

groups.

— Notes | August 10, 2025

Holy Spirit | Book of Acts

There is a deep hunger in the human soul—a longing that stirs when life quiets and the heart is honest enough to admit, “*I want more.*” It’s not just a craving for more activity, more success, or more comfort. It’s a spiritual hunger that calls out to God for something richer, deeper, and lasting. Scripture tells us this hunger is placed in us by God Himself—an invitation to be satisfied by Him alone. But here’s the challenge: many of us fill our “spiritual plates” with what is quick, cheap, and immediately available. We reach for distractions, easy comforts, or even good things that cannot ultimately satisfy. And by the time we encounter the very best of what God offers—His presence, His power, His Word—we’ve left no room. Much like a buffet that lines up the least satisfying foods first, life often offers us endless options that look filling but leave us empty. Smaller “plates” lower our expectations of what God might do. Abundance illusions convince us we can always come back later, but later rarely comes. Everything other than Jesus satisfies quickly but not deeply. And recognizing that truth is the first step toward a fresh encounter with Him. The good news? God has more for those who will come hungry.

Key Scripture | John 14:15-21

“If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will beⁱⁿ in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you. Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”

Related Scriptures

— Jeremiah 29:13, Acts 1:3-5, Acts 2:1-4, 1 Corinthians 6:19, John 16:7, Luke 5:37-38

Icebreakers:

— Q: Have you ever eaten at a buffet? What’s your favorite food on the buffet line?

Key Thoughts and Reflections:

I. We are satisfied too easily.

Q: What are some “small plate” habits or patterns in your spiritual life that leave little room for God’s best?

Q: Have you ever mistaken being “busy for God” with being deeply satisfied in Him? How can you tell the difference?

Q: What would it look like to raise your expectations of what God wants to do in your faith right now?

II. We are distracted too quickly.

Q: What distractions tend to pull you away from time with God most often, and why do they have such a strong pull?

Q: How can slowing your pace create space for deeper encounters with God?

Q: Talk about a time you experienced God in a greater way because you intentionally waited on Him instead of rushing ahead.

III. God has more for those who wait and want.

Q: In Acts 1, the disciples were told to wait for the Holy Spirit. What might God be asking you to wait for in this season?

Q: How does truly “wanting more of God” change the way you approach prayer, worship, or Scripture?

Q: What steps could you take this week to clear your plate of lesser things so there’s room for the “good stuff” God offers?

Get Practical

This week, take one intentional step to “clear your plate” for God. Identify one lesser thing—whether it’s a distraction, a comfort, or a habit—that’s been filling you but not satisfying you. Set it aside for seven days and replace that time or energy with something that draws you closer to God, like unhurried prayer, extended Scripture reading, or worship without a clock. Ask God to meet your deeper hunger and show you the “more” He has for you.