



Small Group Guide: Walking by the Spirit

Sermon Series: Galatians - Jesus Plus Nothing Equals Freedom

Text: Galatians 5:1-26

Main Theme: True freedom in Christ means walking in step with the Holy Spirit, not doing whatever we want.

Opening Prayer & Icebreaker (10 minutes)

Icebreaker Question:

Share about a time when you had to use GPS to get somewhere unfamiliar. Did you ever ignore the directions? What happened?

Key Takeaways from the Sermon

1. **Freedom has a purpose** - Jesus didn't set us free so we could do whatever we want, but so we could love and serve others.
2. **Adding to the gospel cuts us off from Christ** - When we try to earn salvation through rules and regulations, we sever ourselves from the life source.
3. **Feed what you want to grow** - Whatever you feed grows; whatever you starve dies.
4. **Walking by the Spirit is practical** - It's about moment-by-moment dependence, obedience, and sensitivity to God's leading.
5. **The fruit of the Spirit vs. the flesh** - What we're rooted in will be produced in our lives.

Discussion Questions

Understanding Freedom (15 minutes)

1. **Read Galatians 5:1, 13-15**

- How does the world define freedom differently than the Bible?
 - **Pastor mentioned:** "Just because I can do something doesn't mean I should." Can you think of an example from your own life where this applies?
2. The sermon emphasized that adding rules to the gospel creates bondage. What are some modern examples of how churches or Christians might add to the gospel of Jesus?

Walking by the Spirit (20 minutes)

1. Read Galatians 5:16-18

- What does it practically look like to "walk by the Spirit" in your daily life?
 - Pastor compared walking by the Spirit to staying on train tracks or following GPS. Which analogy resonates most with you and why?
2. **The sermon mentioned that we feed either our flesh or our spirit. Be honest:** What are you currently feeding more?
- Social media/entertainment vs. prayer and Scripture
 - What changes might you need to make?
3. **Personal Reflection: When was the last time you felt the Holy Spirit prompt you to do something (call someone, apologize, give, stop scrolling, etc.)? Did you obey immediately or hesitate? What happened?**

Fruit in Our Lives (15 minutes)

1. Read Galatians 5:19-23

- Look at the works of the flesh (vv. 19-21) and the fruit of the Spirit (vv. 22-23). Which list is more evident in your life right now? Be specific.
2. **Pastor said, "It's harder to live by the flesh than by the Spirit."** Do you agree? Why does living selfishly actually exhaust us?
3. **Social Media & Relationships:** The sermon addressed how we engage online and in conflicts.
- Before posting or responding, do you ask: "Will this hurt or heal this person's soul?"
 - In your marriage or close relationships, are you more focused on being

right or maintaining unity?

Practical Application (15 minutes)

This Week's Challenge:

Choose **ONE** of the following to practice this week:

1. **Morning Surrender:** Before your feet hit the floor each morning, pray: "Lord, this day belongs to you. Lead my thoughts, words, actions, and attitude today."
2. **Fast from Doom Scrolling:** Track your social media time for one day. Then replace half that time with prayer, Scripture reading, or worship for the rest of the week.
3. **Obey the Prompts:** When the Holy Spirit prompts you (to pray, call someone, apologize, give, etc.), obey immediately. Journal what happens.
4. **The Soul Question:** Before speaking or posting online this week, ask yourself: "Will this hurt or heal this person's soul? Will this represent Christ or just my opinion?"
5. **Fresh Oil:** Ask the Holy Spirit daily to fill you afresh. **Pray specifically:** "Holy Spirit, take control. Help me walk in step with you today."

Accountability:

- Share with the group which challenge you're committing to.
- Exchange contact info with one other person to check in mid-week.

Closing Reflection Questions (10 minutes)

1. What spoke to you most from this sermon and discussion?
2. Complete this sentence: "One way I want to walk more in step with the Spirit this week is..."
3. What is one specific prayer request related to walking by the Spirit that we can pray for you?

Closing Prayer

Have group members pray for the person on their right, specifically asking that:

- They would hear the Holy Spirit's voice clearly
- They would have strength to obey promptly
- The fruit of the Spirit would be evident in their lives
- They would experience the rest that comes from surrendering control to

Jesus

For Further Study

- **Read all of Galatians 5 daily this week**
- **Study John 15:1-17 (abiding in the vine)**
- **Look up: Ephesians 5:18, Romans 8:5-14, 1 Corinthians 10:23**

Leader Notes

- Be prepared to share vulnerably about your own struggles with walking by the Spirit
- Emphasize grace - this isn't about adding more rules, but about relationship with the Holy Spirit
- Some may feel convicted about social media use or relationship conflicts - create a safe space for honesty
- Remind the group that the Holy Spirit is our helper, not our condemner