

EVERYBODY NEEDS A COACH

1 THESSALONIANS 5:16-19 | MARK 3:28-30

1. Recall a time when you made a mistake and what you learned from that mistake?
2. In 1 Thessalonians 5:19, we are warned to avoid the mistake of “quenching” the Holy Spirit. What do you think it means to “quench the Spirit?”
3. Pastor Mark suggests that quenching the Holy Spirit occurs when we neglect the types of activities that strengthen our faith (prayer, worship, Bible Study, Acts of Service). What types of spiritual activities do you sometimes neglect? How do you get yourself back on track?
4. In what ways can the Church help people to stay strong in their faith and not quench the Holy Spirit?
5. In Mark 3:28-30, Jesus declares that blaspheming the Holy Spirit is an unforgivable sin. What questions does that raise in your mind?
6. To “blaspheme” means to speak irreverently about God or to hold a hateful attitude toward God. When Jesus describes blasphemy against the Holy Spirit, the language implies an ongoing and continual attitude, not a one-time action. How might that be considered “unforgivable”?

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7. Pastor Mark uses the Apostle Paul as an example of someone who had a hateful attitude toward Jesus and Christianity, but who found forgiveness when he changed his heart and mind. In what way does Paul's experience help us view other people who might be hateful toward Jesus Christ and the church today?
8. Why do you think some people have such a difficult time believing that Jesus offers us forgiveness through his death on the cross?
9. What would you say to someone who claims to have committed a sin that is "unforgivable"?