

TALK IT OVER

FROM EMPTY TO EMPOWERED

ICEBREAKER

Imagine having limitless energy for **one part** of your life—what area of your life would you apply it to? (Examples: more patience with your kids, the courage to face difficulties, the strength to break a habit, etc.)

INTRODUCTION

We've all had moments when we felt stuck. Maybe it was a habit you couldn't break, a fear you couldn't shake, or a part of your life that just felt empty. Willpower can only take us so far. What we really need is God's Spirit power. In Acts 2:1-4, the Holy Spirit came at Pentecost and filled ordinary people with extraordinary power. That same Spirit is available today to transform us, and use us to impact the world around us.

READ | Power to Change My Heart

"When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them."

— Acts 2:1–4 (NIV)

Pentecost is celebrated fifty days after Easter, marking the Holy Spirit's descent on Jesus' followers and the birth of the Church. It symbolizes the empowering presence of the Holy Spirit beginning the Church's mission to the world.

The Holy Spirit is not just a force, but God Himself living inside of us. On Pentecost, He took fearful, ordinary people and made them bold witnesses. Just weeks before, Peter denied Jesus three times. But after being filled with the Spirit, Peter stood up and boldly preached to thousands. That's what the Spirit gives us: the power to change from the inside out.

Where in your life do you most need God's Spirit to give you courage or strength?

(Examples: overcoming fear of failure, speaking up about your faith, inviting others to church, having a difficult but necessary conversation, etc.)

READ | Power to Change My Habits

“When the people heard this, they were cut to the heart and said to Peter and the other apostles, ‘Brothers, what shall we do?’ Peter replied, ‘Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off.’ ... They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” — Acts 2:37–39, 42 (NIV)

God’s power isn’t limited to a single moment—it’s about a new way of life. The early believers devoted themselves daily to God’s Word, to prayer, to community, and to worship. If you want to live empowered, you have to make room for Him every day.

What’s one daily habit you could start—or restart—that would help you stay in tune with God’s Spirit? (Examples: doing daily devotions, listening to more worship music, praying more consistently, etc.)

READ | Power to Change My World

“Those who accepted his message were baptized, and about three thousand were added to their number that day... And the Lord added to their number daily those who were being saved.” ... “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...” — Acts 2:41, 47; Acts 1:8 (NIV)

The Holy Spirit changes us so we can impact *others*. At Pentecost, thousands were saved in one day, and more were added daily. God wants to use your life to encourage someone, to invite someone, to help someone take a step toward Him.

Who is one person you can encourage, invite, or bless this week as a way of letting the Spirit work through you?

WHAT WILL YOU DO?

- This week, don’t settle for empty living. Each day, ask the Holy Spirit to fill and guide you. Make room by repenting, receiving, and remaining in Him.
- The next page has scriptures for daily devotions. Consider doing these daily devotions and holding each other accountable to writing down what God is speaking to you.

CLOSE IN PRAYER

Father God, thank You for giving us the gift of Your Holy Spirit. Fill us again with Your power. Change our hearts, reshape our habits, and use us to change the world around us. Help us to make room for You every day. In Jesus’ name, amen.

MAKE TIME TO BE IN GOD'S WORD

Doing your daily devotions is an excellent way to record, process, and share what God is teaching you on a personal level. One helpful method is using the “S.O.A.P.” approach to engage with each scripture:

S - Scripture

O - Observation

A - Application

P - Prayer

DAILY DEVOTION SCRIPTURES

Day 1: But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

— **Acts 1:8 (NIV)**

Day 2: When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

— **Acts 2:1–4 (NIV)**

Day 3: Then Peter stood up with the Eleven, raised his voice and addressed the crowd: “Fellow Jews and all of you who live in Jerusalem, let me explain this to you; listen carefully to what I say.”

— **Acts 2:14 (NIV)**

Day 4: Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off—for all whom the Lord our God will call.”

— **Acts 2:38–39 (NIV)**

Day 5: They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

— **Acts 2:42–47 (NIV)**