



## Discussion Guide for “Spiritual Revertigo” *Identity Crisis* Week 8

You’re going along, feeling great about life and faith and then *boom*, something happens and an old behavior or habit you thought you’d kicked pops its head up. Spiritual Revertigo. It can be devastating – you feel as though you’ve made no progress at all, that you’re still the same old person you’ve always been, that God has done nothing in your life, not really. But Jesus assures us that the Spirit is making us new – and that the answer to our despair can be found among others on the same faith journey as we are.

### Scriptures for Further Reading

[Genesis 11:1-9](#)

[Psalm 104:23-35](#)

[John 14:8-17](#)

[Acts 2:1-21](#)

[Romans 8:14-17](#)

[1 Corinthians 15:19-26](#)

### Questions for Discussion

1. Have you ever experienced revertigo? How did you feel in that moment?
2. Why do moments of spiritual revertigo create so much shame in us? What’s at stake?
3. How does Jesus’ promise of the Holy Spirit in John 14:8-17 encourage a person who’s experienced revertigo?
4. How do you experience the presence and activity of the Spirit through friendship?
5. What does it look like for you to lean into the Spirit’s work this week?