

Group Guide

Series: Stand Firm

Galatians 5:2–15 — Real Freedom

Big Idea Real freedom is not proving yourself or pleasing yourself. Real freedom is resting in Christ, running in truth, and serving in love.

Opening

- What is one place in your life right now where you feel tired, stuck, or spiritually pressured?

Sermon Reflection

- What stood out to you from Sunday's sermon?
- Was there a line, image, or Scripture that stayed with you?

Read Galatians 5:2-15

Discussion

1. Real Freedom Rests in Christ - Galatians 5:2–6

Paul warns that if we add anything to Christ as the basis of our standing with God, we are no longer resting in grace.

- Why are people tempted to treat Jesus like an add-on instead of their whole life?
- Where do you see that temptation in yourself?
- Which are you more tempted toward: religious pride or ongoing shame? Why?
- Where do you need to stop carrying guilt that Jesus died to remove?

2. Real Freedom Runs in Truth - Galatians 5:7–12

Paul says, "You were running well. Who hindered you from obeying the truth?" The Galatians had been running in the gospel, but a lie had gotten in their path.

- What are some lies that can trip Christians up and slow them down?

Possible examples: Jesus is important but not enough; my feelings are the truest thing about me; my sin is not that serious; my past defines me; nobody has the right to correct me; what I consume is harmless; I can fight sin alone.

- What voices are currently getting the most access to your mind and heart?
- How can we become the kind of people who can say, "That persuasion is not from the God who called me"?

3. Real Freedom Comes into the Light



The sermon pressed this clearly: some of us need to stop fighting sin in the dark. Sin grows in hiding. Grace brings sinners into the light.

- **Why do we often hide sin instead of bringing it into the light?**

Possible answers: shame, fear, pride, control, not wanting to disappoint people, believing we can manage it ourselves, or thinking confession will make things worse.

- **What is the difference between shame that drives us to Jesus and shame that keeps us isolated?**
- **What area do you need to stop managing, hiding, or excusing sin and ask for help?**

4. Real Freedom Serves in Love - Galatians 5:13–15

Paul says, “You were called to freedom.” But then he immediately says not to use freedom as an opportunity for the flesh. Christ did not set us free so we could become slaves to ourselves.

- **When people in our culture talk about freedom, what do they usually mean?**
- **How is Christian freedom different from “nobody tells me what to do”?**
- **What desires can quietly become masters over us?**

Examples: comfort, control, approval, anger, lust, appetite, phone, entertainment, being respected, winning arguments, having things our way, or avoiding hard conversations.

- **Where are you most tempted to call something freedom that may actually be slavery?**

5. Freedom Protects Us from Devouring One Another - Galatians 5:14–15

Paul says the whole law is fulfilled in “You shall love your neighbor as yourself.” Then he warns that if we bite and devour one another, we may be consumed by one another.

- **What causes people in homes, churches, friendships to bite and devour one another?**
- **How does resting in Christ change the way we respond when we are frustrated, corrected, disappointed, or sinned against?**
- **Is there anyone you need to move toward in humility, honesty, forgiveness, or service?**

Application

Real freedom rests in Christ. Real freedom runs in truth. Real freedom serves in love.

- **Which of those do you most need right now? Why?**
- **What is one concrete step you need to take this week?**

Possible steps: confess hidden sin, ask someone for help, stop letting a certain voice disciple you, apologize to someone, serve your family without keeping score, stop calling selfishness freedom, or rest in Christ instead of measuring your standing by performance.

Optional Men’s Application

Use this if your group would benefit from it, especially in men’s groups.



The sermon pressed men directly: a man ruled by anger, lust, appetite, ego, his phone, comfort, or the need to be respected is not free. He may call it freedom, but he is being led by the flesh.

- **Where do men often mistake being ruled by the flesh for strength or freedom?**
- **What would real strength look like in Christ?**

Examples: repenting when wrong, telling the truth instead of hiding, putting the phone down and being present, saying no to what damages the soul, leading with humility instead of control or passivity, serving when tired, and loving without needing to be praised.

Prayer

Thank Jesus that He is enough. Confess where we have tried to prove ourselves or please ourselves. Ask God to expose lies and help us run in truth. Ask for courage to bring hidden sin into the light. Ask the Spirit to make us people who serve one another in love.

