



LIFE GROUP NOTES

Week Beginning: 11th February 2024



Galatians 5:13-26 Life in the Spirit

Warm Up


Do you remember a time when you were in conflict with yourself? You knew what was the right thing to do but the temptation to do something else was powerful? Share a story.

Background and context

The letter to the Galatians is one of the key letters that explain clearly that we are saved by faith in Jesus Christ and nothing more. In it Paul challenges Jewish Christians who were insisting that Gentiles observe some OT laws including circumcision. Paul refutes this and sets out the gospel clearly. Chapter five contrasts the life under the law with life in the Spirit, highlighting the battle we face between our sinful nature and our spiritual nature as a believer.

Thinking it through: Main discussion/activity

READ Galatians 5:13-26. What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

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1. How many references are there to the Holy Spirit in the passage? What does this indicate about the significance of the Holy Spirit to Paul?
 2. Is going to battle something you think of when you hear the phrase "life in the Spirit"? In what way does this passage talk about warfare or fighting?
 3. **Read Jeremiah 17:7-10, 2 Cor 7:1 and Eph 4:22-24.** How do these verses help in understanding the battle we are in every day as believers?
 4. Paul uses the Greek word *SARX* "flesh" in the passage. What does it make you think of? Why might "sinful nature" be a better translation than the literal "flesh"?
 5. **Read v17.** What is our sinful nature trying to do? How does this cause conflict?
 6. Paul speaks of freedom in in **ch 5:1 and 13**. What are we free from? How is our sinful nature trying to bind us? What **MUST** we remember? See **Romans 8:1-2**
 7. The battles we face to overcome our sinful nature are not fought **in order** to be saved but **because** we are saved. Why should this give us strength and encouragement?
 8. **Read v 22-25.** Christ has defeated sin, we are no longer under law but grace. What is the evidence that we are walking in step with the Spirit?
 9. In the light of this passage, why is the phrase "follow your heart" such a dangerous thing to say? What should we say?
 10. How is the fruit in your life evidence of how the battle is going in your own life?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.