

Spirit or Flesh

Gentleness & Self-Control - Week 8
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

SELF CONTROL: What is controlling you?

1. Where do you find it hardest to exercise self-control?

2. Read Proverbs 25:28. What do you think that picture teaches us about the consequences of lacking self-control?

3. Have you ever found yourself repeatedly doing something you didn't want to do? What made it so difficult to stop? Why do we sometimes pursue what we desire in the moment even if we know it's destructive?

GENTLENESS: Is your strength under control?

4. Our culture confuses gentleness with weakness or passivity. Why do you think that is?

5. What does genuine strength with gentleness look like?

6. Is it possible to remain gentle when you don't feel like being gentle?

The Holy Spirit's work. It's about more than just trying harder.

7. What is the relationship between walking by the Spirit and developing self- control whether that is in gentleness or other areas?

8. Where do you need the Holy Spirit's help?