

Dear Life Group Leaders,

In this week's study we're grappling with the daily tug-of-war of the flesh vs the Spirit that is real for all of us. Through this passage Paul emphasises our need of Jesus as we walk in the Spirit. It is a passage of hope. May the fruit of the Spirit be evermore evident in our lives as we grow in our relationships with Jesus.

This Guide is written with two parts. The first bit gets in to what this passage means. The second gives space and time to reflect and apply it to our lives. Make sure you leave plenty of time for prayer!

God bless, Annemie     (*This week's Life Group Guide is brought to you by Annemie Fourie, a Life Group Leader in our Wimbledon Venue*)

## LIFE GROUP GUIDE

### Galatians 5:16-26

**This Week's BIG IDEA:** Let us live by the Spirit, being led and keeping in step with Him.

**Please read Galatians 5:16-26.**

#### PART A

1. v16-17, what keeps us from living by the Spirit? Do you recognise this struggle in your own life?  
[Leaders note: *It's our flesh and its desires. We need the Spirit.*]
2. v18, why are we not under the law anymore? To what extend would you say you are led by the Spirit?  
[Leaders note: *The first half of this question is a prompt to reflect back on what we've learned through Galatians. We're not under the law because of Jesus' work for us. Paul reminds us of this again in v24.*]
3. v19-20, if these acts of the flesh are obvious, why does Paul list them for us? What do you notice about the contents of this list?  
[Leaders note: *It's so we can recognise them in our own lives. There are many things you could notice about the list... the question is hopefully giving space for your group to reflect on its contents paying attention to the conviction of the Holy Spirit as they do.*]
4. v21, now this is a verse that could cause some tension – ask someone to read it again. What is Paul trying to tell us here?  
[Leaders note: *This verse is referring to those who live in persistent unrepentant sin. And by doing so they show that they have not understood God's grace, nor allowed it to shape their lives. This is a sobering verse to consider, and we shouldn't shy away from the challenge of it. But nor should we let it shake our assurance of salvation if we trust in Jesus.*]
5. v22-23, what is wonderful about this list being referred to as the "fruit of the Spirit"? What are the implications of these being "fruit"? How does this list of the fruit of the Spirit compare to the sins mentioned in v19-20?  
[Leaders note: *consider the metaphor of "fruit"... it's something that grows and takes time, something good and nourishing, something that's a product of something deeper. It's also singular, it's not "fruits of the Spirit", but "fruit".*]
6. v24, what assurance does this verse give us?  
[Leaders note: *there's a crescendo moment right here! We belong to Jesus and He has already taken the penalty of all our sin when He was crucified for us on the cross. This leads naturally to Paul's encouragement to us in v25-26...]*
7. v25-26, what does it mean for us to keep in step with the Spirit?

#### PART B

8. What are the sins and idols which need identifying and dismantling in your life? How can you replace them with Christ? Tim Keller writes about the application of these verses: "*This is not an intellectual exercise. We must worship Christ, with the help of the Holy Spirit, adoring Him until our hearts find Him more beautiful than the object we felt to have.*" So, let's create space to do that together now. Let's spend time confessing and repenting of our sins, worshipping Jesus for the victory he has won for us, and praying we would be filled with the Spirit, bearing fruit in our lives for the glory of God.