



## MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

May 10, 2026 | Galatians: Religion vs Relationship (pt5) - Living In Freedom

**ICEBREAKER QUESTION:** If your personality had a “warning label”, what would it say? (Ex: Needs coffee before speaking / Overthinks everything / Gets competitive during board games / Will cry watching movies)

### **MESSAGE SUMMARY & SCRIPTURES:**

In Galatians 5, Paul brings the entire message of the letter to a powerful turning point: “**Christ has truly set us free.**” (Galatians 5:1) The Galatians had started their journey with Jesus through grace and relationship, but somewhere along the way they drifted back into religion, performance, and pressure. They began believing they needed Jesus *plus* something else in order to truly measure up. Paul urgently reminds them that freedom is not found in trying harder, performing better, or proving ourselves to God. Freedom is found in trusting what Jesus has already done. We are not saved by grace only to spend the rest of our lives striving in our own strength. We continue the same way we started: by grace, through faith, led by the Spirit (Galatians 5:5-6).

Paul also shows us that freedom is not the absence of boundaries or permission to live however we want. Real freedom is learning to live differently because of what God has done for us and is continuing to do in us. That’s why Paul says, “Let the Holy Spirit guide your lives.” (Galatians 5:16) There’s a real battle happening inside all of us between the Spirit and our flesh (Galatians 5:17). We all know what it feels like to wrestle with pride, anger, jealousy, anxiety, selfishness, lust, impatience, or offense. But the evidence of God working in us is not that we never struggle - it’s that we no longer want to stay stuck there. The Spirit begins producing new fruit in us: love, joy, peace, patience, kindness, gentleness, and self-control (Galatians 5:22-23). These things cannot be manufactured through pressure or religion; they grow through relationship with Jesus (John 15:4-5).

One of the strongest themes in this chapter is that how we treat people reveals what’s happening in our hearts. Paul spends more time talking about relational sins like jealousy, division, anger, selfishness, and conflict than almost anything else (Galatians 5:19-21). Why? Because faith is meant to express itself through love (Galatians 5:6). The closer we walk with Jesus, the more freedom we have to forgive, serve, encourage, love, and live at peace with others (Galatians 5:13-14). Galatians 5 reminds us that freedom is not just a moment we experience at salvation, it’s a daily invitation to keep running back to Jesus, bringing Him every detail of our lives, and allowing Him to shape us from the inside out (Galatians 5:25).

### **GOING DEEPER: (break up into groups of no more than 4-6 for discussion)**

1. What’s one thing that stood out to you from the message or the summary?
2. Which is harder for you personally: asking for help, slowing down, or trusting the process? Why?
3. The message talked about how “faith expresses itself through love.” How do our everyday reactions - especially during stress, conflict, disappointment, or inconvenience - reveal what’s happening in our relationship with Jesus?
4. Paul says, “Christ has truly set us free.” In what areas of life do you personally need to learn how to *stay* in freedom instead of drifting back into pressure, fear, control, or striving? Which “fruit of the Spirit” do you most want God to grow in your life right now?

### **PRAYER: (break up into groups of 2-3 for prayer):**

Jesus, thank You for setting us free through Your grace and not through our performance. Help us stop striving to prove ourselves and teach us how to walk closely with You each day. Holy Spirit, shape our hearts, grow Your fruit in us, and help us live differently because of what You are doing inside of us. Teach us to treat people

with the same love, patience, kindness, and mercy You continually show us. Amen.



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May 10, 2026 | Galatians: Religion vs Relationship (pt5) - Living In Freedom

# MANNA YOUTH DISCUSSION GUIDE

**ICEBREAKER QUESTION:** If your personality had a “warning label,” what would it say? (Ex: Needs snacks every 2 hours / Gets competitive during sports / Overthinks everything / Avoids homework til the last second)

### **MESSAGE SUMMARY & SCRIPTURES:**

In Galatians 5, Paul brings everything together with one big truth: Jesus came to set us free. Galatians 5:1 says, “Christ has truly set us free.” The Galatians started their relationship with Jesus through grace, but over time they drifted into thinking they had to earn God’s approval by trying harder and following more rules. Paul reminds them that real freedom is not about performing better or pretending to have it all together. Freedom comes from trusting what Jesus has already done for us. We don’t start with grace and then switch to pressure. We continue walking with Jesus the same way we started, by faith, through grace, and led by the Holy Spirit (Galatians 5:5-6).

Paul also teaches that freedom doesn’t mean doing whatever we want. Real freedom means learning to live the way God created us to live. Every day there’s a battle inside us between following our selfish desires and following God’s Spirit (Galatians 5:16-17). We all deal with things like jealousy, anger, comparison, selfishness, anxiety, lust, pride, or getting offended easily. You might feel that at school, on your sports team, in your friendships, online, or even at home with family. But when we stay close to Jesus, the Holy Spirit starts changing us from the inside out. Instead of being controlled by our emotions or reactions, God grows new fruit in us like love, joy, peace, patience, kindness, gentleness, and self-control (Galatians 5:22-23). That kind of change doesn’t happen by pressure. It grows through relationship with Jesus (John 15:4-5).

One of the biggest ways our faith shows up is in how we treat people. Paul spends a lot of time talking about conflict, jealousy, division, selfishness, and anger because relationships matter deeply to God (Galatians 5:19-21). The closer we walk with Jesus, the more we learn how to forgive people, encourage friends, love classmates, honor our family, and respond differently when life gets stressful. Galatians 5 reminds us that freedom is not just a one-time moment when we say yes to Jesus. It’s a daily choice to keep following Him and letting Him shape every part of our lives (Galatians 5:25).

### **GOING DEEPER: (break up into groups of no more than 4-6 for discussion)**

1. What’s one thing that stood out to you from the message or summary?
2. Where do you feel pressure most often right now: school, sports, friendships, family expectations, social media, or something else? How does that pressure affect you?
3. How can your reactions during stressful moments reveal what’s happening in your heart or your relationship with Jesus?
4. Which Fruit of the Spirit do you think is hardest to live out consistently in your everyday life? Why? **ACTION STEP:** This week, spend a few minutes each day asking God to grow one specific Fruit of the Spirit in your life. Write it down somewhere you’ll see it, like your phone wallpaper, notebook, or mirror. Share it with a friend or leader who can encourage you this week.

### **PRAYER: (break up into groups of 2-3 for prayer):**

Jesus, thank You for setting us free through Your grace and not making us earn Your love. Help us stop living under pressure and teach us how to stay close to You every day. Holy Spirit, grow Your fruit in our lives so we can respond with love, patience, kindness, and self-control at school, at home, with teammates, classmates, and friends. Use our lives to reflect You so others can experience the freedom, peace, and hope that only You can give. Amen.

**Referenced Scripture: Galatians 5**

**Galatians 5:1 NLT** *So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law.*

**“Freedom is this: I get to live differently because of what God has done for me and is doing in me.**

\_\_\_\_\_ = trusting what God has done

\_\_\_\_\_ = the result of that trust

\_\_\_\_\_ = what that freedom looks like in action

**Jesus + \_\_\_\_\_ = religion.**

**The sign of whether or not you have the Spirit within you is not that you have no bad desires, but that you are at war with them!**

How you \_\_\_\_\_ people says more about your relationship with God than anything else.

After Galatians 5:1 → **freedom is given**

After Galatians 5:13 → **freedom expresses in love**

After Galatians 5:22 → **freedom produces fruit**

**Galatians 5:25 MSG** *“Since this is the kind of life we’ve chosen—the life of the Spirit—make sure we don’t just hold it as an idea in our heads or a feeling in our hearts, but actually live it out in every detail of our lives.”*

**Run back to Jesus and bring Him what’s really going on in you**

**Galatians 5:26 MSG** *“That means we won’t compare ourselves with each other... we have far more interesting things to do with our lives. Each of us is an original.”*

**Discussion Guide/Going Deeper**



**Growth Track**



**Join a Serve Team!**

