** Sun Valley Gilbert campus

**Who should attend:** If you have never served within summer camp before, but have a heart to help our youth meet, know, & follow Jesus. There are opportunities to serve AT camp(s) or help with camps in a behind the scenes capacity. Come get more info on how your gifts or talents can be utilized for summer camp. Find camp dates and opportunities at [camp.sv.cc](http://camp.sv.cc).

**Do I register for the Volunteer Interest Meeting?** Nope! Just show up. We can't wait to share this opportunity with you!

**Questions?** Email Amy Nativio at [anativio@sunvalleycc.com](mailto:anativio@sunvalleycc.com)