

# WALKING WITH THE SPIRIT

*Knowing Him. Hearing His Voice. Following His Lead. Becoming Like Jesus.*

*(A study for small groups.<sup>1</sup>)*

## Participant Study Guide

Anchor Text: Galatians 5:16–25

Key Verse: Galatians 5:25

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<sup>1</sup> Created for the small groups of Harvest Lakeshore

## How to Use This Study

Bring a Bible and a pen. The goal is not to fill blanks as quickly as possible but to learn to observe Scripture, understand what God has revealed, respond to His truth, and take concrete steps of Spirit-enabled obedience.

### Our Weekly Rhythm

- OPEN — Ask God to open your eyes to His Word.
- OBSERVE — What does the text actually say?
- UNDERSTAND — What does it teach about God, Christ, the Spirit, us, sin, and obedience?
- LISTEN — What truth must I believe, confess, trust, or obey?
- WALK — What is my next step?

| Week | Theme                              | Primary Text                               | Discovery                                                     |
|------|------------------------------------|--------------------------------------------|---------------------------------------------------------------|
| 1    | Meet the Holy Spirit               | John 14:15–26                              | Who is the Holy Spirit?                                       |
| 2    | The Spirit Lives in You            | John 14:16–23; Romans 8:9–17               | What does it mean to be indwelt by Him?                       |
| 3    | The Spirit Points You to Jesus     | John 15:26–27; 16:12–15                    | What is the Spirit trying to accomplish in me?                |
| 4    | The Spirit Speaks Through the Word | John 14:25–26; 16:13–15; 2 Timothy 3:14–17 | How do I recognize His voice?                                 |
| 5    | Abide in Christ                    | John 15:1–11                               | How does dependence upon Christ produce spiritual life?       |
| 6    | Walk by the Spirit                 | Galatians 5:16–18, 24–25                   | What does walking with Him actually look like?                |
| 7    | Recognize the Battle and the Fruit | Galatians 5:17–23                          | How can I tell whether I am following the flesh or Spirit?    |
| 8    | A Life Led by the Spirit           | Romans 8:5–14; Galatians 5:25              | How do I develop a lifelong pattern of listening and obeying? |

## SESSION 1: MEET THE HOLY SPIRIT

Primary Text: John 14:15–26

**Big Idea:** The Holy Spirit is not an impersonal force or merely an experience; He is the divine Helper who comes to dwell with Christ's people and lead them into a life centered on Jesus.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. Read John 14:15–26 slowly. List every name, pronoun, action, and promise connected to the Holy Spirit.

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2. What do verses 16–17 teach about the Spirit's relationship to believers?

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3. What does verse 26 say the Spirit does? Why does that require us to value Jesus' words?

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4. What evidence in this passage shows that the Spirit is personal rather than an impersonal power?

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5. How does Jesus connect love, obedience, and the Spirit's help?

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### GO DEEPER

Read one or more of these passages and write one connection you see:

- Matthew 28:19
- 1 Corinthians 2:10–12
- Ephesians 4:30
- Romans 8:26–27
- Acts 5:3–4

Connection: \_\_\_\_\_  
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### HEART CHECK

Have I treated the Holy Spirit as a doctrine to affirm, an experience to chase, or a Person with whom I live in dependent relationship?

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Where do I most need the Helper's aid right now?

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## WALK THIS WEEK

Each morning this week, acknowledge the Spirit's presence and ask Him to help you see and obey Christ as you open Scripture.

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## SESSION 2: THE SPIRIT LIVES IN YOU

Primary Text: John 14:16–23; Romans 8:9–17

**Big Idea:** Every believer is indwelt by the Holy Spirit; we are not abandoned orphans but God’s children who live in His presence and depend on His power.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. In John 14, underline every phrase that describes nearness, permanence, dwelling, or home.

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2. According to Romans 8:9–11, what distinguishes someone who belongs to Christ?

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3. What does Romans 8:14–17 say the Spirit does in our relationship with the Father?

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4. How should the Spirit’s indwelling change the way you think about loneliness, temptation, fear, and ordinary decisions?

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5. What is the difference between remembering that the Spirit lives in you and actually living dependently upon Him?

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### GO DEEPER

Read one or more of these passages and write one connection you see:

- 1 Corinthians 6:19–20
- Ephesians 1:13–14
- Galatians 4:4–7
- Matthew 28:20

Connection: \_\_\_\_\_

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### HEART CHECK

Where am I living as though everything depends on me?

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What fear would look different if I consciously remembered, “God’s Spirit dwells in me”?

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## WALK THIS WEEK

Memorize Romans 8:14–16. When anxiety or loneliness surfaces, pray those truths back to God.

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## SESSION 3: THE SPIRIT POINTS YOU TO JESUS

Primary Text: John 15:26–27; John 16:12–15

**Big Idea:** The Holy Spirit’s ministry has a clear direction: He reveals truth, glorifies Jesus, and forms a Christ-centered people.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. Circle the verbs describing the Spirit’s work in John 15:26 and John 16:12–15.

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2. According to John 16:14, what is the Spirit’s great aim?

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3. What does it mean that He guides into truth rather than creating a competing message?

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4. How can you evaluate a spiritual experience, teaching, desire, or impression by asking whether it magnifies Christ?

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5. Where are you tempted to focus more on spiritual gifts, feelings, or experiences than on Jesus Himself?

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### GO DEEPER

Read one or more of these passages and write one connection you see:

• John 14:26 • 2 Corinthians 3:18 • 1 Corinthians 12:3 • Ephesians 1:13–14

Connection: \_\_\_\_\_  
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### HEART CHECK

What occupies the spotlight of my life right now?

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Do my spiritual interests make me more impressed with experiences, with myself, or with Jesus?

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## WALK THIS WEEK

At the end of each day, write one sentence answering: "How did the Spirit point me toward Jesus today?"

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## SESSION 4: THE SPIRIT AND THE WORD

Primary Text: John 14:25–26; John 16:13–15; 2 Timothy 3:14–17

**Big Idea:** We learn to recognize the Spirit’s leading by becoming people of the Word He inspired; the Spirit never leads us contrary to Scripture and uses truth to shape our minds and lives.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. What does Jesus promise the Spirit will do for the apostles in John 14:26?

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2. According to 2 Timothy 3:14–17, what is Scripture able to do in the believer’s life?

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3. Read Acts 17:11. What did the Bereans do with teaching they received?

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4. Why is “I feel led” not enough by itself to establish God’s will?

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5. What habits would show that you truly value God’s Word as the primary place to hear and test truth?

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### GO DEEPER

Read one or more of these passages and write one connection you see:

• 2 Peter 1:20–21 • Acts 17:10–12 • Psalm 25:4–5 • Psalm 119:9–18 • James 1:5

Connection: \_\_\_\_\_  
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### HEART CHECK

Do I want God to reveal His ways, or mainly to reveal the future I want?

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Where have feelings, culture, friends, or desires become louder than Scripture?

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## WALK THIS WEEK

Before checking social media each day, spend at least 15 minutes reading Scripture. Pray Psalm 119:18 before you read.

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## SESSION 5: ABIDE IN CHRIST

Primary Text: John 15:1–11

**Big Idea:** Spiritual fruit is not manufactured by self-improvement; it grows as believers remain dependent on Christ, receive His Word, pray, obey, and live from His love.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. Mark every occurrence of “abide/remain” and “fruit” in John 15:1–11.

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2. What can the branch accomplish apart from the vine?

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3. What connections does Jesus make between abiding, His words, prayer, obedience, love, joy, and fruit?

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4. What is the difference between trying to look fruitful and actually remaining connected to the source of life?

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5. Which habits help you remain attentive to Christ? Which habits consistently pull your attention away?

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### GO DEEPER

Read one or more of these passages and write one connection you see:

- Galatians 5:22–23
- Colossians 2:6–7
- Psalm 1:1–3
- 2 Corinthians 3:18

Connection: \_\_\_\_\_

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### HEART CHECK

What am I doing that looks Christian but is powered mainly by self-reliance?

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What currently competes most strongly for my attention and affection for Christ?

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## WALK THIS WEEK

Practice a daily 20-minute abiding rhythm: Scripture, prayer, confession, and quiet reflection on Christ.

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## SESSION 6: WALK BY THE SPIRIT

Primary Text: Galatians 5:16–18, 24–25

**Big Idea:** Walking by the Spirit is a daily life of dependent movement—following His lead, refusing the flesh, and taking ordinary steps of obedience because we already belong to Christ.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. Find the four Spirit-life pictures in Galatians 5: walk, led, live, and keep in step. What does each picture communicate?

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2. According to verse 17, where is the conflict located? What competing desires do you see in yourself?

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3. What has already happened to those who belong to Christ according to verse 24?

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4. Why must identity in Christ come before our effort to obey?

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5. Describe one ordinary situation tomorrow in which you could consciously “keep in step with the Spirit.”

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### GO DEEPER

Read one or more of these passages and write one connection you see:

- Romans 8:5–14
- Colossians 2:6–7
- Ephesians 5:15–18
- Galatians 2:20

Connection: \_\_\_\_\_  
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### HEART CHECK

Where am I trying to run my life without dependence on the Spirit?

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What would one Spirit-directed step look like in the next 24 hours?

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## WALK THIS WEEK

Choose one recurring situation this week. Before responding, pause and pray: "Spirit of God, help me see Christ, remember Your Word, and take the next obedient step."

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## SESSION 7: RECOGNIZE THE BATTLE AND THE FRUIT

Primary Text: Galatians 5:17–24

**Big Idea:** The Christian life includes a real conflict between flesh and Spirit; the direction of our lives becomes visible in the works we practice and the Christlike fruit the Spirit produces.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. Sort the works of the flesh in Galatians 5:19–21 into categories: sexual, religious, relational, social, and substance-related.

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2. Why does Paul call one list “works” and the other “fruit”?

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3. What does the singular “fruit” suggest about the Spirit’s work in forming a whole Christlike character?

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4. Which fleshly desire tends to show up repeatedly in your life? What deeper desire may be underneath it?

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5. Which aspect of the fruit of the Spirit is increasingly visible in you? Which needs particular attention?

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### GO DEEPER

Read one or more of these passages and write one connection you see:

- Matthew 7:16–20 • Romans 8:12–13 • Colossians 3:1–17 • James 4:1–10

Connection: 

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### HEART CHECK

What good thing has quietly become an ultimate thing for me?

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When people spend time with me, which list are they increasingly tasting?

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## WALK THIS WEEK

Ask a mature Christian who knows you well: "Where do you see the fruit of the Spirit growing in me, and where do you think I need to grow?"

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## SESSION 8: A LIFE LED BY THE SPIRIT

Primary Text: Romans 8:5–14; Galatians 5:25

**Big Idea:** A Spirit-led life is a lifelong pattern of setting the mind on God’s truth, putting sin to death, trusting Christ, obeying the Spirit’s direction, and walking with God in community and mission.

### OPEN

Pray Psalm 119:18 in your own words. Ask God to help you see what is true and respond with faith and obedience.

### OBSERVE THE WORD

1. Contrast the mind set on the flesh and the mind set on the Spirit in Romans 8:5–8.

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2. What does Romans 8:12–14 say Spirit-led people actively do?

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3. Review Galatians 5:25. What have you learned in this study about “keeping in step”?

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4. How can Scripture, prayer, Christian community, confession, service, rest, and mission help cultivate attentiveness to the Spirit?

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5. What is one area in which you need to stop waiting for secret guidance and begin obeying what God has already made clear?

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### GO DEEPER

Read one or more of these passages and write one connection you see:

- Psalm 25:4–5
- James 1:5
- Acts 17:11
- Ephesians 5:15–21
- Hebrews 10:24–25

Connection: 

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### HEART CHECK

What rhythms help me stay attentive to Christ and His Word?

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What change do I want to carry forward after this study ends?

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## WALK THIS WEEK

Write and begin a personal Rule of Life for walking in the Spirit: daily, weekly, and monthly rhythms of Word, prayer, community, confession, service, rest, and mission.

My specific step: \_\_\_\_\_

Who can pray for / encourage me? \_\_\_\_\_

## PRAY

Praise: What do I see about God? \_\_\_\_\_

Repent: What needs to change? \_\_\_\_\_

Ask: Where do I need the Spirit's help? \_\_\_\_\_

Yield: What will I obey? \_\_\_\_\_

## DISCERNING THE SPIRIT'S LEADING

The Holy Spirit will never lead you contrary to the Word He inspired. When you are making a decision or evaluating an impression, work through these questions:

- ☐ What does Scripture actually say?
- ☐ Does this lead me toward Christ or toward myself?
- ☐ Am I seeking God's ways or mainly the outcome I want?
- ☐ What desires or fears may be influencing me?
- ☐ Would this produce the fruit of the Spirit?
- ☐ What wisdom do mature believers see?
- ☐ Can I obey what God has made clear and trust Him with what He has not revealed?

## MY RULE OF LIFE FOR WALKING IN THE SPIRIT

These rhythms do not earn God's love. They help me arrange my life so I can remain attentive to Christ, rooted in His Word, connected to His people, and responsive to His Spirit.

| Rhythm        | Questions to Consider                                                                                          | My Plan |
|---------------|----------------------------------------------------------------------------------------------------------------|---------|
| Daily         | When will I read Scripture and pray? How will I practice confession and gratitude?                             |         |
| Weekly        | When will I worship, gather with believers, rest, serve, and encourage others?                                 |         |
| Monthly       | How will I create space for extended prayer, reflection, hospitality, or mission?                              |         |
| When Tempted  | How will I pause, identify the desire beneath the temptation, remember truth, and take the next obedient step? |         |
| When Deciding | How will I search Scripture, ask for wisdom, seek counsel, and move forward humbly?                            |         |

### Final Reflection

What have I learned about who the Holy Spirit is?

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How has Jesus become clearer or more precious to me?

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What have I learned about recognizing the flesh?

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Where do I see the Spirit's fruit growing?

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What practice from this study do I most want to continue?

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