

Get Your Spirit Back!

A FOUR
WEEK BOOK
STUDY

PASTOR
EARL
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BREAK FREE OF NEGATIVE
SELF-TALK AND STEP FULLY
INTO YOUR CALLING

Week 01

Introduction + Overcoming Self-Doubt (Introduction, Chapters 1 & 2)

Objective:

Get to know each other and set personal goals for the study.

Icebreaker:

- *Have you been to Join and if so, what team are you serving on?*
- *How has serving impacted your life?*
- *Would you rather take a vacation to a beach or snowy mountain?*

Chapter 1:

I Don't Like This Ride

- *Explore the idea of being stuck in life's cycles. What "rides" are you on that you don't like?*
- *Discuss the concept of the Israelites being stuck and how that relates to the cycles in our own lives?*
- *Reflect on the idea of "centripetal force" keeping us trapped in fear, self-doubt, or destructive habits.*

Chapter 2: Under the Oak

- *Gideon's story — recognizing God's call despite fear.*
- *Discuss the moments where you've felt unworthy or disqualified, and how God sees your worth.*

Discussion Points:

- *What do you hope to gain from this book?*
- *What areas of your life feel stuck, and where do you need to "get your spirit back"?*
- *Share initial thoughts on how negative self-talk has impacted your life.*

Challenge + Prayer:

- *Challenge: Schedule a time to read, journal, and pray everyday of this Connect Group.*
- *Reflect on one area of your life where you feel stuck or distant from God. Write a prayer asking Him for direction and guidance to achieve breakthrough in this area.*
- *Prayer: "Lord, as we start this journey together, we ask for your guidance and presence in each of our lives. Help us identify the areas where we need to get our spirit back, and give us the courage to be open to change. Let this group be a place of growth, vulnerability, and transformation. In Jesus' name, Amen."*

Week 02

Embracing Strength & Pushing Through Fear (Chapters 3, 4, 5, 6)

Icebreaker:

Ask each person to share one strength they have that others may not know about. It could be something as simple as being a good listener or something specific like a talent or skill.

CG Host: This can lead into discussing how sometimes we wish for powers to overcome our challenges, but God has already equipped us with strength.

Chapter 3: The Strength You Have

- God calls Gideon to act with strength he already possesses. Discuss how we often overlook our own strength.
- Reflect on the difference between God's view of us verses our own self-view.

Chapter 4: The Essentials You Need

How can we better identify and lean into the essentials and tools God has blessed us with?

Chapter 5: Do It Scared

Reflect on what it means to take action despite fear. How does fear hold you back, and how can we face it head-on?

Chapter 6: A Holy Mission

God gives us a mission, and it's not always easy. Discuss how we can align our everyday lives with the mission God has given us.

Discussion Questions:

- How can you start using the strength you already have in your current circumstances?
- What essentials do you need to start identifying and using to move forward in your faith journey?
- What's something you've been scared to do, but feel called to? How can you take a step forward this week?

Challenge + Prayer:

- **Challenge:** This week, take one step toward using the strength you already have. Whether it's speaking up in a situation where you normally wouldn't or encouraging someone with your unique gifts, act with the confidence that God has already equipped you.
- Identify a task or calling that you've been avoiding because of fear. This week, take one small step toward that task. It could be a phone call, a conversation, or a written goal. Trust that God will meet you as you move forward.
- **Prayer:** "Lord, thank You for the strength You've already placed within us. Open our eyes to see it clearly and show us how to use it for Your purposes. As we step out in faith, give us boldness and remind us that You go before us. Help us to trust in the strength You've given us. Amen."

Week 03

Breaking Limitations and Using Words of Power (Chapters 7 & 8)

Icebreaker:

Have each person give a compliment to the person next to them, focusing on something positive they've noticed during the last two weeks.

Chapter 7: Not Enough Is All You Need

Examine how God uses what seems like "not enough" and turns it into exactly what we need.

Reflect on where you feel inadequate and how God can use that for His purposes.

Chapter 8: Words of Power

Discuss the power of self-talk and the words we speak over ourselves and others. How can we speak life instead of negativity?

Discussion Questions:

- *How have you seen God use what felt like "not enough" in your life?*
- *What changes do you need to make in your self-talk to align with God's truth about you?*

Challenge + Prayer:

- *Challenge: This week, be intentional about the words you speak over yourself and others. Whenever you catch yourself speaking negatively, stop and replace those words with encouragement or scripture. Write down these moments in your journal and share your experience next week.*
- *Prayer: "Lord, we know that our words have power, and we ask You to help us speak life over ourselves and others. Guard our tongues and renew our minds so that the words we speak align with Your truth. Teach us to lift one another up and to trust in Your promises. Amen."*

Week 04

The Chase & Finishing Well (Chapters 9 & 10)

Icebreaker:

Ask the group to share a personal victory—big or small—that they've experienced recently. Reminder to also share your challenge to catch negative language and replace with positive, encouraging words.

Chapter 9: The Switch and the Chase

Explore the shift that happens when we fully embrace our calling. What needs to switch in your life for you to fully chase after God's purpose?

Chapter 10: Finish Well

Ending strong. How can we sustain the momentum we've gained during this study and continue growing?

Discussion Questions:

*What "switch" needs to happen in your mindset or actions to finish well in your spiritual journey?
How can you apply the lessons from this book to ensure long-term growth and spiritual renewal?*

Challenge + Prayer:

- *Challenge: Reflect on one area in your life where you need to finish strong, whether it's a personal project, a relationship, or a spiritual goal. Set a tangible step you can take this week to move closer to completing it.*
- *Prayer: "Father, we thank You for the work You've done in us over these weeks. As we come to the end of this study, help us continue growing and to finish strong in every area of our lives. Give us endurance to press on and the wisdom to follow through. Let Your Spirit guide us as we seek to live out the lessons we've learned. In Jesus' name, Amen."*

