

Spirit or Flesh

Kindness & Goodness - Week 5
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. When is it easiest for you to be kind and do good? When does it become most difficult?

2. Read Galatians 5:22-25 and 6:7-10. What do these passages teach us about the relationship between walking by the Spirit and the way we treat other people?

3. Our natural tendency is to mirror how someone treats us. Why is that such a powerful instinct for us? How does following Jesus challenge it?

4. Read Ephesians 2:6-10 and 4:29-32. How should receiving God's kindness change the way we extend kindness to others?

5. Kindness and goodness overlap, but they aren't identical. How would you describe the difference?

6. Think about one area in your life where kindness and goodness is especially difficult right now. What would your flesh naturally want to do? What might the Spirit be calling you to do instead?