

Message-based Study

Video is available online at messages.visitccc.com

Connection

Share a hobby you enjoy or something you do in every day life where you have to keep things organized. What is your favorite way to stay organized?

Cheer and Challenge

How did your "I will..." statement go? Share your experience on doing your "I will..." statement from last week's study.

Did you have a chance to follow through on the B.L.E.S.S challenge from last week? If so, tell about your experience.

Content

- Read Galatians 5:22-23 - Share the verse from memory if you can.

AS GOD WORKS TO GROW YOU AND TO USE YOU, EXERCISE SELF-CONTROL, DOING THESE THREE THINGS:

Keep Gravitating Toward Good

- What would our culture look like if each person was exercising the qualities listed here at this time in history? What differences would be seen?
- Read Gal. 5:22-23 - We are not forced to live this way but invited. What motivates you to live out the Fruit of the Spirit?
- How did Jesus demonstrate the qualities of the Fruit of the Spirit ? What does that teach you?

Keep Resisting Wrong

- Read Galatians 5:16-17 and 19-21
Reflecting on your past week, consider a specific sin-struggle you grappled with. Which of these did it feel like and why?

Like a pot of water which boils gradually, unnoticed by the frog within

Like a spiderweb that entangles its prey unexpectedly

Like an electric zapper that irresistibly draws bugs in

- Read I Corinthians 10:12-13
God always gives you an "exit" sign when you are faced with temptation. You must make the choice to move quickly toward that exit. In the sin struggle you reflected on above, what "exit" was available?

Keep in Step with the Spirit

- Read Galatians 5:25
- Is there any area in your life right now where you feel you are out of step with the Spirit? Spend a moment in prayer, asking God about this and confess anything He brings to mind.
- What details do the following verses give about “living by the Spirit”? Galatians 5:5-6 and 13-14.
- Why do you think the list of the Fruit of the Spirit begins with “love” and ends with “self-control”? How can these two qualities help you keep in step with the Spirit?

Commitment

Reflecting on all the Fruit of the Spirit we studied, which one is your biggest challenge? What change do you want to make in your life in that specific area going forward?

“I will _____.”



B.L.E.S.S – L – Listen with Care

Listening well requires self-control. Think of a person in your life who doesn't yet know Jesus who could be encouraged by being heard. Consider calling that person this week specifically to listen to them with care.

Continue Digging Deeper

1. Read about Jesus' fast in Matthew 4:1-11. What did Jesus do to resist temptation? Try doing a fast from food to pray or if you are not medically able, consider fasting from social media, television, etc. The purpose of the fast is to turn your attention towards God. For further study read the article below or ask someone in your group about it. Consider doing a fast together as a group or with one other member of your group on a certain day to pray for something specific.

<https://www.gotquestions.org/fasting-Christian.html>

2. Write out II Timothy 1:7 in two different versions. What 3 things does this verse say that the Spirit gives to you? If the Spirit gives you these things, what should our response be in life when things don't go as we planned? Read II Corinthians 12:9-10, Philippians 4:13,19 & Hebrews 4:15-16 for more insight.

“What does it mean to walk in the Spirit?” ~ <https://www.gotquestions.org/Spirit-walk.html>

3. Choose a spiritual discipline or “habit of grace” as David Mathis calls it (prayer, reading the Bible, fellowship, worship, etc.), and consider how you could, with the help of the Spirit, be more consistent this week. It's not just doing the things that is important, it's also why you are doing it. Prayerfully consider your motivation and ask for God's help.

<https://www.navigators.org/self-discipline-developes-a-long-distance-faith/>

Habits of Grace: Enjoying Jesus through the Spiritual Disciplines by David Mathis