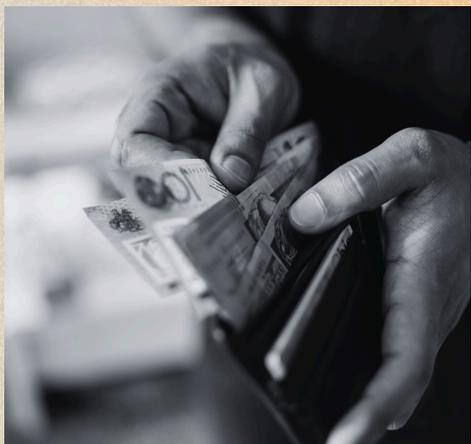




life in HD

EVERYDAY MOMENTS. SPIRIT INVITATIONS.
STORIES OF CHANGE



DISCUSSION GUIDE

2025



life in HD

EVERYDAY MOMENTS. SPIRIT INVITATIONS.
STORIES OF CHANGE



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STORIES OF CHANGE

Have you experienced life transformation through heart discipleship in your everyday moments? We'd love to hear your story! Please share how God has been at work in your life here.





← Watch the sermon here!

Welcome

This week we begin Life in HD, exploring how the Spirit meets us in everyday moments—especially in the tension and tenderness of home life.

Let's be honest and hopeful: God forms us through both our triggers and our triumphs in the family space.

- What's one recent moment in your home that brought joy, connection, or clarity?
- Why do you think home life—where we love the most—is often where we're stretched the most?

Read & Reflect Together

1 Corinthians 13:1–7, Colossians 3:12–14

- Which phrase stands out to you and why?
- Where are you seeing—even small—growth in living these out at home?

Heart Discipleship in the Home

The HD journey invites us to see family life as the “gym of grace”—where God uses both tension and tenderness to disciple us.

Let's reflect using the HD framework:

Invitation

“Your closest relationships are your greatest classrooms for Christlikeness.”

- *Where is God inviting you to grow—in grace, patience, or joy?*

Conviction

Where are you reactive or emotionally closed off?

- What lies beneath your response? A past wound? A false belief?

Surrender

“Lay down the need to win or protect yourself.”

- What could you release this week to let grace grow?

Belief

“God can grow a love that forgives, protects, and perseveres.”

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Real-Life Application

Let's move from insight to intention:

- What's one new relational rhythm you could try this week—something healing, joyful, or connecting?
- What recent growth have you noticed in yourself or your family that you might have missed or taken for granted?

Stories of Change

Whether it's learning to pause instead of react, or laughing more freely with your kids, your story matters.

Has God softened or reshaped you in how you love at home? Has something shifted in your patterns, presence, or perspective?

Share your story—or someone else's (with permission):

[Instructions on P2 of this guide](#)

Prayer

Wrap up by praying:

- For soft hearts, For grace under pressure, For joy in the growth journey.



Welcome

We live in a digital age—where phones, screens, and devices touch nearly every part of our lives.

This week we ask: **What is this doing to our hearts?**

- What's one positive way technology has helped you connect, learn, or grow?
- When do you feel most aware of being shaped by your digital habits (for better or worse)?

Read & Reflect Together

Isaiah 44:6–20

- How does this passage challenge the way we relate to things we've created?
- What modern “idols of the screen” might we be tempted to trust or rely on?

Heart Discipleship in a Digital World

Digital life isn't neutral—it forms us. The HD journey invites us to reflect honestly on how we use tech and how God wants to meet us there.

Let's reflect using the HD framework:

Invitation

The Spirit wants to meet you in the scroll, the stream, the screen

- *Where is the Spirit inviting you to be more intentional or aware in your digital life?*

Conviction

“Where are you escaping, comparing, or being mastered?”

- What habits or patterns online tend to leave you feeling distracted, empty, or disconnected?

Surrender

“Lay your digital habits before the Spirit’s shaping.”

- Is there a device, app, or pattern that needs to lose its grip?
- What boundaries or rhythms could help?

Belief

“You were bought at a price—your attention can reflect His worth.”

- What truth about your identity or purpose might reshape the way you engage online?

Real-Life Application

Let’s move from insight to intention:

- What’s one practical step you could take this week (e.g., screen time limit, phone-free meal, digital Sabbath)?
- What might God want to grow in you—not just remove—as you reshape your digital habits?

Stories of Change

Even subtle shifts can be sacred. Whether it’s deleting an app, changing a mindset, or learning to pause before scrolling—

your story matters.

Has the Spirit helped you set new boundaries or reshape your digital life? What changed in you?

Share your story—or someone else’s (with permission):

[Instructions on P2 of this guide](#)

Prayer

Wrap up by praying:

- For awareness in our digital habits
- For freedom from what entangles
- For courage to be led by the Spirit—even in how we scroll



Welcome

Work can be inspiring and exhausting. Whether it's your job, your studies, parenting, or pushing through the week—it often becomes the place where your faith is refined.

This week is about **seeing your daily grind as holy ground**, where the Spirit is forming you in trust, wisdom, and Christlike character.

- What's one challenge or highlight from your work/school/family life this week?
- Where are you tempted to see work as separate from your spiritual life

Read & Reflect Together

1 Corinthians 10:31, Exodus 3:1–12

- What stood out in Moses' response to God?
- What could “holy ground” look like in your work life?

Heart Discipleship in the Grind

Let's reflect using the HD framework:

Invitation

“Every work moment is holy ground.”

- Where might God be inviting you to see your work through a new lens?
- What if God's presence is just as real in your workplace as in your Sunday worship?

Conviction

“Where are you avoiding what God is asking you to confront?”

- Are there patterns of control, fear, or false identity that surface in your work?
- What might the Spirit be gently exposing for healing or realignment?

Surrender

“Let go of ego, image & outcomes—let the Spirit do His work..”

- What’s one thing in your work life you’ve been holding onto too tightly?
- What would it look like to hand that over to God today?

Belief

Do you really trust that God’s way is better—even in your workplace?

- How does trust in God shift the way you make decisions or handle stress?
- What truth about God do you need to believe more deeply at work?

Real-Life Application

- Try starting your day with a “Here I am” posture in prayer (see Ps Paul’s opening prayer on the next page).
- Consider one habit shift that might reflect your trust in God at work this week.

Stories of Change

Your workplace can become a place of transformation.

Has the Spirit changed how you show up to work, find purpose, or handle stress? What’s shifted?

Share your story—or someone else’s (with permission):

[Instructions on P2 of this guide](#)

Prayer

Pray as a group:

- For eyes to see work as holy ground
- For courage to face hard things with Spirit-led trust
- For the fruit of the Spirit to grow in us through the daily grind

DAILY MORNING PRAYER

Heavenly Father,

I come before you today with a heart full of gratitude and for the privilege of being your vessel. Lord, I thank you for your presence and for the opportunity to represent you.

Lord, I invite your Holy Spirit to fill my home and workplace and guide every word, thought, and action. I pray for your wisdom, compassion, and love to flow through me as I interact with others. Cleanse my heart, renew my mind, form me into your likeness and help me to remain sensitive to your leading.

Father, I lift up every person who will come seeking your touch today. You know their needs, their burdens, and the desires of their hearts. May they encounter your peace, healing, and restoration as I pray.

Use me to bring encouragement, hope, and a reminder of your faithfulness in their lives.

I surrender this day to you, Lord, trusting in your power and promises.

May everything I do bring you glory and honour. In Jesus' very precious name I pray.

Amen.



Welcome

Money touches every part of life—our decisions, our security, and our trust. This week, we look at how the Spirit wants to free us from fear and control, and invite us into a mindset of contentment and stewardship.

- When you think of money, what feelings usually rise up first—peace, stress, freedom, fear, something else?
- Share one positive way you've seen God provide or guide you financially.

Read & Reflect Together

1 Timothy 6:6–10, Philippians 4:11–13, Matthew 6:24–27

- How do these passages challenge our usual approach to money?
- Where do you see a tension between control and contentment in your own life?

Heart Discipleship with Money

Let's reflect using the HD framework:

Invitation

“Money reveals where our roots are planted.”

- Where might God be inviting you to trust Him more deeply with your finances?

Conviction

“Money exposes hidden beliefs.”

- What money beliefs (from upbringing, culture, or experience) might be shaping your habits today?
- Are those beliefs leading you toward fear, status, or faith?

Surrender

“Contentment is the antidote to control.”

- What’s one area (spending, saving, giving, investing) where you sense God calling you to release control?

Belief

God’s arm is never too short to provide.

- What truth about God’s provision would free you from fear or striving?

Real-Life Application

- Take one small practical step this week: e.g., review your giving, set a boundary on spending, or name and challenge a money belief.
- Where could generosity become a spiritual practice of freedom for you?

Stories of Change

Your journey matters—even if it’s just one step toward freedom.

Has God shifted your mindset about money, control, or security? What’s one change you’ve made?

Share your story—or someone else’s (with permission):

[Instructions on P2 of this guide](#)

Prayer

Pray together:

- For contentment in every circumstance
- For courage to trust God’s provision
- For freedom from fear and control