

THE FORGOTTEN JESUS PODCAST

DISCUSSION GUIDE

Season 07 Episode 05

“How to Know If You’re Truly Filled with the Holy Spirit”

Romans 12:1; Ephesians 5:18–21; Colossians 3:15–17; Psalm 1

Icebreaker:

When have you seen a major shift in your life because of consistent time in God’s Word or a new awareness of the Holy Spirit at work?

Discussion Questions:

1. How do Romans 12:1 and Psalm 1 help us understand what it means to live a life shaped by God’s Word?
2. Pastor Robby emphasized that the Torah, Prophets, and Writings (TaNaK) all point to the importance of the Word. How does this broaden our understanding of “delighting in God’s law”?
3. What do you think it practically means to “present your body as a living sacrifice” (Romans 12:1)?
4. How does the pattern of Passover → Pentecost in the Old Testament parallel the events of Jesus’ death and the coming of the Holy Spirit in the New Testament?

5. In Ephesians 5 and Colossians 3, Paul tells us to be “filled with the Spirit” and to let “the Word dwell richly.” How do these commands work together?
 6. Pastor Robby mentioned that the Spirit often fills people for “bold proclamation of God’s Word.” How does this shape your understanding of what it looks like to be Spirit-filled?
 7. Why do you think Paul contrasts being “filled with the Spirit” with being “drunk with wine”?
 8. In what ways can the Word of God reorient our focus when we are overwhelmed by the world?
 9. What are some subtle ways we might resist being fully “yielded” or “surrendered” to the Spirit?
 10. What does Psalm 1 teach us about the long-term effects of delighting in God’s Word versus walking in the counsel of the wicked?
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Application Questions:

1. How would your daily schedule change if you truly made space for the Word to “dwell richly” in you?
2. When was the last time you sensed the Holy Spirit prompting you to do something? Did you obey?
3. What are some practical ways you can begin each day presenting your body as a living sacrifice?
4. How do you typically engage with Scripture—reading, meditating, memorizing? What might God be inviting you to do differently?
5. What step could you take this week to deepen your sensitivity to the Spirit’s leading?
6. Where in your life do you need to replace worldly influences with God’s Word?
7. How can you help others in your group experience the joy of Spirit-filled, Word-saturated living?

8. Which of the passages from this episode (Romans 12, Ephesians 5, Colossians 3, Psalm 1) do you need to memorize or meditate on this week?
 9. What guardrails can you set up to prevent spiritual drift?
 10. How will you live out bold proclamation of God's Word in your context this week?
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Prayer Prompt:

"Lord, help us present ourselves as living sacrifices. Fill us with Your Spirit and plant Your Word deep in our hearts. Teach us to delight in Your truth and empower us to boldly proclaim Your name in our homes, workplaces, and communities."

Additional Resources for Going Deeper:

- **Book:** *The Forgotten Jesus* by Robby Gallaty
 - **Book:** *Sitting at the Feet of Rabbi Jesus* by Lois Tverberg
 - **Podcast:** *BEMA Discipleship* by Marty Solomon (Episodes 32 on the Torah and Episodes 379-383, 385-390 on the Psalms)
 - **Resource:** *Chronicles of the Messiah* (First Fruits of Zion Commentary Series)
 - **Passages for Meditation:** Romans 12:1–2, Psalm 1, John 15:1–11, Galatians 5:16–26
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