Walk in the Spirit

Small Group Handout • November 29, 2026 • Joy in Thanksgiving

Read together Galatians 5:16–26 • Follow through Galatians 6:7–9

Key verse "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law." Galatians 5:22–23 (KJV)

Paul wrote to believers in Galatia who were being drawn toward relying on the Law rather than on Jesus Christ. He called them to walk in the Spirit—to follow God's leading in everyday life. Our sinful nature resists the Spirit, but we are not left to fight temptation alone. The Holy Ghost gives us strength to choose God's will instead of yielding to selfish desires (Galatians 5:16–18).

God's Spirit changes us from the inside out. Paul contrasted the works of the flesh, including hatred, envy, strife, and drunkenness, with the fruit the Spirit produces. This fruit reveals Christlike character: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance. Longsuffering includes patience; meekness expresses humility; temperance means self-control. These qualities bless the people around us and show God's work in our lives.

Those who belong to Christ are called to crucify the flesh and its desires. We respond to the Spirit by obeying Scripture, yielding to conviction, and surrendering destructive habits and attitudes. Receiving the Spirit begins a life of ongoing dependence on Him: "If we live in the Spirit, let us also walk in the Spirit" (5:25). As we keep sowing to the Spirit and refuse to give up, God brings growth and a lasting harvest (6:7–9).

Discuss Together

1. Where do you notice the struggle between selfish desires and the Spirit's leading? Why do we need the Holy Ghost's help rather than willpower alone?

2. Why is it important for God to change our desires and attitudes as well as our actions? What helps you respond when His Word brings conviction?

3. Which quality of the fruit of the Spirit would you most like to see grow in your life? How could that growth bless someone around you?

4. What does keeping in step with the Spirit look like during an ordinary day? Name one habit to cultivate or one influence to surrender this week.

Take a Step

This week I will: _____

Pray Together

Ask Jesus to fill us with the Holy Ghost and help us follow His leading daily. Pray for changed desires, strength to resist sin, and spiritual fruit that blesses others.