

THIS: Disruption  
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Discussion and Reflection Guide

The Spirit is uniquely present when our lives are disrupted, and what we may prefer is that the Spirit fixes those things for us but instead what the bible teaches is that in those moments of disruption the Spirit ministers to us, strengthens us, groans for us and even grieves with us.

**\*Have you ever experienced a nudge from the Holy Spirit in a season of disruption. A season marked by loss, frustration, betrayal, heartache, sickness? Share it with the group.**

Jonathan shared 5 places in scripture that help describe this aspect of the Holy Spirit's work in our lives. Read them as a group and discuss together.

In Luke 4:1-2, what does it mean that the Spirit led Jesus into the wilderness? How does that challenge the idea that following the Spirit always leads to peace and comfort?

In Mark 13:11, Jesus promises the Spirit will give words in trial. How have you seen the Spirit provide guidance or strength in disruptive seasons?

Romans 8:26-27 describes the Spirit interceding with "wordless groans." How does that shape your understanding of prayer and God's presence in suffering?

Ephesians 4:29-31 says the Spirit grieves when relationships are broken. How does that change the way we think about conflict, forgiveness, and reconciliation?

Ephesians 3:16-19 highlights the Spirit's work of strengthening us with God's love. In what ways can disruption actually deepen our experience of God's love?

**\*Are there disruptions in your life that the Spirit is nudging you about? Places in your life you need to meet the Spirit in? Disruptions you are carrying that the Spirit wants to minister to?**

We have all these coping mechanisms to get through hard things, to get through the moments when life is disrupted and turned upside down. The Holy Spirit meets us in those moments so that we don't run off to our unhealthy coping mechanisms – and instead we can find refuge in the God who loves us. We have to be aware that we often go through life with multiple strategies to escape pain and the disruption we are describing. **\*Are you aware of the ways you try to cope?**

Jonathan closed by returning to Romans 8. God wants you to know that sometimes he cries out for you without words - it is the sound of weeping, tears and anguish...and it is for you and what you are carrying.

**\*Holy Spirit what about my experiences has led you to wordless groans with me & for me?**

Trust that whatever is brought to mind is the voice of the Spirit of God. And then tell someone about it. Read the scriptures about it. Dare to believe the living God is with you in your most disruptive moments... To strengthen you and convince you that you are seen and loved.

