



How To Be Filled With The Spirit When We Come Together as a Church (Corporately)

Ephesians 5:18-20, Colossians 3:16

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January 18th, 2026

1. How do you usually show up to church?

(Observer, internal worshiper, expressive, distracted, self-conscious, prayerful, etc.)

What do you hope will happen? (feel something, learn something, encouraged, challenged, comfortable, etc.)

How would you *like* to show up—and why?

2. When you hear “Holy Spirit,” what’s your first reaction or image?

Where do you think that perception came from (experience, culture, fear, teaching...)?

3. Have you ever participated in a spiritual practice mainly so you wouldn’t look unspiritual?

What does that reveal about the difference between participation and performance?

4. If your soul were a cup this past week, how full was it—and what’s been depleting it and filling it most?

5. If you could ask the Holy Spirit to grow one fruit (Galatians 5:22-23) in you right now, which would it be—and why?

6. What tends to “fill” you instead of the Spirit (busyness, phone, stress, entertainment, etc.)?

What’s one small way you could make room for the Spirit this week?

Reminders:

- Women’s Wednesday begins January 28 - March 25. Both the AM and PM session will be studying **Living Whole: A Study Through the Life of Joseph** by Julie Gariss. You can register and purchase the book through the link here, or on the church website. Childcare will be available.
<https://harpethcc.elvanto.net/form/381ecc49-3d5b-4cf4-8e94-967014afeeba>
- Men’s Winter Study: A Study in the Book of Ephesians: Living Out Our Identity in Christ: The Christians’ Spirit-Filled Walk in Grace. Join us Wednesdays from 9:30am-11am in the Student Center.
- 14-Day Church Wide Fast: Our **Churchwide Fast** began on Monday, January 12th and ends on Sunday, January 25th. We hope you can join us for Prayer Encounter on Tuesday 1/20 from 6-7pm!
- Check Us Out: A two-part class where you will hear more about what we believe and care about here at Harpeth, as well as a pathway to membership. Classes take place during the 9:00am service so feel free to check your kids into DiscipleSHIP Kids and head on over. Coffee and bagels provided! Save the dates! Registration coming soon.

Part 1 - Sunday, February 8th at 9:00am

Part 2 - Sunday, February 15th at 9:00am