

GROUPS DISCUSSION GUIDE

Get Into The Word

Leader Edition



Week of Sunday March 9, 2025

Table of Contents

- 1 Introduction
- 2 Discussion Questions
- 3 Application Questions
- 4 Question for Families, NT 260 Reading
- 5 Resources
- 7 Commentary
- 8 Sermon Notes

Living out our God-given calling as we follow Jesus and make disciples every day.

Introduction

How do we win the internal battle between flesh and Spirit from Galatians 5? Our lives as followers of Jesus can feel like a civil war, with flesh and Spirit clashing for control. This week, we will focus on practical steps to walk by the Spirit and experience daily victory. We'll explore the importance of praying, studying God's Word, and spending time in His presence—keys to aligning our lives with the Spirit's guidance.

Disciple Measure

Spirit-Led Follower: What Scripture is currently shaping and guiding your life? Why?

Notes:

Discussion Questions

The Battle Within: Walking in the Spirit

1. **Opening Question:** Have you ever felt like there was an internal struggle or "civil war" within you as a Christian? Share an example.

HIGHLIGHT

Have someone read aloud...

Galatians 5:16-23

EXPLAIN

Discuss the following questions...

1. What stands out to you about the contrast between the works of the flesh and the fruit of the Spirit?
2. Discuss the concept of being a "dead man walking" in relation to sin. What does this mean practically in your daily life?
3. What does the idea of "confess it, nail it, keep walking" mean to you?
4. What role does community play in our battle against the flesh and our walk in the Spirit? How can we better support one another in this spiritual warfare?
5. How does the practice of daily surrender and 'crucifying the flesh' (Galatians 5:24-25) challenge our cultural norms? What might this look like in your specific context and relationships?

Questions for Families

Here are some questions you can discuss with the whole family.

Galatians 5:16-23

What does this passage tell us about how God wants us to live?

For younger children: Guide your child to understand that God wants us to be kind, loving, and peaceful, just like the fruit of the Spirit. For older children: Encourage conversation about how God desires us to live by the Spirit, producing good qualities in our lives like love and patience.

How does this passage help us understand the difference between good and bad choices?

For younger children: Help them recognize obvious actions, like sharing with friends as good and fighting as bad, and relate this to the “fruit” mentioned in the passage. For older children: Discuss more complex choices and how following the Spirit guides us away from actions that hurt ourselves and others.

What can we do to be more like the person God wants us to be, according to this passage?

For younger children: Suggest simple actions like being kind at school or helping at home as ways to show the Spirit’s fruit. For older children: Talk about setting personal goals to exhibit more of the Spirit’s fruit, like practicing self-control in stressful situations.

NT 260

WEEK: 11

- Galatians 6
- Acts 17
- Acts 18
- 1 Thessalonians 1
- 1 Thessalonians 2

MEMORY VERSE: Matthew 5:21-22

Resources

Resources to Listen To

Galatians - Set Free to Be Free



Marty Solomon dives into the struggle between flesh and Spirit. Click [here](#).
(25 min)

Resources to Watch

Look at the Book - The War in the Christian Soul



John Piper takes an in-depth look at Galatians 5:16-18 click [here](#).
(12 minutes)

Look at the Book - How Do We Inherit The Kingdom



John Piper takes an in-depth look at Galatians 5:19-21 click [here](#).
(12 minutes)

Life Group Resources

We have a variety of resources and are continually adding new ones. Some of our resources include group launch guides, on-demand training modules, and curriculum resources. To request a resource, reach out to us at groups@longhollow.com.

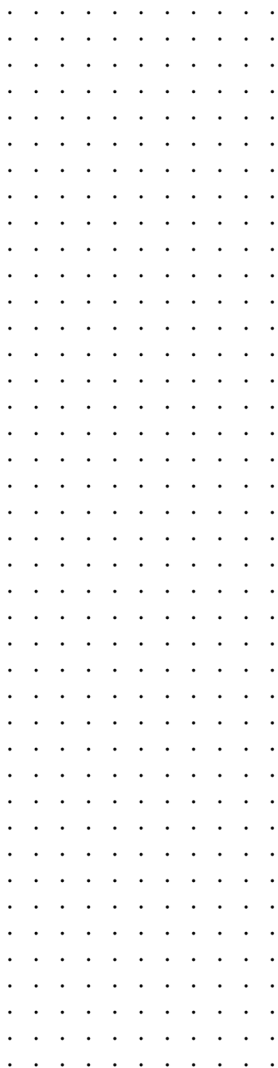
D-Group Resources

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



Commentary

Notes:



A Bit of Background

The letter to the Galatians was written by the Apostle Paul, a key figure in the early Christian church. It addresses the challenges faced by the Christian communities in Galatia, a region in what is now Turkey. These early believers were dealing with confusion because some Jewish Christians were insisting that non-Jewish converts needed to follow Jewish laws, such as circumcision, to truly be part of God's people. This created a divide and led to uncertainty about what it meant to follow Jesus.

Paul wrote to them with a clear message: faith in Jesus Christ alone is sufficient for salvation. He wanted to emphasize that the old religious laws were not necessary for them to be accepted by God. Paul's letter aimed to reassure the Galatians that their new identity in Christ freed them from the burden of legalistic practices. This was an important message of liberation, as it shifted the focus from following a set of rules to living a life guided by faith and the Holy Spirit.

Biblical Timeline



Creation The Exodus from Egypt

Sermon Notes

Galatians 5:16-23 CSB

I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh. For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are obvious: sexual immorality, moral impurity, promiscuity, idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, envy, drunkenness, carousing, and anything similar. I am warning you about these things as I warned you before that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.

Living out our God-given calling as we follow Jesus and make disciples every day.

Spirit-Led Follower

A disciple who walks with Jesus daily, anchoring their lives to God's Word and obediently following the Holy Spirit where He leads.

Intentional Friend

A disciple who is always looking for ways to care for others and meet their needs. This is a practical way to be present in the lives of those around us.

Humble Guide

A disciple who is a humble guide takes every opportunity to help people take their next step closer to Jesus. This is someone who is constantly looking for opportunities to have Gospel conversations and speak truth into someone's life.

Force For Good

When a disciple lives out their God-given calling, they naturally become a force for good where they live, work, and play. This type of person is looking for opportunities to meet needs, heal brokenness, and bring tangible hope to the people in their life and in their community.



LONG HOLLOW
CHURCH