

**Sunday 12<sup>th</sup> July**

**How the Holy Spirit helps us deal with change.**



Read Acts 1:1-11

- What changes to the early church does this passage refer to?
- What impact do you think these changes would have had on the early believers?
- How do you think the coming of the Holy Spirit at Pentecost would have impacted their ability to cope with these changes?
- Share your experiences of the changes lockdown has brought over recent months including what you have found the most challenging.

Read 2 Timothy 1:7

- Have you ever experienced a 'spirit of fear' about change?
- How might the power of the Holy Spirit help us deal with change better?
- Have there been times during lockdown when you have been tempted to put your own needs before those of others?
- When might we need the Holy Spirit to help us love others during times of change?
- Share times of frustration you have had during lockdown.
- When might we need the Holy Spirit to help us have more self-control during times of change?

Pray

- For any difficulties that people are contending with due to the ongoing lockdown
- For the Holy Spirit to free you from fear and give you the power, love, and self-control you need to deal with the changes you are facing