

GLC  ESSENTIALS

GALATIANS

Session 6

In Galatians 5 through 6, Paul describes how we are to live by the Spirit as against living in the flesh. The Christian life is walking by the Spirit. The Holy Spirit dwells, works within, and transforms the believer. This is manifested in Christ-like character which is evidenced in our outward expressions and actions. Paul concludes by reminding the Galatians not to boast about, but to live out their redemption. This necessitates the abandonment of worldly ways and desires, embracing the work of Christ that is being completed in us.

CHAPTER OUTLINE

with the latter part of Chapter 5 included

SECTION	TOPIC
Chapter 5 Verse 16 - 26	Living by the Spirit
Chapter 6 Verses 1 - 5	Not boasting of self-effort but in what Christ has done
Chapter 6 Verses 6 - 10	Sowing and reaping principle; doing good to all
Chapter 6 Verses 11 - 16	No longer attracted to the world; crucified worldly lifestyle
Chapter 6 Verse 17 - 18	Concluding remarks

At times, believers in Jesus can be clueless as to what it means to live the Christian life. Here in this section of Galatians 5-6, we are given the “secret” to living the Christian life:

Walking by the Spirit is living the Christian life.

Read Galatians 5:16-18 aloud.

1. What is the key to not living according to sinful desires?

The flesh, or our old sinful nature, opposes the work of the Spirit in us. The Bible does not teach that once you come to Jesus as Savior and Lord, your old sinful nature is annihilated. Therefore there is a constant internal struggle to either live life according to fleshly desires, or to live by the Spirit of God and do what pleases the Lord.

AGREE OR DISAGREE?

- When you are led by the Spirit, you are not under the Law.
- There is nothing that the Holy Spirit will ask you to do that is against the Law.

Briefly share your thoughts with your small group.

As you probably figured out, both statements above are true. To illustrate:

The law of God says

“Thou shall not commit adultery.”

When you are led by the Spirit, you will surely not commit adultery. Beyond that, you will keep yourself pure in thoughts.

“Thou shall not commit murder.”

When you are led by the Spirit, you will not murder, and beyond that, you will also learn to love people, even your enemies.

In Christ, you are no longer under the Law, you are above it which means your standard will be **higher**. You do not violate God’s laws but fulfill it **beyond** what the Law requires of you!

2. List down examples of “walking in the flesh” according to Galatians 5:19-21.

Lumped together, what is being described in the verses above is a **lifestyle of consistent sinful or worldly attitudes and actions**.

A person who lives according to fleshly desires...

Practices sexual sins

Practices spiritual sins

Practices societal sins

Warning:

If you continue to live according to your fleshly desires, the apostle Paul is saying that in all probability, **you are not a REAL Christian**.

The evidence of authentic Christianity is the **fruit of the Holy Spirit**.

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3. Identify the fruit of the Holy Spirit based on Galatians 5:22-23.

If your life shows the fruit of the Holy Spirit, how do you think will that affect your response to stressful situations or painful circumstances? How about when you are treated unfairly or unkindly?

**The evidence of Christ-likeness
is the fruit of the Holy Spirit
in the life of a true follower of Jesus.**

GENTLENESS

LOVE

PATIENCE

GOODNESS

FAITHFULNESS

JOY

PEACE

KINDNESS

SELF-CONTROL

4. Have you grown in Christ-likeness since you first came to know Jesus as Savior and Lord? In what ways are you growing or not growing more like Jesus? (See the different aspects of the fruit of the Holy Spirit).

5. Read, scribble or draw a mind map of Romans 8:9-11.

How is the Holy Spirit identified in these verses?

- The Spirit of _____
- The Spirit of _____

What does this tell us about who the Holy Spirit is?

The Holy Spirit is **NOT** a force.

He has intellect.

He feels.

He wills.

He is the Third **Person** of the Trinity

The Holy Spirit is **GOD** Himself.

Based on Romans 8:9-11, do you agree or disagree with the following statements?

“If you belong to a church, then you belong to Christ.”

“If you are baptized, then you belong to Christ.”

“If you have the Spirit in you, then you belong to Christ.”

The Holy Spirit comes into your heart the moment that you believe in Jesus as your Savior and Lord. When you accept Jesus Christ into your heart, the Holy Spirit who is the Spirit of Christ and who is the Spirit of God dwells in you.

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6. Read aloud John 16:5-10.
According to these verses, why was the Holy Spirit sent to us believers in Jesus Christ?
7. What truth makes it possible for every believer to live the Spirit-filled life?

Note

*Being filled with the Holy Spirit simply means that you are controlled and empowered by the Spirit. This is not an option, but a command from God. **Every** believer is **indwelt** by the Spirit the moment he puts his faith in Christ. However, it is a tragic fact that **not every** believer is **filled** by the Spirit.*

Write down Ephesians 5:18.

If a person is “filled” with alcohol, then he is under the control of the alcohol. So if you are filled with the Spirit, you are under the control of the Holy Spirit.

To be filled with the Spirit is **not passivity**.

It is **active obedience** to Christ moment by moment.

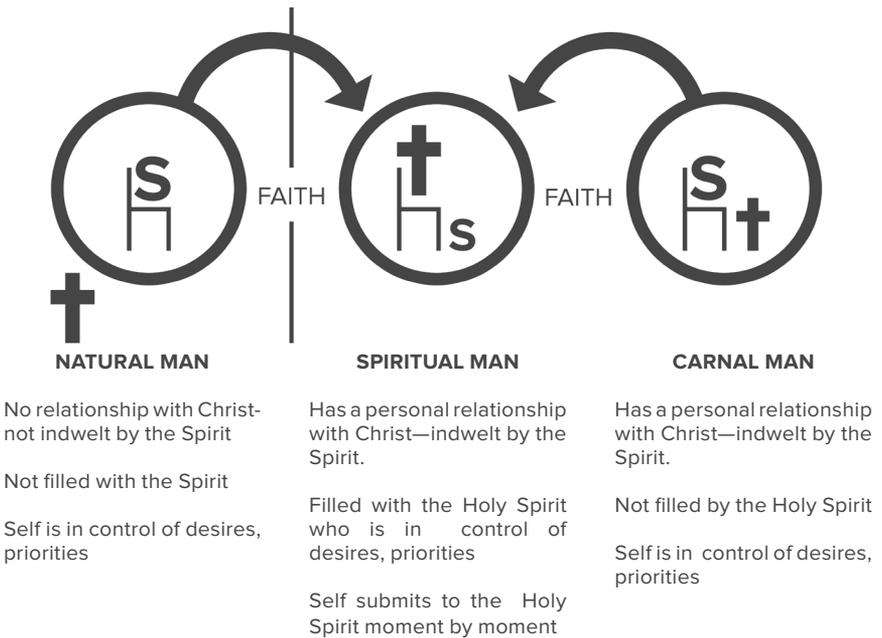
It is **not having “more”** of the Spirit.

It is the **Holy Spirit having more** of you.

It is the Spirit having **control** of **every aspect** of your life.

The question is...are you surrendered wholly and completely to the Spirit? If not, what is keeping you from giving over the control of your entire life to Him?

Study the illustration* below of the Spirit-filled life or Christ-centered life.



**Dr. Bill Bright, the late founder of Campus Crusade for Christ came up with this illustration to show a picture of what the Spirit-filled life looks like.*

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8. How would you describe yourself based on the three kinds of men shown in the diagram? Why do you say so?

We all started as a natural man, without Christ and separated from God. We lived our lives according to our own priorities and desires because we did not know God's will and did not have the power to obey God. The Holy Spirit did not dwell in us and therefore we were not filled with the Spirit either.

When we placed our faith in Christ for the forgiveness of our sins, we entered into a personal relationship with God. The Holy Spirit now dwells in us, and fills us. His power enables us to live according to God's will moment by moment. Jesus reigns from the throne of our hearts. Our life bears the fruit of the Spirit as we grow in Christlikeness.

However, somewhere along the way, most Christians become carnal Christians—having a relationship with God through Christ but living as if Jesus was not Lord of our lives. There is a refusal to give up certain sins or completely surrender an area of life to God. Our behavior, attitudes and words are not different from those who do not have a relationship with Christ. We live powerless and purposeless lives since we are not empowered and directed by the Holy Spirit. Carnal Christians know Jesus as Savior but clearly remain self-centered. Some Christians may say they believe in Jesus, but may not have given the Spirit full control of their lives. Carnal Christians do not become more like Christ even if they have been believers for years.

9. What are we commanded to do in Ephesians 5:18?

When God commands us to do something, we can be sure that it is His will for us. If we ask anything in prayer according to His commands or will, then we can be absolutely sure that He will say “yes” to us.

10. Are you filled with the Spirit?

If you are not sure that you are, then it is time for you to be so, in accordance with God’s will. If you want to be filled with the Spirit, you can do so by faith—trusting that God will fill you with His Spirit because it is His will (command) that you be filled.

Have a few moments of prayer in your group. Individually and quietly, ask God to fill you with the Holy Spirit as He commanded you to be filled.

“Our loving Heavenly Father, I desire to do Your will for my life because I believe that You love me and desire only the best for me. Please fill me with the Holy Spirit as You commanded me to be filled. By faith I thank You that I am now filled by the Spirit based on Your promise that You will answer my prayer in accordance to Your will. Help me to continually be controlled and empowered by the Holy Spirit. By Your grace, I choose to do Your will for my life moment by moment as Your Spirit empowers me to do what pleases You. I ask these in Jesus’ name. Amen.

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11. Read Galatians 6:9-10

Now that you are filled with the Holy Spirit, what is your part in living the Spirit-filled life?

**We are called to respond by doing good
to people, especially our brothers
and sisters in the faith.**

EXPRESS

Doodle/draw your thoughts or create a mind map on what you discovered from Galatians 6 about living the Christian life. Share your output with a partner and/or to your entire small group.

Journal your thoughts on what you discovered from Galatians 6 about the true gospel. Share with your small group members a summary of what you wrote down.

What truth impacted you the most from our study?

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In summary, how would you describe an authentic or real faith in Christ? What are some of the characteristics of the true gospel?

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What are some marks of a true Christian? In what ways are these evident in your life?

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EXPERIENCE

Do one or do all of these action points for life transformation!

PRACTICE SPIRITUAL BREATHING*

**(Adapted from Campus Crusade for Christ)*

As Christians walk in the Spirit moment by moment, we experience God's guidance and power at work in and through us. We enjoy a loving and warm fellowship with our Heavenly Father as we pursue His purposes for us.

However, there may be times that we will sin and actively rebel against God's will or passively resist the conviction of the Holy Spirit to repent or surrender a certain area of our lives. When that happens, we are taking back the control of our lives as carnal Christians.

When we become aware of this and desire to repent and be restored to our fellowship with the Lord, we need to breathe spiritually.

Exhale – Confess your specific sin to God, claiming His promise in 1 John 1:9

Inhale – Humbly ask God to fill you once again with the Holy Spirit. By faith, apply His command in Galatians 5:18 and His promise in 1 John 5:14-15.

Remember that as a child of God, the Spirit never leaves you even if you sin, He still lives (dwells) in you. However, your sin prevents you from experiencing closeness with your Heavenly Father, you are no longer filled with the Spirit and do not experience His power working in and through you.

If in the process of walking in the Spirit you become aware of an area of your life that is displeasing to God and you repent of it right away, you have not rebelled against the Lord.

You have not taken over the control of your life because you have responded in repentance in obedience to His will. In this case, you can be assured that you are still filled with the Spirit and you simply keep on walking by faith in the Holy Spirit.

The key to walking in the Spirit moment by moment is OBEDIENCE to God's will. This includes quick repentance of any sin that the Spirit may convict us of.

1. Take some time now to examine your life. Ask God to reveal anything that might be displeasing to Him and not consistent with the gospel of truth in you. Confess to Him any wrongdoing that He might reveal to you.

2. Share the truth about the Spirit-filled life including spiritual breathing to other believers this week.