

# ONE

One Body. One Spirit. One Hope. One Lord. One Faith. One Baptism. One God.

## WEEK 2 DISCUSSION

### ICE BREAKER

“Truth or Lie?”

Have each person share two short statements about themselves, one true and one false. The group guesses which is which.

Then ask: *Was it easier to tell the truth or to spot the truth?*

### OPENING QUESTIONS

- What part of the teaching about the Holy Spirit (Holy Spirit, Spirit of Truth, Advocate) stood out to you most?
- How did the testimony in the video show the Spirit working not only in one person but in others?
- The Spirit gives freedom. According to the video, what kind of freedom is it, and what is it not?

### PERSONAL REFLECTION

- The Spirit reveals truth about our hearts, even when it's uncomfortable. How do you usually respond when God shows you something you need to change, do you tend to draw near or pull away?
- Which fruit of the Spirit do you most see in your life right now? Which one do you most want the Spirit to grow in you during Lent? (Galatians 5:22-23)

### LIVING BY ONE SPIRIT

- The teaching said we are the body of Christ everywhere, not just at church. Where in your everyday life do you most need the Spirit's guidance right now (home, work, relationships, decisions)?
- What are some practical ways we can become more attentive to the Spirit's voice (Scripture, prayer, confession/absolution, worship, wise Christian community)?

### DEEPER QUESTION

The Spirit is our Advocate who lifts us up when we fail and assures us we belong to Christ. How does that promise change the way we deal with guilt, shame, and our past?