

freedom

WALKING IN THE SPIRIT
WEEK OF OCTOBER 11

This weekend, we learned that the key to experiencing our new life in Christ is learning to listen and follow the leading of the Spirit. This is not always easy to do, but the good news is that the Spirit empowers us with the ability to choose true freedom.

PAUSE

As you begin this study, take some time to read these verses slowly a few times. Ask God to empower you to walk by the Spirit and create new desires in you that lead to true freedom.

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

Galatians 5:16-17

STUDY

1. What stood out as impactful to you as you listened to the message this weekend? Is there something the Holy Spirit may be highlighting for you?
2. This weekend, we learned that following the Spirit is not just about resisting the desires of the flesh... it's also about receiving the new desires He is stirring within you. **Reread Galatians 5:17.**
 - a. How have you experienced the Holy Spirit creating new desires in you? (E.g., the desire to be more patient with someone who often irritates you, the self-control to be sexually pure, the prompting to grow in your financial generosity, etc.)
 - b. Describe what that transformation process was like for you.
3. Listening and following the Spirit is not always easy. It is a constant, everyday battle between the Spirit and the flesh. **Read Galatians 5:16-23.**

- a. As you look at your life right now, is walking in the Spirit an everyday priority for you? Why or why not?
- b. Michael described the works of the flesh as the actions, attitudes, and emotions that flow naturally from our fallen humanity. Review the works of the flesh listed in verses 19-21. Is there anything on this list that you are currently battling?
- c. Review the list of the fruit of the Spirit in verses 22-23. Is there one of these traits that you want to grow in more, or that God is cultivating in you in this season?
- d. On a typical day, how would you describe your experience of tension between the flesh and the Spirit in the following areas:
- In your morning routine?
 - At work and/or school?
 - In your decision making?
 - With your relationships?
 - In the evenings?

4. This weekend we learned that *The Spirit Provides ... The Power To Choose*. Read the following passages and write down the gifts we've been given in Christ.

- **Romans 6:11-14**
- **Romans 6:22**
- **Romans 8:9-14**
- **Ezekiel 36:25-27**
- **John 8:34 & 36**
- **Philippians 2:12-13**

- a. When it comes to the flesh, it can be easy to believe the lie that we can never overcome sinful habits, cycles of dysfunction, or patterns of addiction. Based on the passages above, how do they challenge you to raise your expectation of the freedom Jesus can give you?

b. When you look at the life God offers you, how hungry are you for that freedom? Is it desirable to you, or does the flesh seem more appealing sometimes?

5. In what areas of your life do you sense the Lord wanting to bring greater freedom? How can your Life Group be praying for you to walk in true freedom this week?

RESPOND

The message ended by asking two questions: “*Are You Walking In The Spirit?*” and “*What Is Your Next Step?*” Answer these questions as honestly as you can. Spend time in prayer, asking God to show you the life that is possible through the Spirit. Ask Him to change your desires to reflect His vision for your life.

Optional next steps: Is there something you need to walk away from? Is there something you need to walk towards?