

Who You Gonna Call? Trading Fear for the Spirit

1. Who You Gonna Call?

Our ghosts: _____, _____, _____, _____.

The big idea is this: stop _____, and start relying on the _____.

2. The Proton Pack Problem – John 14:16-27

Jesus promised **another** _____, someone who comes _____ you. The

Ghostbusters have a pack on the _____. We get a Helper on the _____.

He says “don’t be _____” because you’re not carrying the _____ alone.

The Helper is not on your _____ – He’s beside you and _____ you.

3. Don’t Cross the Streams – Acts 1:4; Acts 2:1-4

All of them were _____ with the Holy Spirit.

God showed up the way _____ shows up.

Some of you are exhausted because you’ve been trying to generate _____,

_____, _____, and _____ on your own battery.

You don’t need to _____ it – you need to _____ it.

4. The Marshmallow Man and the Free Invoice – Romans 8:15, 32; Acts 2:38

This resurrection life is not a _____, _____-tending life.

The Spirit does not make you a _____ to fear. Fear says you’re on your _____.

The Spirit says you’re a _____ of God. God already paid the highest _____ – He

gave up His own _____. He’s not going to _____-and-_____ you for

help with your anxiety. The Holy Spirit is a _____ – not a purchase, not a payment plan.

You cannot _____ the Spirit.

5. Three Challenges for the Week

Challenge 1: Name one _____ each morning and hand it to the Spirit.

Challenge 2: Pause before you _____, and ask for _____ first.

Challenge 3: Tell one _____ how the Spirit has _____ you.

Scripture References

John 14:16-17

"And I will ask the Father, and he will give you another Helper to be with you forever, the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you."

(NIV)

John 14:26-27

"But the Advocate, 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. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

(NIV)

Acts 1:4

"On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about.""

(NIV)

Acts 2:1-4

"When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them."

(NIV)

Acts 2:38

"Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.""

(NIV)

Romans 8:15

"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father.""

(NIV)

Romans 8:26

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

(NIV)

Romans 8:32

"He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?"

(NIV)

Galatians 4:6-7

"Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, 'Abba, Father.' So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir."

(NIV)

2 Timothy 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

(NIV)

Isaiah 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

(NIV)

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

(NIV)

Discussion Questions

1. When fear, anxiety, or uncertainty shows up in your life, who or what do you tend to call first (a friend, Google, willpower, something else)? Why?
2. The sermon says many of us carry a "proton pack" alone. What is one thing you have been carrying that you were never meant to carry by yourself? Why is it hard to ask for help, from people or from God?
3. In John 14:16-17, Jesus says the Spirit "lives with you and will be in you." How does it change your view of daily struggles to know the Helper is both beside you and within you?
4. Jesus promises the Helper and says "do not be afraid" in the same passage (John 14:26-27). How are these two things connected?

5. What does it look like in everyday life to "cross the streams," mixing our own strength with the Spirit's power or asking God to rubber-stamp our plans? Where might you be doing this right now?
6. Jesus told the disciples to wait (Acts 1:4) before the Spirit came. Why is waiting so hard for us? What might we miss if we skip it?
7. Compare Peter's denial of Jesus with his bold sermon at Pentecost. What changed, and what does that suggest about where courage comes from?
8. The sermon says fear "lies about size" without minimizing real pain like illness, grief, or job loss. Is there a fear in your life that looks bigger than it really is? Is there one that is truly serious and needs the Spirit's comfort and the support of others?
9. Romans 8:15 contrasts being a slave to fear with being an adopted child who can say "Abba, Father." What commands has fear been giving you (don't speak up, don't forgive, don't risk, don't trust)? How would a child who belongs respond?
10. The sermon says the Spirit is a gift that can't be earned or lost by our behavior (Acts 2:38; Romans 8:32). Do you find this easy or hard to believe? What would change if you fully believed it?
11. Which of the three weekly challenges (name a fear each morning, pause and ask for help, tell one person) feels most doable? Which feels hardest? What will you do to follow through?
12. How could your group support one another this week in practicing "Stop fearing, start relying"?

Key Takeaways

1. Stop fearing, start relying on the Spirit. This is not "try harder" or "be braver."
2. The Holy Spirit is the Helper Jesus promised, who lives with us and in us, teaches us, reminds us, and gives us peace.
3. The Spirit's power is received, not manufactured. The rhythm is wait, receive, rely.
4. Fear lies about size. The Spirit gives us sonship, not slavery, and invites us to call God "Abba, Father."

5. The Spirit is a free gift. The price has already been paid at the cross, so we cannot earn him or out-sin his help.
6. This week: name one fear each morning and hand it to the Spirit, pause before reacting and pray "Holy Spirit, help me," and tell one person what God has done.
7. The Helper isn't grading you; he's helping you.

Additional Notes

- Suggested use: read the section summaries and Scripture passages first, then work through the discussion questions together. This guide fits a 45–60 minute small group session or individual study across several days.
- Group leaders: you may not have time for every question. Choose four or five that fit your group, and leave room for honest sharing about real fears with care and confidentiality.
- Some discussion topics (fear, anxiety, grief, health struggles) may be sensitive. Encourage anyone carrying heavy burdens to also talk with a pastor, counselor, or trusted friend.
- Closing prayer idea: end your time by having each person silently name one fear and then pray together, "Holy Spirit, we need you. Lead us."

Answer Key

1. fear; anxiety; uncertainty; (ghosts) fearing; Spirit
2. Helper; alongside outside; inside afraid; load back; inside
3. filled God courage; faith; joy; peace produce; receive
4. timid; grave slave own; child price; Son nickel; dime gift earn
5. fear react; help person; helped