

The Holy Spirit Transforms

Holy Spirit - Week 5

February 22, 2026

Discussion Questions:

1. When you hear the word “freedom” spiritually, what comes to mind?
2. Read 2 Corinthians 3:17. Paul writes, “Where the Spirit of the Lord is, there is freedom.” How have you seen the idea that holiness is bondage and sin is freedom show up in culture or your own life, and what does true freedom in the Spirit actually look like?
3. Read 2 Corinthians 3:18. Paul says we are being transformed into Christ’s image. What’s the difference between behavior change and heart change, and why can simply “trying harder” become spiritually exhausting?
4. Read Romans 8:5-11. This passage contrasts living according to the flesh and living according to the Spirit. What characterizes a life led by the flesh versus a life led by the Spirit, and how can you tell what’s shaping your thoughts most during a normal week?
5. Read Romans 8:1-2. How should knowing there’s no condemnation in Christ change the way you respond to failure, and how is Spirit-led conviction different from shame?
6. What does daily surrender to the Spirit look like in real-life decisions, and where are you most tempted to rely on self-effort instead?
7. Which fruit of the Spirit is growing in you, which needs more cultivation, and what would it look like to walk by the Spirit in one specific area this week?