



FOUNDATIONS

CONVERSATION 2: HOLY SPIRIT GROWTH

ICEBREAKER: BACK FROM THE FUTURE

Picture this: you jump into a DeLorean, hit 88 miles per hour, and suddenly you're face-to-face with *you* from ten years ago. You've only got one minute before the flux capacitor kicks back on - so what's the one piece of wisdom you'd share with your younger self? What truth do you wish the 'past you' knew that would've changed the whole storyline?"



After you've answered, consider what "one thing" you would tell yourself about the categories below:

- **Parenting:** What would have helped you navigate the chaos, pressure, or expectations?
- **Marriage / Relationships:** What perspective or practice would have transformed connection or communication?
- **Finances:** What lesson would have saved stress, regret, or unnecessary pressure?
- **Emotional / Mental Health:** What truth would have brought peace or clarity?
- **Spiritual Life:** What do you know now about God, grace, or growth that you wish you knew then?

STUDY: THE HELPER

So much of life can feel like trial-and-error, figuring things out alone, or waiting for someone wiser to show us what to do. And spiritually, many of us approach growth the same way - like it's all on us, or like we can only move forward when someone else teaches us. But according to Jesus, you're *not* on your own.

READ: JOHN 14:15-20

- What stands out to you about Jesus' promise of a helper in this passage?
- How do Jesus' words, "I will not leave you as orphans," make you feel?
- What part of this passage feels most comforting or encouraging to you and why?
- What does this passage show you about the relationship between Jesus, the Father, and the Holy Spirit?

At times, you might feel like you're on your own, but Jesus is clear that you are not alone. You already have a personal Teacher, Guide, and Helper living inside you - the Holy Spirit. Spiritual growth isn't about being strong enough or smart enough; it's about learning to listen to the One who's already leading you. This is the big shift for spiritual children: moving from being fed by others to letting the Holy Spirit guide, teach, convict, comfort, and grow you from the inside out.

John 14 shows us that Jesus gives the Spirit not just to comfort us, but to help us grow. To see that more clearly, let's look at a few other Scriptures that describe what the Holy Spirit does in our lives. As we read, pay attention to how He guides, teaches, and shapes our growth.

ACTIVITY: HOLY SPIRIT – JOB DESCRIPTION

Look up each Scripture below and read it slowly. Then draw a line connecting the verse to the description of the Holy Spirit's role in our lives.

John 14:26	Produces Spiritual Fruit
John 16:13	Transforms Our Character
Galatians 5:22-23	Helps Us in Weakness
Acts 1:8	Brings Conviction
Romans 8:26	Gives Insight and Wisdom
2 Corinthians 3:18	Teaches and Reminds
1 Corinthians 12:7-11	Power to Live Our Faith
1 Corinthians 2:12	Distributes Spiritual Gifts
John 16:8	Guides Us Into Truth

DISCUSS:

- When you look at all the ways the Bible describes the Holy Spirit's help, which one grabs your attention the most? What about it resonates with you?
- What difference does it make to see the Holy Spirit as your Helper rather than someone who's judging or criticizing you?

CHALLENGE: PICK TWO

Take a moment to look back over the list of ways the Holy Spirit helps us. From that list, choose the two areas where you most need His help in this season. This week, write a short letter to the Holy Spirit: thank Him for the ways He's already been at work in your life, and ask Him for the help you need in those specific areas. Keep the letter somewhere you'll see it this week as a reminder that you're not growing alone.