

## Foundations Intro

Welcome to our fall series on Foundations where we will learn  
“To walk out this messy process of life with God - together.” -Brad Bell

If this is your first week meeting again after a break, we encourage you to start by spending time reflecting on some highs and lows that have happened in your life since the last time you were together; regardless if that was just last week or 3 months ago:

1. Share your top 3 highlights since we've last met. What was something hard you faced? How did you see God at work in both of those areas (both the highs and lows).
2. As we begin another semester together, what are your hopes for your spiritual life this season? What are 1-2 areas you are hoping to grow in?
3. Read through Colossians 2:6-7, followed by John 3:1-11 out loud in your group. What was significant to you from this passage or from the sermon this week and why?
4. There was much mentioned about the Holy Spirit. Can you recall some of what was shared about the person and work of the Holy Spirit? *\*If you need a few reference points: The Holy Spirit is a person, God, always working, in us. We are sealed with the Spirit, filled with the spirit, to be under the influence of the Spirit, yielded to the Spirit, we are baptized in the Spirit, we can grieve the Spirit, quench the Spirit, etc.*
5. Are there aspects of the Holy Spirit that are mysterious to you? Comforting? Convicting? Which is most meaningful to you as you consider the work of the Spirit in your life?
6. We know that transformation is initiated and sustained by the work of the Spirit, but it takes a willing heart to be open to the Spirit. In what ways are you struggling with being willful or will-less when it comes to the Spirit? How can you grow to be more willing in your spiritual formation process in this season?