

STUDENT DISCUSSION GUIDE

EMPOWERED – Session 3

Empowered to Remember, Empowered to Move Forward

Acts 4:23–35

SESSION FOCUS

The early Church was already facing pressure, opposition, fear, and uncertainty. Yet instead of collapsing inward, the believers gathered together in prayer and remembered who God was.

This session explores how the Holy Spirit strengthens believers during difficult seasons and helps them continue moving forward with courage, prayer, and faithfulness.

The goal is not pretending fear does not exist.

The goal is learning how the Holy Spirit forms steadiness, courage, and dependence on God even in uncertain seasons.

OPENING REFLECTION

Take a few quiet moments before beginning.

- What kinds of things most often create fear or anxiety in people?
- How do difficult seasons affect spiritual life?
- When you feel pressure or uncertainty, what is your natural response?
- What helps people remain spiritually grounded?

Personal Notes:

SCRIPTURE READING

Read Acts 4:23–35 slowly.

As you read, notice:

- how the believers respond to fear
- what they pray for
- and how the Holy Spirit strengthens them.

Pay attention to repeated themes or emotional movement in the passage.

KEY IDEA

The Holy Spirit does not remove every difficult circumstance.

The Spirit strengthens believers through prayer, remembrance, community, and ongoing dependence on God.

PART 1: REMEMBERING GOD'S FAITHFULNESS

(Acts 4:23–28)

The believers begin by remembering who God is and what God has already done.

Fear narrows perspective.

Remembrance restores it.

Reflection Questions

1. Why is remembering God's faithfulness important during difficult seasons?
2. What happens when fear becomes the loudest voice in our lives?
3. What helps believers remain spiritually grounded during uncertainty?

Personal Notes:

PART 2: PRAYER BEFORE PANIC

(Acts 4:29–31)

The believers respond to pressure through prayer rather than panic.

They do not pray for escape.

They pray for courage and faithfulness.

Reflection Questions

4. Why do people often react before praying?
5. What is the difference between reacting fearfully and responding prayerfully?
6. How does prayer change the way believers face uncertainty?

Personal Notes:

PART 3: THE HOLY SPIRIT PRODUCES COURAGE

(Acts 4:31)

Biblical courage is not the absence of fear.

It is continuing toward faithfulness while depending on God.

Reflection Questions

7. What fears most often affect spiritual life?
8. How is courage different from emotional toughness or aggression?
9. Where do you most need courage right now?

Personal Notes:

PART 4: COMMUNITY STRENGTHENS ENDURANCE

(Acts 4:32–35)

The believers face difficulty together.

The Holy Spirit forms communities where people strengthen, encourage, and support one another spiritually.

Reflection Questions

10. Why does isolation often increase fear or discouragement?
11. How can healthy Christian community strengthen faithfulness?
12. What characteristics make a church emotionally and spiritually safe?

Personal Notes:

PERSONAL REFLECTION

Take a few quiet moments to reflect honestly.

- Where do you most need peace or courage right now?
- How might prayer reshape the way you respond to uncertainty?
- What would deeper dependence on the Holy Spirit look like in this season of life?

Personal Response:

CLOSING PRAYER

Pray for:

- courage
- peace

- endurance
 - wisdom
 - and deeper awareness of God’s presence.
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OPTIONAL PRACTICE FOR THE WEEK

This week:

- Re-read Acts 4:23–35 daily
- Pause before reacting to stressful situations
- Pray:

“Holy Spirit, help me remain faithful here.”

- Reflect on past moments of God’s faithfulness
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FINAL THOUGHT

The Holy Spirit does not promise a life without storms.

The Spirit strengthens believers to remain faithful through them.

Courage grows where prayer, remembrance, and dependence on God remain present.
