

Galatians 5:16-26 — FLESH & SPIRIT

Warm-Up Question:

What are some of the best and worst fruits you've ever eaten?

READ: Galatians 5:16-26

I. FLESH & SPIRIT: WAREFARE

- ▶ Read vs. 16-17 and Romans 7:15-24. Describe the warfare that is going on inside every Christian from vs. 16-17?
- ▶ How can you relate with such warfare personally, doing things you don't want to, not doing things you want, or areas where the flesh wars against the Spirit?

II. FLESH & SPIRIT: FRUIT

[Refer to verses 19-23 and the definitions in the sidebar]

- ▶ What fruits of the flesh have you seen in your life recently (vs. 19-21)?
- ▶ What fruits of the Spirit have you seen lacking in your life (vs. 22-23)?
- ▶ What fruits of the Spirit do long to see more in your daily life and marriage?

III. FLESH & SPIRIT: GOSPEL TRANSFORMATION

- ▶ Vs. 24 speaks of "belonging to Christ Jesus." Read John 15:4-5,9-11. Discuss what belonging to Christ means and how that leads to bearing spiritual fruit.
- ▶ Vs. 24 also says we "have crucified the flesh." Read Romans 6:6-11; 8:11-13. Discuss how the crucifixion of Christ helps with us putting our own sin to death.
- ▶ Gal. 5:25 tells us to should "keep in step" with the Spirit. What is the Spirit constantly wanting us to know and feel (vs. 18, Rom. 5:5)? How does that lead to "fruit of the Spirit" and not "gratify the desires of the flesh" (vs. 17)?

What is one main take-away you want to apply in your life this week?

Fruits of the FLESH

SEXUALITY

Sexual Immorality: Sex outside of marriage

Impurity: Unnatural sexual practice and relationships

Sensuality: Uncontrolled sexuality

RELIGION

Idolatry: Pagan worship

Sorcery: Witchcraft

RELATIONSHIPS

Enmity: Hatred

Strife: Discord, seeking to pick fights and being argumentative

Jealousy: The zeal and energy that comes from a hungry ego

Fits of anger: Outbursts of anger

Rivalries: Selfish ambition, competitiveness, self-seeking motive

Dissensions: Division between people (pointless divisions)

Divisions: Factions based on personal opinions

Envy: Coveting and desiring what others have

SUBSTANCE ABUSE

Drunkenness: Drinking too much

Orgies: Wild drinking parties.

Fruits of the SPIRIT

Love: To serve a person for their good not what the person brings you.

Joy: Delight in God for the sheer beauty and worth of who He is.

Peace: Trust & rest in the wisdom/control of God rather than your own.

Patience: Ability to face trouble without blowing up or hitting out.

Kindness: Ability to serve others practically from an inner security

Goodness: Being the same person in all situations rather than a phony.

Faithfulness: To be utterly reliable and true to your word.

Gentleness: Humility, self-forgetful.

Self-Control: Ability to pursue the important over the urgent rather than to be impulsive or uncontrolled.

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