

# **The Pray More Healing Retreat Study Guide**

## **Growing in Relationship with the Holy Spirit**

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### **Reflective Questions**

“When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.” - Acts. 1:1-4

1. Karen talks about the importance and the beauty of having a relationship with the Holy Spirit. One way to foster that relationship is to read scripture and learn more about the Holy Spirit and its fruits and gifts. In what ways can you develop a stronger relationship with the Holy Spirit? Are there any gifts or fruits of the Holy Spirit, in particular, that you feel like you could use more of in your life right now?
  - The seven gifts of the Holy Spirit are: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of God.
  - The fruits of the Holy Spirit are: “Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, [and] self-control” (Gal 5:22,23)
2. We don’t always have to experience receiving the Holy Spirit in huge, majestic ways. Often, the Holy Spirit is present in little moments of our lives, quietly whispering, and we just have to allow Him to speak to us -- we have to be listening, or at least, quiet enough to hear. Have you ever noticed moments like these in your life, or in someone else’s life?

3. There may be times that we can be instruments of the Holy Spirit to love others with a simple or small act of kindness -- whether through some words of encouragement or even just a smile. When is a moment you've been on the receiving end of an instance like this, and how did that make you feel? How can you respond to promptings of the Holy Spirit to love others in your life this week?