

# GROWTH GROUP DISCUSSION

## CONNECT

Share one way in which you've changed in the last five years (small, big, or somewhere in-between!).

## LEARN & APPLY

We all have different relationships with rules.

- Are you a rule-follower? Does it depend on the circumstances?
- When is it helpful or unhelpful to live by the rules?

When the first Christians learned they were no longer "under" the OT law, some wondered if that meant anything goes. **Read Galatians 5:13-26** and discuss the following questions.

- What is freedom for? What happens when we get this wrong?
- This passage says there are forces outside us that compete for our allegiance: Spirit and flesh. What do you think of this? Where might you see signs of these influences?
- Verses 24-25 say that Christians have "crucified the flesh" and should "keep in step with the Spirit" instead. What do you do that helps you turn away from temptation? What helps you cooperate with or keep in step with God's Spirit? As a group, discuss ways you could learn to follow the Spirit better than you currently do.
- Read the list of the fruit of the Spirit in vv. 22-23 out loud together. Which one of these items comes most easily for you? Which one is the hardest?
- What's something you can do this week to keep in step with the Spirit and grow in this kind of fruitfulness?

## PRAY

If there are kids in your group, invite them to join you and make up a hand sign for each fruit of the Spirit before you pray together. Then say (and do) the signs all together as a group. To pray, each person can say something like, "Jesus, thank you for the gift of your Spirit who bears fruit in our lives. By your Spirit, help me to be \_\_\_\_\_ (name fruit)"