

**Dig Deeper @Home – “Presents from Jesus”**  
**Complement to lesson on 12/8/24 – “His Spirit”**

**ICE BREAKER – Questions to open dialogue and learn more about those gathered**

1. Would you rather be seen and never heard or heard and never seen?
2. Share a time the Holy Spirit guided you and directed you. What was it like and how did you know it was the Holy Spirit?

**MEMORIZE – Ephesians 4:7**

“However, he has given each one of us a special gift through the generosity of Christ.”(NLT)

**READ – Romans 8: 1-17 and Galatians 5**

**Questions to ponder/discuss:**

1. Re-scan the text and consider...
  - a. What did the Holy Spirit draw your attention to as you read?
  - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
  - c. What in these verses is interesting? What is confusing?
  - d. What are the verses revealing about God? What are the verses saying about people?
  - e. In light of these, what needs to change in your life? What are you already doing well?
2. Compare and contrast what Paul says in Romans 8 with what he says in Galatians 5.
  - a. What do you notice as you do this?
  - b. How do these sections complement one another?
3. Look back at Romans 8: 1-5. What do you notice about condemnation? What is being condemned? What isn't? What does this mean to you?
4. In Galatians 5, Paul talks pointedly about freedom. What is this freedom and what is the connection between this freedom and the Holy Spirit?

## **EXPERIENTIAL ACTIVITY – Outdoor Walk (in the woods)**

This time of year is a great time to go for a walk. So go for one, in the woods if possible. As you do, use three different methods of walking. First, just walk normal. After a bit, walk so that you don't make any noise. See how silently you can slip through the forest. Do this for a minimum of 3 minutes but feel free to go longer. The third method of walking to employ is speed walking. Speed walk for a minimum of 1 minute but feel free to go longer. When done speed walking, go back to normal walking and once you catch your breath, answer the following questions:

1. Which way of walking took the least focus to do? Which took the most? Why is that?
2. Which way felt most natural? Least natural? Were any ways of walking uncomfortable or difficult?
3. Is walking in the Spirit natural or intentional? How does this activity relate to walking in the Spirit?
4. What can you do today and each day to more intentionally walk in the Spirit in the places you live, work, study, worship and play?

## **SING**

**The First Noel** - <https://www.youtube.com/watch?v=LnN27CB9h9s>

**Come thou Long Expected Jesus** - <https://www.youtube.com/watch?v=pFloWX1yuyQ>

**Christmas Day** - <https://www.youtube.com/watch?v=FDZNnjqpAoM>

**He Shall Reign Forevermore** - <https://www.youtube.com/watch?v=NVN2bnjBICU>

## **PRAY**

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us, for this week this help could be related to where you are entangled in civilian pursuits and help to get unentangled.

### **Sending prayer based on the message:**

Thank you Lord for the Holy Spirit. Help me to walk in the Spirit this week and to stay focused on His voice as I go about my day.