

### Helpful Resources

The Bible Project



Free Commentary



### Sermon Big Idea

The gospel doesn't just forgive the old life — the Spirit generates a whole new one.

### Read the Text

In your group, read the passage out loud, with each person reading a verse.

### Head: Grasping the Text

*Goal: To grasp the theological concepts and historical context of the text.*

1. Why is Paul's solution to the flesh 'walk by the Spirit' rather than 'fight the flesh harder'? (Cross references for understanding the flesh: Rom. 7:18-20; John 3:6; John 6:63; Matt. 26:41; 1 Pet. 2:11).
2. The sermon reminded us that the tension between flesh and Spirit is not a sign that something is wrong with you — it is a sign the Spirit is alive in you. A person with no Spirit feels no tension. Read these passages that support this idea: John 16:8-11; 14:26; 16:13; Heb. 4:12; Eph. 4:30. Now describe in your own words, how the Spirit begins after someone is born again, that brings conviction and awareness to sins such as those on the list in 5:19-20?
3. Why do you think Paul states the fruit as singular and not plural (5:22)? What is the Spirit trying to produce in us? Consider how these virtues embodied in a believer, begin to shape our lives in the image of Christ (Read Rom. 8:29; 2 Cor. 2:18; 1 Cor. 15:49; Gal. 4:19).

## Heart: Grasping the Internal Transformation

Goal: Examine how the text reshapes our identity, affections, and motivations.

4. Is it easy for you to attempt to bear fruit through your own DIY fruit-bearing project? Does guilt ever motivate you toward trying to get the right virtues, but in all honesty, you're still trying to gain them by the works of the flesh? What does this reveal about your own heart and your own need for rescue?
5. Consider how Paul includes a range of sins all in one list; yet, it seems he gives more weight to the relational acts. Do you agree or disagree that certain sins can appear to be more acceptable and tolerated in the church? Do you think it is easy to dress up certain works of the flesh in righteous or "Christian" language? What would be some examples?
6. The word 'walk' describes the whole orientation of a person's life — the daily patterns, conduct, moral choices, and relational posture before God. Small decisions made consistently over time shape a lifestyle. Paul is calling us toward a Spirit-shaped life, built one step at a time. When you fall out of step or stumble in your walk, how do you interact with God's grace and forgiveness? In other words, when you stumble, do you find it hard to turn back to God in confession and repentance? Why is this an important process? (Read 2 Peter 3:9; Prov. 28:13).

## Hands: Grasping Your Next Step

Goal: To move from hearing the Word to living it out as a disciple.

7. Consider where you are in your own season of discipleship. In the next week, what does it look like for you to 'crucify the flesh' (5:24) and 'keep in step with the Spirit' (5:25)? What's a practical action you envision you want to take? How can others keep you accountable?
8. The Spirit works in the soil of honesty in our lives. Because the flesh often 'dresses up' in righteous clothing, where do you need to be more honest with God, yourself, and before others? Consider, when you feel conceit, or a spirit of dissension, or envy rising up this week, how can you use that as a 'check-engine light' to pause and ask the Spirit to reveal what is actually happening in your heart?