

# MORE

## I get more when I stay in the flow

Read and discuss the following quote.

*“When you flourish, you become more you. You become more that person God had in mind when he thought you up. You don’t just become holier. You become you-ier.” Excerpt From The Me I Want to Be by John Ortberg*

Do you feel like you are becoming you-ier these days? Are you becoming more the person you want to become? Why or why not

Have you ever gotten caught in this cycle of trying to do your faith by yourself?

Read the following verses. How does plugging into the power source help you succeed in becoming more the person you want to become?

*Acts 1:8,9*

*You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”  
9 After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.*

*Romans 8:5,6*

*Those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

*2 Corinthians 3:17*

*Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.*

*John 14:26*

*The Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.*

*Romans 5:5*

*God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.*

Read the following verses.

[John 7:37-39](#)

[Ephesians 5:18,19](#)

God wants his spirit to flow out of us. Take a moment to discuss two reasons why we need to stay close to the water source and be constantly filled with the Spirit.

**1. We are leaky**

*Read and discuss the following quote. "Over time this sense of progress stalls out. Instead of life flowing with rivers of living water, I yell at my children whom I love. I worry too much about money or my job. I grow jealous. I use deception to get out of trouble or to get what I want. I pass judgment on people easily, casually, arrogantly. My prayer life is up and down. I am stuck in a gap." John Ortberg*

What are the things in your life that cause you to be leaky and fall away from your closeness to God?

**2. There are people in our life that need to be leaked on**

Read [Romans 15:13](#). What are some ways that God wants us to overflow into the lives of the people around us?

What are you more likely to leak onto the people around you

Anger  
Annoyance  
Impatience  
Disinterest  
Hurry

Love  
Joy  
Peace  
Patience  
Kindness

What can you do to make sure you are leaking more of the second list than the first?

