
CBC WEEKLY RESOURCES



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COMMUNITY BIBLE CHURCH
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I. SERMON RECAP

Pastor Gary closed the “Established” series by bringing us back to the fruit of the Spirit and asking: What does it look like when the Spirit of God is truly established in a believer’s life? The fruit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. These are not a list of optional virtues; it is the visible evidence that the living God dwells in us. We live in tension between the flesh (our old sin nature) and the Spirit. As we yield to the Spirit and “crucify” the flesh with Christ, God’s own character increasingly shows up in our relationships, our homes, and our workplaces.

He then surveyed the role of the Holy Spirit in the Old Testament: bringing order out of chaos in creation, empowering judges and kings, anointing craftsmen to build the tabernacle, and inspiring prophets with timely words. All of that continues today, undoubtedly. However, in the New Testament, after Jesus’ death and ascension, we now have full access to the Spirit’s presence and power. The tragedy is that many believers rarely ask for His anointing, prophetic encouragement, or empowerment.

The heart of the message was the call to “linger longer” with God. Using a house metaphor, Pastor Gary described how many of us only “wave at God” from the sidewalk or occasionally talk to Him at the front stoop. Some have crossed the threshold (foyer) or spend time with Him in the living room. But God invites us all the way to the kitchen table: intimate, honest, no-holds-barred fellowship where everything in our lives is on the table with Him. This requires stillness, reordered priorities, and the courage to bring our fears, bitterness, and sin into the light. Alongside this, he urged us to build trustworthy relationships in the church and to ask the Spirit for discernment and self-control in a distracted, deceptive age.

CHAPTERS

Introduction: Established by the Spirit

- Review of Galatians 5:22-23; goal of a well-rounded expression of the Spirit.

The Battle: Fruit of the Spirit vs. the Flesh

- Galatians 2:20; the sin nature (sarx) and crucifying the flesh.

The Holy Spirit in the Old Testament

- Creation order (Genesis 1), empowerment of leaders and craftsmen, prophetic inspiration, and anointing of kings.

The Spirit in the New Testament and Today

- Jesus' prayer and promise; full access to the Spirit; why we often don't ask.

From Teaching to Training

- The difference between knowing truth and practicing it; the call to training in righteousness.

Linger Longer: The House Metaphor

- Sidewalk → stoop → foyer → living room → kitchen → kitchen table.

How to Deepen Your Walk with God

- Stillness, Scripture aloud, worship, honesty, and progression toward the kitchen table.

Genuineness, Depth, and Relationships

- Need for same-gender accountability, trust, and connection within the body.

Love and Discernment in a Fast World

- Love as the greatest; discernment as urgently needed in our age.

What's Missing: Self-Control and Guarded Speech

- Self-regulation of time and media; the destructive power of gossip.

Quenching and Grieving the Spirit

- Withholding areas of life; sequestered “rooms”; losing spiritual light and fire.

II. STUDY GUIDE

Key Points

Personal and Community Prayer in Balance

You are crucified with Christ; your old self is not in charge anymore.

Christ lives in you by the Spirit; your true identity is Spirit-indwelt, not flesh-ruled.

Worship-First Posture in Prayer

Stillness Before God

Stillness is the practical doorway to lingering longer.

The Spirit's Role: Order, Empowerment, and Inspiration

From Teaching to Training in Righteousness

Discernment in a Deceptive World

We must distinguish truth from error, authentic from artificial.

Self-Control and Self-Regulation

Guarding Against Gossip and Grieving the Spirit

Gossip is spiritually deadly and often underestimated.

Withholding parts of your life from God or persisting in fleshly patterns grieves and quenches the Spirit.

Key Scripture (NIV)

Galatians 5:22-23

But the fruit of the Spirit is love joy peace forbearance kindness goodness faithfulness gentleness and self control Against such things there is no law

Galatians 2:20

I have been crucified with Christ and I no longer live but Christ lives in me The life I now live in the body I live by faith in the Son of God who loved me and gave himself for me

Genesis 1:1-3

In the beginning God created the heavens and the earth Now the earth was formless and empty darkness was over the surface of the deep and the Spirit of God was hovering over the waters And God said Let there be light and there was light

Psalm 37:7

Be still before the Lord and wait patiently for him do not fret when people succeed in their ways when they carry out their wicked schemes

Romans 10:17

Consequently faith comes from hearing the message and the message is heard through the word about Christ

2 Timothy 3:16

All Scripture is God breathed and is useful for teaching rebuking correcting and training in righteousness

1 Corinthians 12:10

To another miraculous powers to another prophecy to another distinguishing between spirits to another speaking in different kinds of tongues and to still another the interpretation

III. DEVOTIONAL MATERIAL

Day 1 - From Chaos to Order

Question: Where do you feel the most “formless and empty” right now—and have you actually invited the Holy Spirit into that specific place?

Reading Genesis 1:1-3

Devotional:

Genesis opens not with a polished, finished world, but with a formless, empty, dark place. This is the first time we meet the Holy Spirit in Scripture. He is “hovering” over the waters, brooding like a bird over its nest, ready to bring forth life and order. Then God speaks, and light appears. Pastor Gary linked this to the way the Spirit works in our lives today. When you feel overwhelmed, disorganized, emotionally “empty,” or spiritually dark, your situation is not beyond God; it actually looks a lot like the opening page of the Bible.

In the ancient Near East, creation stories were chaotic, violent, and unpredictable. By contrast, Genesis presents a God who calmly and purposefully brings order in a structured sequence, day by day. That is the pattern of how He wants to work in you. The Spirit’s role is not just to give you feelings; it is to bring God’s order into your thoughts, priorities, and habits, one step at a time.

Application:

Name one life area that feels chaotic (finances, schedule, emotions, relationships).

Bring it specifically to God and ask the Spirit: “What is my next step, not my next ten steps?”

Then listen. Look for clarity about the next small, faithful action.

Day 2 - Moving Inside the House

Question: If you use Pastor Gary’s house picture (sidewalk, stoop, foyer, living room, kitchen, kitchen table), where are you most often with God—and what would it look like to go one step deeper?

Reading Psalm 37:7

Devotional:

Psalm 37 is written by David, a man who knew stress, enemies, and long waiting. Verse 7 calls us to “be still before the Lord and wait patiently for him.” The Hebrew idea behind “be still” carries the sense of relaxing the grip, letting your hands drop, ceasing from frantic action. This is the opposite of how most of us live. Our culture pushes speed, multitasking, and constant stimulation; we wave at God from the sidewalk as we rush by.

Pastor Gary’s house metaphor helps us picture different depths of relationship:

Sidewalk: polite recognition, quick prayers.

Stoop: short, occasional conversations.

Foyer/living room: more frequent, but still safe and surface-level.

Kitchen/kitchen table: close, honest, unhurried, nothing off-limits.

Stillness before God is how we start walking up the sidewalk and into the house. You cannot be at the kitchen table with God on the run. The willingness to wait patiently, without fretting over others’ success or your own delays, is a sign that you trust His timing more than your own schedule.

Application:

Choose a time when you’re usually distracted (e.g., first 10 minutes after waking, lunchtime, or before bed).

Enter that time with no agenda except to be before the Lord—no phone, no noise, just you and Him.

Use Psalm 37:7 as a simple focus: be still, wait, and each time your mind races, gently return to, “I am here before You, Lord.”

Challenge:

Schedule one 15-minute “stillness appointment” with God today. Put it in your calendar. During that time, do not ask for anything; simply be still, listen, and if helpful, quietly repeat Psalm 37:7 as a reminder.

Day 3 - Crucified with Christ

Question: Do you relate to yourself more as “the old me trying to be better” or as “crucified with Christ, with His life now in me”?

Reading Galatians 2:20

Devotional:

Paul's words in Galatians 2:20 are a radical description of identity. In the first-century Roman world, crucifixion was the most shameful, final form of execution. When Paul says, "I have been crucified with Christ," he is saying that his old self (identity, self-reliance, sin-ruled nature) has been put to a shameful, decisive, once-for-all death with Jesus.

Yet this is not a call to self-hatred; it is a call to Spirit-empowered living. "I no longer live, but Christ lives in me." In other words, the Christian life is not "me trying harder." It is Christ, by His Spirit, living His life in and through me. Pastor Gary tied this to the battle between the flesh and the Spirit. The "flesh" (sarx) is not just your body, it is the entire old way of being apart from God. That "you" is crucified. You are now someone in whom Christ dwells.

How to apply this today:

When you face a temptation or an old pattern (anger, fear, lust, anxiety), stop and remind yourself: "The old me who was ruled by this has been crucified. Christ lives in me right now."

Ask, "Jesus, living in me, what do You want to do in this moment? How would You respond?"

Choose to act in line with who you now are, not who you used to be.

Day 4 - Fruit That Does Not Grow in a Vacuum**Question:**

Which one aspect of the fruit of the Spirit do you most long to see grow—and what might be undermining it in your daily habits or relationships?

Reading Galatians 5:22-23**Devotional:**

Paul calls these nine qualities "the fruit of the Spirit," not the fruit of hard work or of a certain personality type. In the ancient world, fruit trees were valuable and carefully tended. Fruit took time, cultivation, and the right environment. Pastor Gary emphasized that these traits do not grow in isolation. They are interwoven: more love fuels more joy; greater self-control supports deeper peace; gentleness is often an expression of both love and self-control.

Notice that the word is fruit (singular), not fruits (plural). This suggests one unified work of the Spirit, not a spiritual “buffet” where we pick our favorites. Also, Paul places self-control last, like a bookend with love. In a culture of instant gratification and constant distraction, self-control is often the most neglected. Without it, the other qualities are easily destabilized.

How to apply this today:

Ask the Spirit to spotlight which aspect of the fruit He wants to work on in you this week.

Then ask two questions:

“What habits support this fruit?”

“What habits undermine it?”

For example, if you long for peace, but constantly consume anxiety-inducing media, the Spirit may be inviting you to reduce that input as an act of self-control.

Challenge:

Choose one aspect of the fruit (e.g., self-control, or love, or peace). Do one specific thing today that cultivates it (e.g., turn off your phone for an hour, forgive someone in prayer, write a note of encouragement). Do one thing that removes a weed that chokes it (e.g., refrain from gossip, skip a social media scroll, step away from an argument).

Day 5 - From Gossip to Kitchen-Table Honesty

Question: Do you have at least one trusted, same-gender believer with whom you can be honest—and who does not repeat what you share?

Reading: Ephesians 4:29-30

Devotional:

Paul links our speech directly to the Holy Spirit. “Do not let any unwholesome talk come out of your mouths” includes gossip, slander, and tearing others down. Instead, our words are to build up according to people’s needs, not just our opinions. Verse 30 then warns, “Do not grieve the Holy Spirit of God.” Pastor Gary reminded us that God has feelings; the Spirit can be grieved. One major way this happens is through how we talk about one another.

In a first-century honor-shame culture, public reputation was everything, and verbal attacks could destroy families and churches. The same is true today, though we often underestimate the damage gossip does. At the same time, Pastor Gary stressed our need for deep, trustworthy relationships: people with whom we can share honestly, confess sin, and receive accountability. The key is that these relationships are marked by confidentiality, faithfulness, and a shared desire to build up, not tear down.

Application:

Pay attention to your words. Before sharing information about someone, ask: “Is this building them up? Is this necessary? Would I say this in front of them?”

Consider who your “kitchen-table” people are, those you can be fully honest with. If you lack that, ask God to lead you to one or two trustworthy believers and be willing to take small steps of appropriate vulnerability.

IV. SMALL GROUP RESOURCES

Opening

Welcome:

Greet everyone warmly; briefly acknowledge that this week wraps up the “Established” series.

Invite people to share in one sentence how they’re coming into group (tired, hopeful, distracted, etc.).

Opening Prayer:

Sermon Recap

In this final message of “Established,” Pastor Gary emphasized that the Holy Spirit wants to be established in our lives, producing the fruit of the Spirit as we learn to “linger longer” with God. He contrasted quick, surface-level encounters (sidewalk and stoop) with kitchen-table intimacy. He also highlighted our need for discernment, self-control, and trustworthy relationships in the body of Christ.

Key highlights to mention:

The fruit of the Spirit as evidence of God’s presence.

The Holy Spirit’s role in creation: bringing order from chaos.

Moving from teaching to training—actually practicing what we know.

The house metaphor: sidewalk → stoop → foyer → living room → kitchen → kitchen table.

The importance of lingering, stillness, and priority.

The dangers of gossip and the need for a trustworthy community.

The need for discernment and self-control in our cultural moment.

Icebreaker (5-15 minutes):

“If you think of your relationship with God as that house Pastor Gary described, what ‘room’ do you feel like you spend the most time in these days, and why?”

Scripture Exploration:

Galatians 5:22-23

Which aspect of the fruit of the Spirit stands out to you right now, and why?

How have you seen one part of this “fruit” grow in your life over the last few years?

Pastor Gary said the fruit does not grow in a vacuum; it grows in relation to the others. Where do you see that interconnection?

How does self-control, in particular, impact the rest of these qualities?

In what ways might our current culture make it especially hard to cultivate this fruit?

What role do relationships (family, friends, church) play in growing the fruit of the Spirit?

How does remembering that this is the Spirit’s fruit (not just our effort) change the way you approach growth?

Is there one practical change you sense the Spirit nudging you toward to make room for this fruit?

Genesis 1:1-3

What does this passage reveal about the character and work of the Spirit of God?

How does the picture of the Spirit “hovering” over chaos encourage you in your current season?

Pastor Gary applied this to times when we feel overwhelmed and disordered. Can you share a time when God brought order out of chaos in your life?

Why do you think God often works “sequentially,” step by step, rather than fixing everything at once?

What might it look like for you to ask the Spirit, “What is my next step?” in a specific area of chaos?

How can we help each other discern those next steps in community?

How does this passage shape the way you approach prayer when you feel overwhelmed?

What would be different if you truly believed the Spirit is hovering over the “deep” places of your life right now?

Psalm 37:7

What makes it hard for you personally to “be still before the Lord and wait patiently for him”?

How do you typically respond when others “succeed in their ways” and it feels unfair?

How does fretting compete with stillness in your heart?

Pastor Gary talked about our tendency toward drive-through spirituality and instant gratification. Where do you see that in your own walk with God?

What practical adjustments might help you create “linger longer” time with God?

How have you experienced God meeting you when you slowed down and waited?

How could your small group support one another in pursuing stillness this week?

What might be one concrete way to push back against hurry in your spiritual life?

Larger Takeaways from All Three Passages

How do Galatians 5 (fruit), Genesis 1 (order from chaos), and Psalm 37 (stillness) together paint a picture of what it means to be “established” by the Spirit?

Where do you see the tension between the flesh and the Spirit in your daily life, and how do these passages offer a way forward?

If you were to move one “room” deeper in your relationship with God this week, what would that look like, and how can this group support you?

Application:

Personal Prayer:

Consider adopting a simple ACTS pattern at least once this week:

Adoration - Spend time praising God for who He is.

Confession - Honestly name sins and struggles, especially areas where you sense the flesh at work.

Thanksgiving - Thank Him for specific ways He has brought order, provision, or comfort.

Supplication - Bring your requests and the needs of others, asking for the Spirit’s fruit, power, and discernment.

Build in a brief time of stillness at the beginning or end of this prayer, simply being before Him without rushing.

Community Prayer:

In your group, consider:

Pairing up for two-by-two prayer, focusing on one area of “chaos” where each person wants to see the Spirit bring order.

Praying for greater discernment and self-control in the group: especially regarding speech, media use, and time management.

Asking the Spirit to help your group grow into a “kitchen-table” community, with deeper trust and honesty.

Encourage people to pray in their own words, briefly and simply. No one has to pray out loud if they are uncomfortable.

Closing

Share Prayer Needs:

Invite group members to share one specific area where they want to “move one room deeper” with God or where they need the Spirit to bring order, fruit, or discernment.

Write these down so the group can remember to pray throughout the week.

Closing Prayer:

Invite a volunteer to close, asking the Spirit to help each person linger longer, walk in the fruit of the Spirit, and grow in both personal and community prayer.

Leader Notes

1. Foster Safety and Confidentiality

Remind the group that what is shared in group stays in group.

Model appropriate vulnerability. Share from your own life, including areas where you're still learning to linger longer.

2. Guard Against Gossip

If conversation about someone not present starts to drift toward gossip, gently steer it back:

“Let’s focus on how we can help and pray rather than analyze them.”

3. Manage Time, but Don’t Rush the Spirit

Aim to cover the key questions but be flexible. If the group is clearly connecting deeply on one question or passage, it is okay not to cover everything. Depth is more important than breadth.

4. Encourage Participation, Not Pressure

Invite quieter members to share, but don’t force them.

Use open-ended questions (“How did that land with you?”) rather than yes/no questions.

5. Highlight Progress, Not Perfection

Emphasize that moving from the sidewalk to the kitchen table is a process.

Celebrate small steps! Someone setting aside 10 minutes of stillness, or seeking accountability, is a real win.

6. Follow Up

Consider checking in midweek with a short message:

Ask how their “linger longer” times are going.

Remind them of one key verse (e.g., Psalm 37:7 or Galatians 2:20).