



Galatians: Walking By The Spirit – Galatians 5:16-18

Suggested Memory Verse: Galatians 5:16 (ESV) “But I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

1. Galatians 5:16 says, “Walk by the Spirit, and you will not gratify the desires of the flesh.” When you struggle with temptation or sin, is your first instinct to try harder or to depend on the Holy Spirit? Why?
2. The grocery store illustration reminded us that when our appetites change, our desires change. What are you currently feeding your heart and mind that might be strengthening the desires of your flesh rather than your desire for God?
3. Walking by the Spirit happens in ordinary moments. What situations in your everyday life make it hardest for you to respond like Jesus? Think about your relationships, frustrations, disappointments, or private decisions.
4. Paul describes an ongoing battle between the flesh and the Spirit. Is there a particular struggle in your life where you have become discouraged because you thought you should have overcome it by now?
5. The message reminded us that the Law can reveal what is wrong, but only the Spirit can transform our hearts. Where have you been trying to change yourself through willpower rather than surrendering to God's work in you?
6. We looked at five ways to walk by the Spirit: listening through God's Word, responding to conviction, obeying the next step, starving the flesh, and feeding the Spirit. Which of these needs the most attention in your life right now?
7. What is one specific situation you expect to face this week where you can intentionally choose to follow the Spirit rather than your flesh? What would obedience look like in that moment?