Life Group Lesson -- Week of September 9-15, 2018

Freedom to Walk in the Spirit

Text: Galatians 3:3, 5:1; 13; 16-25

Open It: When you were in elementary school were you more of the teacher’s pet or the one being sent to the principal’s office? Are you bent toward being a ruler keeper or a rule breaker?

Explore It:

1. In Galatians 5:1 Paul says, “It is for freedom Christ has set us free. Stand firm then, and do not let yourselves be burdened again by a yoke of slavery.” How are we “set free” by Christ? What are we set free from? What is the “yoke of slavery” that could burden these people?
2. How would you describe the difference between Religion and a Relationship with God?

How can religion be heavy and exhausting? Read Matthew 23:4

What kind of people do you think Jesus was talking to in Matthew 11:28-30?

Has religion ever felt like a heavy, weary burden to you? What does Jesus invite you to do?

3. Since our own efforts and achievements aren’t the way to a relationship with God, what is?

Read Gal. 5:4-6. Notice, that “falling away from grace” isn’t about falling into sin. Actually, it’s about trying to do it all yourself and relying on your own effort to be right with God. What did you take from this line in the sermon: “Living the Christian life is not about trying; it about relying.” Read Galatians 3:3

How can “religion” trick us into believing we are better than we really are or worse than we really are?

How does religion also tend to make us want to pretend about our lives and wear mask?

4. Where does the power come for us to live the Christian life? Read Galatians 5:16

How does living out of freedom give you a different power than living out of your own strength?

What does it mean in Galatians 5:25 “Since we live by the Spirit, let us keep in step with the Spirit?”

What do the rhythms of your life look like to help you keep in step with the Spirit? When does your life get

out of step?

Apply It: How does it change your way of thinking to live out of your freedom in Christ rather than out of your religion? What would be an example of a moment in your life this next week where you will be empowered through the Spirit to be free to live out of the power of your freedom? (Ex. Choosing peace rather than anxiety; choosing kindness rather than harshness; choosing patience rather than frustration; etc.)