

WHAT I'VE LEARNED ABOUT LIFE AND
RELATIONSHIPS THROUGH THE HOLY SPIRIT

The VIBES *You* FEEL



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A PDF COMPANION TO THE AUDIOBOOK

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The Vibes You Feel

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Reflection Questions

Introduction

1. What has been your experience with the Holy Spirit?
2. What are you wanting to learn, gain, and/or understand about the Holy Spirit as you read this book?
3. Read Psalm 143:10. Write out a simple prayer in your own words similar to this verse, capturing what you want God to show you.

Chapter 1–The Uncion: “Somethin’ Told Me”

1. Think back on a time in your life when you know the Holy Spirit was working in that situation.
2. How did you respond? Was it with joy, fear, confusion, or something else?
3. How do you see God working in your present circumstances?
4. Based on John 14:26, write a prayer of thanksgiving for the Holy Spirit.

Chapter 2—I Ran for My Life

1. How do you understand your spiritual gift(s)?
2. In what ways have you attempted to understand your gift(s)? Are there any gifts you feel you may have overlooked or discounted before?
3. In what ways have you used your gift(s)? Are there any new ways you might be able to use them now?
4. Here are some Scriptures that list spiritual gifts: 1 Corinthians 12, Romans 12, and Ephesians 4. As you read through these passages, craft a prayer about your desire concerning spiritual gifts.

Chapter 3—Get Out!

1. Think back on a situation in which you were stuck (maybe “stuck on stupid”). How did the Holy Spirit speak to you? Or how is he speaking to you now?
2. In Psalm 40, David expressed a prayer of thanksgiving to God for lifting him out of a difficult situation. Write out or say a similar prayer thanking God for what he’s done in your life, or a prayer expressing the desire of your heart concerning your present situation.

Chapter 4—Eagles in the Sky

1. Think back on a time when the Holy Spirit used nature to speak to you.
2. What was the message God was attempting to convey then? What is he trying to tell you now?
3. As you read Ephesians 1:17–18 (read the entire chapter if you have time), write out or express a prayer to the Lord asking for opened eyes so you notice the signs he sends.

Chapter 5—Playing Church

1. How would you describe the difference between the times you were just playing church and the times you truly believed you were connecting with the Holy Spirit?
2. In John 16:13, the Holy Spirit identifies himself as our guide. In what ways has he guided you in the past and presently?
3. Voice or write out a prayer in an area where you need his guidance. Don't be afraid to try a fleece prayer—just be willing to watch for the signs!

Chapter 6—Mind-Body-Vibe

1. Do you believe your life right now is balanced or unbalanced? Write out some examples.
2. How would you describe your times of rest and self-care? Ask the Holy Spirit to reveal what needs to increase or decrease in this area.
3. Write out Bible verses, word pictures, wise advice previously given to you, or any thoughts God brings to mind. Pray over what has been revealed to you. Surrender to the Father so he can do his job of making changes in your heart.

Chapter 7—Knocked Off Your Square

1. In what ways has Satan knocked you off your square?
2. What can you do to get back in order and/or prevent the enemy from keeping you in a state of confusion?
3. Various places in the Bible portray the enemy (Satan) as a hungry lion looking for prey. How does this picture scare you? How does it empower you?

4. What is a prayer you can pray when he attacks, which reflects who you are in Christ? (If you need some inspiration about what to ask for, look up Ephesians 6:10–12.)

Chapter 8—Checkmate or Check Yourself

1. Think about a time God had to check you, guide you back into line. How was that experience? How has it helped you navigate similar situations now?
2. Ask the Holy Spirit for his loving examination. Make his revelations a prayer of praise, thanksgiving, confession, and commitment.

Chapter 9—Conversations Vs. Prayers

1. Ask the Holy Spirit to bring to mind any situation or person you may be holding a grudge against. Now write out a prayer expressing what you desire for God to do in your heart concerning the person(s) involved in the offense.
2. It's okay to express grief, anger, frustration, or any other emotion after you've been hurt. If you need someone to walk with you through this process, ask God to bring someone to mind and make the call—today.

Chapter 10—The Heart Matters

1. Ask God to bring to mind a past hurt you may not have even realized still affects you. Confess honestly to the Father about what hurt you about the situation and any ill feelings you still hold on to because of the offense. (If the situation is similar to the one you prayed about in chapter 9, continue to work through that issue.)

2. Look up Bible verses that deal with what you're facing right now in your heart—be it doubt, mistrust, a need to feel in control, or anxiety that makes it hard to let go and move forward. If you get stuck, go online and search for “Bible verses that talk about [issue],” or reach out to a pastor or trusted advisor in the faith who could help.
3. Take a moment to ask the Holy Spirit to speak to you in the coming days. What thoughts and ideas come to mind as you pay attention to what God sends? Are there any recurring ideas or behaviors you have new clarity on?

Chapter 11—Keep Dreaming

1. Think back on a dream you may have had that made you stop and think. Could it be from God? What makes you think that?
2. In what ways did the Holy Spirit confirm the dream? Did it come true? Did God give you a Scripture passage or a conversation about the dream with a wiser, mature Christian?
3. Ask the Holy Spirit in a prayer to make his voice clear to you, especially as you study the Bible while considering the dream.

Chapter 12—Baggage

1. In Psalm 139:24, King David asked God to search him, to make sure nothing offensive lurked inside. Take some time to ask God to search you. Write down what the Holy Spirit brings to mind.
2. Share with a Christian friend what the Lord is showing you and ask if they would pray with you and for you concerning these issues.

3. Now think about any bags you may be carrying—how can you work to unpack them, starting today? What bags can you leave behind completely?

Chapter 13—Who's All Over There?

1. Recall a time you experienced the weight of the “elephant in the room.” How did you respond or react in that situation?
2. Now, in hindsight, what could you have done or said differently?
3. Write out a brief prayer and ask for the Holy Spirit’s help to know how you can be a child of light in all situations.

Chapter 14—Solo Dolo

1. Think about the last time you were in isolation—either planned or forced. What kind of thoughts/prayers/self-conversations did you fill your time with?
2. Write out an invitation to the Holy Spirit and describe the next time you are alone together. Will you discuss things or stay quiet? Will you engage in a project (art, music, writing) or just be still?

Chapter 15—Who's Who?

1. Think about your relationships. Are you pleased or displeased?
2. What areas of your relationships need to change?
3. Who else needs to be included in the circle of people you have around you?
4. Ask the Holy Spirit’s help to reach out and help you discern relationships. Are there some that need to be

strengthened and others that need to be let go? Pray about your decision.

Chapter 16–Sound Check

1. Think about the people in your life who have helped you grow by being honest and upfront with you. Write down their names.
2. How can you enlarge the number of people giving wise counsel to you?
3. Take the time to thank God for those who care enough to confront you when needed.

Chapter 17–Perfect Harmony

1. Think back on an experience that was difficult but you “left too soon,” or “stayed too long.” How was the Holy Spirit involved or not involved in that experience?
2. Say or write out a prayer of thanksgiving for what you went through and what you learned. Add a request for the Holy Spirit’s guidance in what you are involved in now or in the future.

Chapter 18–Say It with Honey

1. How do people respond to your communication style? Do they take a step back because you are abrasive? Love to talk to you because you are a listener, friendly, and kind? Can’t understand you, so you’re often asked to repeat or explain what you mean?
2. What changes do you need to make in the way you talk to people?
3. Pray about making that transformation within yourself.

Chapter 19—Girls' Night Out

1. Think about the last time you and a group of friends got together and had a really good time. What made it special? The event? The people? The conversation?
2. Thank the Holy Spirit for pulling that all together for you. Recognize his presence and his plan.
3. If you don't currently have a close group of friends, ask God to guide you, and also to give you the confidence to step out and take a chance on building a relationship.

Chapter 20—I Hear Voices

1. Put yourself in the place of Samuel, who desired to hear from the Lord. How would you have reacted?
2. Think about the time you need to set aside, the place, and your attitude, if you want to hear from God. How can you make those moments happen?
3. Pray about adjustments that need to be made so you can become more acquainted and familiar with the voice of the Holy Spirit.

Chapter 21—The Vibe of Your Music: What Is It Making You Do?

1. What song or songs often repeat in your mind? How is the music uplifting you?
2. What needs to change, and how is the Holy Spirit directing you to make changes?
3. Pray specifically for things you may need to do differently in this area—including asking for the power to avoid songs that negatively affect you.

Chapter 22—Spiritual Junk Food

1. What areas of your life might be junk food—things you enjoy but that are getting in the way of living a healthier life? What can you do to start cutting back your cravings?
2. Now think of things that make you feel whole and full—that make you feel like a better version of yourself. What can you do to pursue those things more closely? Is there a friend or mentor who can help you?
3. Think about starting a journal to record your experiences as you try to shift away from the junk. Are there any big changes you notice as you page back over time?

Chapter 23—No Discounts

1. Are there times you feel you need to hold yourself back or not do something in order to fit in? How does that feel? What would it be like to follow the voice in your gut?
2. Take a piece of paper and write down the things you feel you are gifted in. Now ask a friend or trusted person to add to the list, and think about what they see in you. Does looking at the entire list make you feel different about your value and what you feel called to be in the world?

Chapter 24—Proximity Vibe

1. Think about your proximity vibe aroma—how would you describe it? Is it a sweet smell, or is something off? Who do you think might be contributing to that scent?

2. Now think about “smells” in your life you may have become used to over time. Write them down here—or if you prefer, in a place you can keep private. How can the Spirit help you become more aware of those odors, and help you get rid of them for good?
3. Now ask God to come into your life and help peel back the layers. Over the next few weeks and months, make notes of times you can feel those old layers coming off and a new, fresher scent coming off you instead. Also note how the change makes you feel!

Chapter 25—I Washed a Stranger’s Feet

1. When you hear the word humility, what comes to mind? It is a positive word or a negative one to you? Why do you think you feel that way?
2. Think about areas in your life where you could show more humility. If you feel stuck at all, focus on one part of your life—school, home, work. What one thing could you do for someone to show you’re symbolically washing their feet?
3. Ask God to help you tap into that humble part of Jesus inside you, and then make mental notes when you see your servant mindset making a kingdom difference for someone else.

Chapter 26—The Dating Pool

1. Have you ever made a list of the “perfect boyfriend”? What kinds of things are/would be on that list now? Has that list changed at all after reading this chapter?
2. Take a moment to ask God to help you in your romantic

relationships—be that during a time of singleness or in a dating relationship you're in now. What signs and nudges do you feel? Are there any vibes (good or bad) you noticed before but dismissed that come to a new light now?

3. How can you work on your emotional intelligence? Think about reaching out to a trusted friend or advisor to help you grow in this area.

Chapter 27—All Over the Place

1. Is there any clutter in your life you want to get rid of? Just like when we're cleaning a giant mess, sometimes it can be overwhelming if we try to fix it all at once. Take a moment to ask the Spirit to help you see the steps you need to take to get started, and then pray for the strength to start a new habit of keeping things clearer in the future.
2. When you next attend a church service or Bible study, take a moment to listen for any signs that are being set up on your spiritual street. Is there anything the Spirit is trying to help you move toward?

Chapter 28—People Change

1. Is there anyone in your life who seems to be struggling right now, or who you need to extend grace to after a tough moment together? If you are close to them, schedule a time to connect, and listen to what they want to share. If it's someone you aren't that close with, but you feel a pull to do something, pray or take time to give them a kind word of support.

2. Think about who you were when you started reading this book, and who you are now. What changes have you seen in your thinking? How have those changes shifted how you see the people around you? Now think of ways you can use your new knowledge to strengthen your relationships and grow even more.
3. If you feel led, grab a notebook and start keeping a daily journal, so you can see how God is working in you—and working in the people around you. Keep a special eye out for patterns or shifts that can help you see where God is leading you, and *who* he may be leading you to in friendships and mentor relationships.

Chapter 29—Worry or Peace

1. When something is causing you anxiety or worry, try writing it on a piece of paper. Then talk to God about that worry—how it's made you feel, and how you'd like him to help you with it. Afterward, put the piece of paper in a box and keep it near a place you like to pray or relax. Occasionally open the box, look at the slips of paper, and pray over any that still nag at you. Have you noticed any changes in the level of worry or things that have happened around it each time you check and pray?
2. Is there a constant worry from something in your past, or a current worry that won't go away? Especially if this worry is affecting your mental health, talk to someone today—like a trusted friend, a counselor, or a mentor. You don't have to deal with it on your own, and there is strength in getting help! God wants us to have a life of freedom and health.

Chapter 30–The Mystery and the Truth

1. As you've read this book, do you feel like you have a better understanding of who the Holy Spirit is and how he works? In what ways have you sensed the Spirit working in your life?
2. Are there any big questions you still have? If so, that's natural! Write them down here and reach out to your pastor or a trusted mentor to talk them through. Also ask them for any resources, books, or Bible passages they recommend that could help you explore the Spirit more and grow your understanding.