



Session 6

Big Idea:

We are sanctified through Jesus Christ.

GROUP OPENER

Self-indulgence and self-assertion are desires of the flesh. Discuss how these desires often do not produce the life we deeply want. Try to think through some specific examples.

GROUP DISCUSSION

- Read Galatians 5:16-23. Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn't you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience? How should it affect the way I live?

ACTION STEPS

I will statement . . .

- Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. Put it in the form, "I Will _____". Make it concrete, simple, and achievable. Share it with the group.

February 11
WEEKEND

As a Group

We seem to live in an age that is captivated by technique. We hope that if we can only find the right technique for something important to us it will unlock what we are missing. That technique will remedy our deeper problems.

The journey with Jesus to become more like him or to be sanctified seems to be more of a process of time and us being available to him through practices and rhythms like Bible reading, prayer, fasting, silence, and community. Rather than finding the proper technique. While there are some techniques to be learned to each of these practices, they simply open the door for us to be changed by God.

The Fruit of the Spirit is the result of living out these practices. Why is it difficult to simply "be more patient" or "to be more kind"?

If you have had seasons where you feel like you are doing better in one of those fruits, what stood out about that season?

On your Own

Pick one of the Fruit of the Spirit. Come up with a simple practice that can help you improve in that area.

Example: Patience.

This week I will intentionally drive in the slow lane and when I am frustrated I will pray and ask God what is creating that frustration.