

FOCUS: Our **40 Days of Decrease** is the pursuit of a different kind of fast creating a different kind of hunger. It is a call to fast things like *regret, pride, resentment*, and more so that we increase our pursuit of God and His Kingdom. This week, we focus on learning about how decreasing increases the Holy Spirit in our lives.

1. Based on the fasting challenges from Days 17-22, which have been most challenging or enjoyable? How has it drawn you closer to God or felt like a project?

2. Review a brief history of the Holy Spirit by meditating on these passages [[Gen. 1:2](#), [Exo 25:8](#), [1 Sam. 16:12-13](#), [Joel 2:28-29](#), [Matthew 3:13-17](#), [John 7:38-39](#), [Acts 2:1-21](#), [1Cor. 6:19-20](#), [2Cor. 3:16-18](#), [Galatians 5:13-26](#)]. What thoughts, questions or conclusions come to mind? What amazes you?

3. Meditate on [John 14:15-19, 25-27](#), [15:26-27](#), [16:7-15](#). What are the core truths Jesus wants His disciples and us to know about the Holy Spirit?

4. Jesus tells us in John 14:25-27 we have an Advocate that will remind, teach and bring us peace. Meanwhile [2Cor. 3:16-18](#) tells us that we will be transformed into God's image by the Spirit. How are these truths inspiring or challenging to believe? What evidence do you have in your life that they are true?

5. This week, how will you more intentionally stir the Holy Spirit in your life so that He leads you? What spiritual discipline (i.e., devotional, breath prayer [below], reminder, word, phrase, color, etc.) could help you remain in His Presence?

CALL TO ACTION

- a. Use this breath prayer to help you decrease: **[inhale] Spirit, [exhale] lead me.**
- b. Complete fast challenges from **40 Days of Decrease** (Days 23-28) to draw closer to God.