



**holy spirit encounter**  
*groups edition*

# Holy Spirit Encounter

## Session Five - Roadblocks of Fear, Unbelief & Apathy

---

**Begin** this session by quieting yourself. Take stock of yourself and your internal 'noise.' Pay attention to the self-talk and internal narrative in your head. If you find yourself justifying or excusing things during this session, pay attention. The Lord may be bringing up something that He wants to free you from in this session. Remain humble and curious.

**Pray** something like this, *"I invite you, Holy Spirit, to speak to me in this session. In the name of Jesus, I command all other voices to be silent. Jesus, I want you to be Lord of every area of my life, so I invite you to show me anything that is hindering your work in my life. Thank you, Jesus, that you bring truth and desire a vibrant relationship with me. Amen."*

**Watch** the video, **Session Five - Roadblocks of Fear, Unbelief & Apathy.**

**Jesus replied: "Love the Lord your God with all your heart  
and with all your soul and with all your mind."  
- Matthew 22:37, (NIV)**

**"He refreshes my soul. He guides me along the right path for  
his name's sake." - Psalm 23:3 (NIV)**

**Consider** – Terri's words: "Our experiences land in our souls. The Spirit can only fill our souls to the limit there is space." We have stuff in our lives that we are not really aware of until something bumps into it, activates it, or triggers us. Then we try to put it out of our minds until the next time we bump into it. Sometimes we are not even aware that we can live a life of freedom from these reactions. The Holy Spirit makes a way for us to live in freedom—not just a little bit of freedom, but freedom that is abundant like a river.

**"Now the Lord is the Spirit,  
and where the Spirit of the Lord is, there is freedom."  
- 2 Corinthians 3:17 (NIV)**

**"Whoever believes in me, as Scripture has said,  
rivers of living water will flow from within them."  
- John 7:38 (NIV)**

We are created with a need for identity, protection, provision, companionship, communication, comfort, nurture, and teaching. When these needs are not met wounds and lies land in our souls. We pick up bad habits to cope and survive. We put up blocks, walls, and shields for protection. However, all these broken responses to unmet needs also keep us from experiencing the fullness of the Spirit, they block the flow of living water.

1. What are some of the broken patterns of reaction in your life? Do you believe freedom is possible? Abundant freedom? Take a few moments to share your responses with the group.

This session addresses the roadblocks of fear, unbelief, and apathy. All of us are vulnerable to these blockages. As you engage with the following steps, invite the Holy Spirit to show you any hidden areas where these things have taken root in your life.

**FEAR.** Worry, anger, isolation, control, apathy, and hopelessness can be symptoms of fear in our lives.

Fear influences our actions and thoughts. Fear can cause us to resist the Spirit and always blocks freedom. We may be afraid of what God might do or might not do if we invite His Spirit to move in greater ways in our lives. We might be afraid God will 'make us' do something we feel is shameful or embarrassing. We might be afraid of increased spiritual warfare.

Perhaps past disappointments have caused a blockage of unbelief or apathy in your soul. It may seem safer not to hope than take a risk be let down. We might be afraid of failing. Apathy and unbelief can cause us to show up as self-sufficient and independent, unable to connect easily with others. This can also manifest as a spiritual 'sleepiness.'

We have all seen people claiming to be under the power of the Spirit behaving in ways that make us feel uncomfortable. This may or may not be discernment, but if we respond with ungodly judgements of others, we can develop a blockage in our own soul. We may have made vows never to participate in anything like this. Vows and judgements block the flow of the Spirit in our lives.

2. Pause in quietness for a few minutes. Ask the Holy Spirit to show you any fears or memories that might be holding you back. Ask the Spirit to show you any unbelief, apathy, or hopelessness in your life. Ask him to reveal any vows or judgements you have made knowingly or unknowingly.

**Consider** – the following promises from scripture:

**“There is no fear in love.  
But perfect love drives out fear, because fear has to do with  
punishment. The one who fears is not made perfect in love.”  
- 1 John 4:18 (NIV)**

**“If you, then, though you are evil, know how to give good  
gifts to your children, how much more will your Father in  
heaven give good gifts to those who ask him!”  
- Matthew 7:11 (NIV)**

**Activate** your faith by using the following tool. Each one should take the time to name the blockages that were highlighted to them and make this confession out loud. Be as specific as possible as this will help you walk in freedom when the temptation comes up again.

*“Lord, I acknowledge that I have partnered with (fear of— /unbelief/apathy/judgement) and I repent of this and ask you to forgive me. I now break any agreement I have made with (fear of—/unbelief/apathy/judgement) and I ask you to take this far away from me.*

*I forgive those who have caused me to fear the work of your Spirit. In the name of Jesus, I break the vow that (be specific, i.e., that I will never...take risks, speak in tongues, fall over, etc.).*

*I invite you, Holy Spirit to move freely in my life and fill me afresh. Jesus, please teach me how to walk in a new way. Amen.”*

**After each person takes their turn, pray for them.** Feel free to share any encouragement or scriptures that come to mind, but refrain from fixing or giving advice. Let the Holy Spirit do His work!

### Going Deeper

Fuel your faith by daily meditating on the scriptures highlighted in this session. Jesus may bring awareness of more things to deal with. Use the tool and watch how you grow in faith this week!