



Spirit or Flesh

Growing In Peace - Week 3
Small Group Questions

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever[a] you want. **18** But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery;

20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions **21** and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, **23** gentleness and self-control. Against such things there is no law.

24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** Since we live by the Spirit, let us keep in step with the Spirit.

26 Let us not become conceited, provoking and envying each other.

Galatians 5:16-26 NIV

1. Where in your life do you most need peace right now? What tends to disturb your peace the quickest?
2. Read Galatians 5:16–25. What difference do you see between *trying to feel peaceful* and peace being produced by the Spirit?
3. We often reach for a false peace: distraction, avoidance, comfort, control, substances, entertainment, etc. What do you tend to reach for when you want relief from inner conflict?
4. Read John 14:27 and Romans 8:6. What does it practically look like to let Christ rule our inner life when our thoughts and emotions are anything but peaceful?
5. What happens when the peace we feel inside conflicts with what God says is right? Why can our feelings sometimes be a poor measure of whether we're actually walking in God's peace?
6. Read Ephesians 4:1–3. Why does peace and unity among believers matter so much to God?
7. What does it look like to “make every effort” to maintain that peace when another believer frustrates, disappoints, or hurts us?
8. Read Matthew 5:9. Think about a strained relationship or divided situation in your life. What might pursuing peace actually require from you?
9. Read Romans 12:18. “If possible, so far as it depends on you, live peaceably with all.” What is one concrete step you can take this week to make peace with God, within yourself, or with another person?