

Discussion Guide

Discussion Guides accompany the [weekly message](#).

Scripture:

Galatians 5:16-26

Opening Activity:

Share one personal milestone in your spiritual life that you would proudly mark on a “First Year Following Jesus” calendar. It could be a moment of obedience, surrender, breakthrough, or growth that reflects walking in the Spirit.

Discussion Questions:

1. Read Galatians 5:16. What’s the difference between “walking by the Spirit” and simply being “guided” by the Spirit?
2. According to Paul in Galatians 5:17, what is the daily conflict between the flesh and the Spirit?
3. How have you personally experienced the tension between your old nature (the flesh) and the new nature empowered by the Holy Spirit?
4. Why does Paul emphasize that we cannot live indulging in the flesh and still inherit the Kingdom of God (v. 19-21)?
5. Galatians 5:22-23 lists the fruit of the Spirit. Why is it important to see this as one collective fruit rather than separate fruits from which to pick and choose?
6. Which of the Spirit’s fruit comes naturally for you, and which one do you struggle with most?
7. What does it look like in practical terms to “crucify the flesh with its passions and desires” (v. 24)?
8. Romans 8:1-2 says we are free from condemnation and the power of sin through the Holy Spirit. How does this give you hope?
9. What new spiritual habit or discipline do you sense the Spirit prompting you to begin?
10. How can our group help one another “keep in step with the Spirit” (Galatians 5:25) this week?

Challenge:

This week, identify one area in your life where the flesh still tries to reign. Then:

- Choose to walk in the Spirit each day by starting with a simple morning prayer: “Holy Spirit, lead me today. I choose You over my flesh.”
- Intentionally feed your Spirit: Read Galatians 5 daily and reflect on one fruit of the Spirit to practice each day.
- Share your experience with someone in your group for encouragement and accountability.

Let the fruit reign in your life this week.