



Session 7

Big Idea:

We are most free when we are most dead.

GROUP OPENER

There is a truth of life that applies in many areas, that by limiting our freedom we sometimes are more free. Who is more free the alcoholic or the one who practices abstinence? Where else do you see this play out?

GROUP DISCUSSION

- Read Galatians 5:24-26 & Psalm 22 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 25
WEEKEND

As a Group

Christians believe that we are called to die to ourselves and live for Christ. Which means we belong to Christ.

"Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires, and greed, which is idolatry." (Colossians 3:5)

How does Paul's command to put to death the earthly nature actually make us more free?

Can you think of more examples?

God's spirit reminds us that we are loved. Read Romans 8:14-16. Describe a time when you felt this truth working itself out.

Where have you seen living in community with other people making you more free?

On your own:

Benedictine Rule of the 6th century teaches mortification as a means to benefit the community. I want to highlight three of their practices and challenge you to take on one of them this week as a way of combatting the flesh:

Fasting—Skip three meals one day this week. This is a sacrifice of pleasure. This counters the lust of the flesh.

Generosity—give something away that is important to you. This is a sacrifice of material goods. This counters the lust of the eyes. (Story of the Pulpit Commentary)

Service—Dedicate 3 hours of your week to offer a skill you have that you could use to Love the Ville in a tangible way this week. *This is a sacrifice of time.* This counters the boastful pride of life.