



Discussion starters Chapter 1

1. Remember: Can you remember your conversion or the first time you were filled with the Holy Spirit? Can you recall a time when God felt especially close or real to you? Write down or share in your group what you can recall about the circumstances, the feelings and the effect on your life.

2. If you haven't had an experience like this, why not ask God for one? If you're in a group, ask those who have experienced this first love to pray for all those who haven't. If you're studying on your own, pray something like Charlie's prayer on page 37: 'Lord Jesus, I am thirsty to know God. I am hungry for the Bread of Life. I want to know you. I am so sorry for the years when I forgot about you. I have gone away from your ways like a lost sheep. I am so sorry. I want to come back to you, the Good Shepherd. Thank you that you died on the cross instead of me. Now please come and take up residence in all the rooms of my life. Come in as my Lord and as my Shepherd. Lead me to the water of life. Fill me with your Spirit. I love you. Please fill me with your love. Amen.'

3. Repent: Is there an area of addiction or idolatry in your life that you need to repent of? What is taking the place of the 'first love' in your life? Bring it to God now. Confessing to a trusted friend or church leader can also often be key to finding freedom – when we bring our sins into the light, they lose the hold they have over us in the darkness. Consider who you can trust to pray with you and help you to return to your first love.

4. Renew: How do you feel about the suggestion of writing a love poem or a love letter to God? Could you give it a try, even if it feels awkward? Use some verses from the Psalms to get you started, if that helps. Think about mentioning each of your senses.

