



## Study Guide, Episode 92–How to Perfect What You Lack & Increase Spirituality

### 1 & 2 Thessalonians

00:00-14:52	“QOTW: How do I know what I lack spiritually & how can I increase in spirituality?”
14:53-31:19	“Meditation: Connect to your Spirit & the Word & The Power of God”
31:20-42:07	“Receive & use the Holy Ghost; ‘Abound in love;’ ‘I am not broken!’”
42:09--52:17	“Integrate our experiences & parts; Prepare for His Second Coming”
52:18-END	“Apostasy had to come; ‘Quench not the Spirit;’ Use the Atonement”

- 1) When you think of the term “spirituality” what comes to mind? What helps you increase your spirituality—what thoughts, people, activities? What detracts from your spirituality? How do you feel about your current level of spirituality? What might you want to keep? What might you want to change or improve? Ponder, and write about this in your journal.
- 2) Set aside time/space to pray, ask, ponder, and write about the following questions:
  - a) What do I need to change?
  - b) How can I improve?
  - c) What weakness needs strengthening?
  - d) “What lack I yet?”
- 3) **Spirit Meditation:** Listen to 22:10-28:06 & do this meditation. Then, consider and write about what this experience was like for you. How might you use this or other forms of meditation to better connect with your own spirit and with The Spirit?
  - a) Video: <https://www.youtube.com/watch?v=mVyvXdgnRTg>
  - b) Audio: Use download below this handout on website (<https://www.drchristinahibbert.com/like-a-watered-garden-study-guides-handouts-transcripts/>)
- 4) What are you doing each day to receive the Holy Ghost? How are you using the power of the Holy Ghost in your daily life? What might you do to improve your connection with the Holy Ghost and to increase your ability to use this power? Discuss this with your family or loved ones this week.
- 5) What would it look like for you to “abound in love”? How well are you doing this now? What is one way you might be filled with love & love others a little more?

#### Resources

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