

Quarantined

On Sunday we explored how we can live more fully into our calling to be the hands and feet of Jesus at home and in this world.

1. Warm-up Question: Prior to the current coronavirus quarantine, what's the longest time you've ever been isolated from people? How did that feel?
2. In the Bible, there's a lot of waiting. Noah waited on the ark, Moses waited in exile and again on Mount Saini, Israel waited in the wilderness, Jesus waited in the wilderness (before launching his ministry), and in Sunday's Bible passage the disciples waited for instructions what to do next after Jesus arose. When those instructions were finally given, the disciples were told to wait some more.
 - a. What's the point of all this waiting in the Bible?
 - b. Tell us about a time recently when you've had to wait for something or someone. How did that feel?
3. Read Acts 1:1-9.
 - a. According to verse 3, how long did the disciples have to wait after Jesus arose before he finally told them what to do next? According to verse 4, what did he tell them to do next?
 - b. Given their excitement about Jesus' resurrection, how do you think the disciples felt about being told to keep waiting?
 - c. According to verse 8, what were the disciples waiting for?
 - d. According to Jesus, once the disciples received the power of the Holy Spirit, what would that enable them to do?
 - e. When Jesus says, "You will be my witnesses," what do you think that means? Do you see yourself as one of those witnesses? Why or why not?
4. Here is the key insight of our Bible passage: We cannot be who we're called to be – witnesses for Jesus, his hands and feet in this world – unless and until we receive power from the Holy Spirit.
 - a. Jeff defined the Holy Spirit as, "The invisible, non-spatial presence of God that's always with us." Critique that definition. What do you like about it; what would you change about it?
 - b. Read Psalm 139:7-10. What does this tell us about the Holy Spirit?

- c. Jeff asked us to think about what kind of “presence” the Holy Spirit is. In other words, what does the presence of the Holy Spirit feel like? According to Galatians 5:22, the No. 1 “fruit of the Spirit” is love, followed by joy and peace. Can you think of a time in your own life when you’ve experienced the presence of the Holy Spirit in a powerful way? What happened? How did it affect you?
5. If receiving the Holy Spirit is the key to our ability to be Jesus in the world, the obvious next question is: how to I get that? The Bible suggests this simple formula: Invitation + Cultivation = Spirit Filled Living. Last week we talked about the importance of consciously inviting God’s Spirit into our lives. This week we focused on cultivation. If we want more Spirit in our lives, we need to cultivate Spirit(ual) Practices, sometimes called Habits of Grace.
- a. What thoughts or insights do you get from the term “Habits of Grace”?
 - b. In her book “Better Than Before,” Gretchen Rubin says, “Our habits are our destiny. And changing our habits allows us to alter that destiny.” Do you agree that “habits are our destiny”? Why or why not?
 - c. Whenever someone encourages us to cultivate Spirit(ual) Practices, i.e., Habits of Grace, our first impulse is, “I’m just too busy for that.” Why do you think we struggle so much to find time for Habits of Grace? What’s the best way to overcome those obstacles?
 - d. Newton’s First Law of Motion says a body in motion tends to stay in motion and a body at rest tends to stay at rest. What insights does that offer for Habits of Grace? When it comes to Habits of Grace, do you feel like a body in motion or a body at rest?
6. Since we’re all put together a little differently, Jeff encouraged each of us to consider: What Habits of Grace best fill me with Spirit?
- a. For many of us, it starts with the habit of a weekly worship gathering. Most major religions of the world share this habit. Why is that? For you personally, how do weekly worship gatherings affect your spirit?
 - b. There are numerous different Habits of Grace. To expand our imagination, let’s share ideas. Beyond Sunday worship, what Habit of Grace best fills your spirit?
 - c. How do you feel about your current Habits of Grace? Are you happy with your pattern and consistency? If you were to add (or enhance) one or two Habits of Grace during this time of quarantine, what might that be?

For additional creative ideas for Habits of Grace, visit these links:

<https://www.thegospelcoalition.org/themelios/review/habits-of-grace-enjoying-jesus-through-the-spiritual-disciplines/>

<https://spiritualfitclub.com/spiritual-activities-self-care-begin-today/>

<https://sumaiyawood.com/kick-start-your-daily-spiritual-practice/>