

Living In The Overflow Of Joy

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SMALL GROUP DISCUSSION GUIDE

Based on the message by Pastor Mirek Hufton

1. SERMON RECAP

In this message, I reminded us that God never intended for His people to live dry, stale, or joyless Christian lives -- He wants us overflowing with the presence of the Holy Spirit. Just like fresh bread or fresh oil is far better than something that's gone stale, our walk with God needs to stay fresh and alive through continual encounters with His Spirit. The joy of the Lord isn't just a feeling -- it's a mark of someone filled with the Holy Ghost, a source of genuine strength, and something we are called to carry and give away to others.

2. KEY SCRIPTURE

Acts 2:28 (AMPC)

"You have made known to me the ways of life; You will enrapture me -- diffusing my soul with joy -- with and in Your presence."

3. ICE BREAKER

What is one thing in your everyday life that you absolutely love when it's fresh -- food, coffee, flowers, something else -- and why does fresh beat stale every time?

4. DISCUSSION QUESTIONS

1. Pastor Mirek talked about how even our spiritual lives can go "stale" over time.

Have you ever gone through a season where your faith felt flat or dry? Without going too deep too fast, what did that feel like, and what -- if anything -- helped shift it?

2. In Luke 4:18, Jesus announced that the Spirit of the Lord was upon Him and had anointed Him.

Pastor Mirek said every born-again believer also carries an anointing -- not just pastors and ministers. Does that idea feel natural to you or does it feel like a stretch? What might change in how you live if you truly

believed the Holy Spirit had anointed you for everyday life?

3. Pastor Mirek said that joy is a mark -- a sign -- that the Holy Spirit is flowing in your life, and that if the joy is gone, it's worth asking whether the presence of God has faded in that area.

Do you agree with that connection between joy and God's presence? Is there a difference between being a joyful personality and walking in the joy of the Lord?

4. Acts 2:28 uses the word "enraptured" to describe what happens when we step into God's presence.

That's a pretty intense word! What does it tell us about the kind of joy God actually wants for us -- and how does that compare with how most Christians you know seem to experience their faith day to day?

5. I talked about how giving the gospel away -- actually going out and sharing your faith -- is one of the most powerful ways to keep the fire burning and the oil fresh.

Why do you think giving something away would actually fill you up rather than drain you? Has there been a moment when serving, sharing, or helping someone else actually energized your faith?

6. Pastor Mirek mentioned that the times of refreshing in Acts 3:19 come from the presence of the Lord -- like cool air on a hot day.

What are the practices, rhythms, or habits in your own life that genuinely bring that sense of refreshing from God? And honestly -- are those things currently active in your life, or have they drifted?

5. APPLICATION CHALLENGE

This week, choose one intentional "fresh oil" moment -- set aside 20 minutes on a specific day and time you commit to right now, and use that time to do nothing but worship, pray in the Spirit, or simply sit in God's presence with no agenda. No prayer list, no Bible study plan -- just come to be with Him. At your next group meeting, share one sentence about what you noticed.

6. PRAYER POINTS

- Pray for fresh oil -- that each person in your group would experience a genuine renewal of the Holy Spirit's presence and joy this week, not just going through the motions of faith.

- Pray for boldness to give it away -- that God would open one specific door for each group member to share the hope, love, or joy of Jesus with someone in their world before the next time you meet.

- Pray for the weary and dry -- think of someone you know whose faith looks like it has gone stale or who is carrying heaviness; pray by name that God would send a time of refreshing to them this week.

7. MEMORY VERSE

Acts 2:28 (AMPC)

"You have made known to me the ways of life; You will enrapture me -- diffusing my soul with joy -- with and in Your presence."

Leader's Note: Don't feel pressure to get through every question. Watch your group and follow the conversation where it's most alive -- that's often the Holy Spirit at work right in your discussion!