

groups.

— Notes | August 16, 2025

Holy Spirit | Power to Transform

Can people really change? We have all felt the tension of trying to transform ourselves, we try to carry a weight we were never meant to carry. The truth is that transformation doesn't begin with trying harder or chasing after change. On our own, we can make changes. But only God can turn change into true transformation. Only God has the power to take us from brokenness to fullness. Saul's story in Acts 9 reminds us that no one is too far gone for the transforming power of the Holy Spirit. The same Spirit that raised Jesus from the dead now lives in us, and He is able to do in us what we could never do with our own strength and might. Through Him, the liar can become truthful, the addict can find freedom, the angry can become peacemakers, and the spiritually dead can live again.

Key Scripture | Acts 9:13-15

"Lord," Ananias answered, "I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem. And he has come here with authority from the chief priests to arrest all who call on your name." But the Lord said to Ananias, "Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel."

Related Scriptures

— Acts 9:1-12 & 16-21, Ephesians 5:18, 1 Timothy 1:13-17, Jeremiah 29:12-13, Romans 8:11

Icebreakers:

— Q: What is the best transformation you have ever seen or experienced – whether in a home renovation, a sports team going from underdogs to champions, or maybe leftovers turned into something amazing?

Key Thoughts and Reflections:

I. Transformation Starts with God

Q: The Gospel promises not just salvation in Jesus, but an opportunity for transformation through the Holy Spirit. How does knowing you can be transformed impact the way you view your life? How is it good news?

Q: Is there an area in your life where you've been hoping for change but haven't yet seen transformation?

Q: What does it look like for you to turn your heart toward God instead of trying to force change on your own?

II. The Holy Spirit Fills and Empowers

Q: When was the first time you fully learned about the role of the Holy Spirit, and how has that understanding impacted your life?

Q: Ephesians 5:18 contrasts being drunk with alcohol and being filled with the Spirit – advising not to get drunk but be filled by the Spirit. Both result in a lack of control, but being filled by the Spirit is the better option. In what ways could you let go of control and invite the Spirit to take a deeper lead in your life?

Q: What fears or doubts keep you from letting the Spirit have full leadership in your life, and how might you invite Him in – even in the midst of fear?

III. Living Out the New Life

Q: Transformation doesn't start with seeking transformation. It starts with seeking God. What does it mean for you to truly seek Him above your own efforts to fix yourself?

Q: If desiring God leads to transformation, what area of your life do you desire more of Him in?

Q: Paul's life was completely transformed, from persecutor to preacher. What new life is God calling you to live today, and how might it contrast with your past?

Get Practical

Paul didn't keep his transformation to himself – he spent the rest of his life telling everyone what God had done. That is because transformation isn't just personal; it is used as encouragement to others. Think of someone in your life who needs to see God's power at work. How could you share your journey, or the hope of transformation, with them this week?