

## Underdog: Under God - Me

Ice-Breaker: What was the most irresponsible thing you've ever done?

*The sobering reality of the Christian life: our tendency to wander from God...*

*"Why do my people say, 'We are free to roam; we will come to you no more?' Does a maiden forget her jewelry, a bride her wedding ornaments? Yet my people have forgotten me, days without number." (Jeremiah 2:31a-32) – When are the times in your day/week/month you most forget about God? Why do you think that is?*

*For the sinful nature (flesh) desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. (Gal. 5:17) – Personally, how is your "flesh" in conflict with the Spirit?*

### *The fruit of the flesh...*

- ☛ **Moral impurity** – "The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery..." (Gal. 5:19)
- ☛ **Spiritual contamination** – "...idolatry and witchcraft..." (Gal. 5:20a)
- ☛ **Relational conflict** – "...hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy..." (Gal. 5:20b-21a)

Of the above *fruits of the flesh*, how do you see these play out in our society? Circle the category that best reflects your struggle. How does it play itself out in your life?

- **Be aware in prayer** – "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body (flesh) is weak." (Mark 14:38) – How often do you actively/proactively pray that you will not fall into temptation as Jesus said? What do you think it would take to be more active/proactive?

♀ *The path of temptation is not always easy to see – "All at once he followed her like an ox going to the slaughter, like a deer stepping into a noose...little knowing it will cost him his life." (Prov. 7:22-23b)*

- **Know the "bait"** – "...but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death." (James 1:14-15) – Have you ever considered how the Devil may be using "bait" against you so that you will fall? If so, what "bait" does he use and how does he use it day to day?

### *The fruit of the Spirit...*

- **Moral, spiritual and relational life** – "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." (Gal. 5:22-23a)

- **Stay closely hitched and daily dependent** – "So I say, live by the Spirit, and you will not gratify the desires of the sinful nature...Since we live by the Spirit, let us keep in step with the Spirit." (Gal. 5:16, 25) – How do you practically stay closely hitched and dependent on the Holy Spirit? Take some time to pray about ways to that you can implement in your life moving forward.

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*Because He Himself suffered when He was tempted, He is able to help those who are being tempted. (Heb. 2:18)*