



FIRST BAPTIST CHURCH
R O C H E S T E R

Sermon Discussion Guide
February 22, 2026

Refresh

Read Galatians 5:16-24 to get the Scripture passages back in your mind.

Discuss

Paul responds strongly to the Galatians for turning to a “different gospel.” What are some subtle ways people today add to or distort the gospel of grace, even within church culture, perhaps without realizing it?

The sermon emphasized that we cannot sanctify ourselves any more than we can save ourselves. Why is it so tempting to rely on our own effort for spiritual growth, and what does that reveal about our understanding of grace?

Galatians 5:16 teaches that the only way to resist the flesh is to “walk by the Spirit.” How is this different from simply trying harder to avoid sin, and what does “walking by the Spirit” practically look like in daily life? What rhythms or habits can we establish to help us “walk by the Spirit” in our daily lives?

Paul describes an ongoing internal conflict between the flesh and the Spirit. In what ways do we experience this struggle in our lives as Christians? How does recognizing the battle within help us fight against sin in our lives?

The sermon contrasted the “works of the flesh” with the “fruit of the Spirit.” Why is it significant that one list is called works (produced by man) and the other fruit (produced by the Spirit)? How should that shape the way we pursue personal holiness?

There was a warning about appearing spiritually alive externally while being spiritually empty internally. What are some ways believers can be tempted to put on a mask of looking spiritual on the outside while tolerating sin and the flesh on the inside? How might we as believers guard against this temptation?