



**Ephesians 1:13-14 NIV 13** And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, 14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

**Romans 15:13** May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**Romans 5:5** Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

## Icebreaker

Tell about the best trade you ever made. Or the best deal you ever made. What made it good?

**Conversation Starters** (Pick one or two topics or questions to begin, you will not have time for all the questions. )

1. What areas of life (if any) do you think God is meant to manage? Where did you learn this? Do you ever attempt to manage those areas of your life? How? Why do you think you attempt to manage things that are better left to God's management?
2. Eric explored the idea that Jesus on the cross traded our sin for the Spirit of God. Is this a new idea for you? How would your life, your thoughts, and/or the way you live change if you better understood this exchange?
3. Have someone read Ephesians 1:13-14 What does it mean to be filled with a power greater than Sin, the Holy Spirit that overwhelms the dark things within us?
4. What is the importance of understanding that it is only by faith we receive this Spirit, forgiveness, and salvation, and not by anything we do?
5. What kinds of things make people feel like they have a deep hole dug into their soul? How do these feelings affect the past and the present? Imagine together how you might connect this feeling to the work Jesus completed on the cross.
6. How can you keep these things at the forefront of our attention? What are practical daily habits and disciplines that can remind you that Jesus made a way for you to trade your sin for the Spirit of God.