



## Part 11: Flesh, Fruit, and Root (Galatians 5:16-26)

**Theme:** The Christian life isn't about trying harder; it's about walking closer and staying in step with the Spirit.

### Ice-Breaker

1. **Fun Start:** Have you ever had two strong desires pulling you in opposite directions – like a tug-of-war inside you? What was it, and how did you decide which direction to go?
2. **Creative Twist:** If your personality were a fruit, what would it be, and why?

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### Reflect (Read Galatians 5:16-26 together)


3. **The Inner War:** Paul says the flesh and the Spirit are in constant conflict (v.17). How do you personally experience that battle in your daily life? (*Galatians 5:16–17*)
4. **Recognizing the Flesh:** most commonly accepted or even celebrated in our culture today? (*Galatians 5:19–21*)
5. **Fruit of the Spirit:** Why do you think Paul uses the word “fruit” instead of “work” to describe the Spirit’s qualities in us? How does this change the way we think about spiritual growth? (*Galatians 5:22–23*)
6. **Easy and Hard Fruit:** The fruit of the Spirit is one fruit with multiple traits. It’s not a pick-and-choose list. Which of these traits do you find most difficult to grow in? What might be limiting that area of growth in your life? (*Galatians 5:22–23*)

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### Take Action

7. **Call It Out:** Go around the group and take turns sharing with each person one aspect of the Spirit's fruit you see most dominantly in their lives. (*Galatians 5:22–23*)
8. **Mindset Shift:** Paul connects walking in the Spirit with where we set our minds (Romans 8:5). What are some daily practices that help you set your mind on the Spirit and keep in step with Him? (*Galatians 5:25, Romans 8:5*)
9. **Acorn Potential:** Joshua said in the sermon that every believer carries the seed of the Spirit’s fruit - like an acorn holding the potential for an entire forest. Where do you feel like you're just starting to grow? How can your group support that growth?
10. **Spirit Over Striving:** What’s one area in your life where you’ve been trying to "manufacture fruit" through effort rather than cultivating space for the Spirit? What would it look like to stop striving and start abiding in that area this week?

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 **Group Prayer:** Invite group members to share an area where they want to see spiritual fruit grow. Then pray for one another, asking God to cultivate the soil of each heart and to produce lasting fruit through the Spirit—not by effort, but by grace.