

¹⁶ I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh. ¹⁷ For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ Now the works of the flesh are obvious: sexual immorality, moral impurity, promiscuity, ²⁰ idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, ²¹ envy, drunkenness, carousing, and anything similar. I am warning you about these things—as I warned you before—that those who practice such things will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. The law is not against such things. ²⁴ Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit. ²⁶ Let us not become conceited, provoking one another, envying one another.

— *Galatians 5:16-26*

Discussion/Journal Questions

If you had the freedom to do anything you liked for a year, what would you do?

Have two or three people read Galatians 5:16-26 out loud slowly. After some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

What does our culture get wrong about freedom? What does it get right?

What comes to mind when you think about the Holy Spirit? What is He like? What does He do? What questions do you have about Him?

When you think about the Holy Spirit, do you connect Him with the idea of freedom? Why or why not?

Read Ephesians 1:13-14. Reflect on this image of the Spirit as a seal and a deposit. What is Paul trying to convey here?

Not only is the Spirit a guarantee, He is also a guide. What are some of the ways the Holy Spirit guides you day to day?

The passage ends with the Fruit of the Spirit. Go around your group and affirm each other with the fruit you are noticing in each other's lives.

Close with prayer for each other that you may walk in the freedom and guidance of the Spirit.