

Small Group Discussion Guide

“When the Flow Slows Within” • Sermon 4, *River Flow* series

Pastor Mel Baga, D.Min. • October 25, 2025

OPEN

When was the last time you felt completely refreshed—spiritually, emotionally, or even physically? What made that experience so life-giving for you?

READ

Say a short prayer, read John 7:37-39 and 15:4-7, pause, then discuss.

DISCUSS

1. Jesus promises “rivers of living water” flowing from within those who believe. What does this image suggest about the kind of life Jesus offers?
2. Jesus invites us to “abide” rather than strive. What does abiding look like in your day-to-day life? What tends to pull you out of that abiding posture?
3. Reflect on this statement: “When the flow slows within, don’t work harder—open your heart wider.” What might this look like to you this week? What one simple practice could help you make more space for God’s presence?

PRAY

Lord Jesus,
You are the river of life within us.
When our hearts grow dry, remind us that the answer isn’t more doing but more dwelling.
Quiet our striving, slow our pace,
and open our hearts wider to you.
Let Your living water rise again—cleansing,
healing, and overflowing through us to others.

Amen.