



## Part 12: Fruit Trees & Sowing Seeds (Galatians 6:1-10)

**Theme:** The Spirit-filled life doesn't just grow fruit. It feeds others and keeps sowing good seeds.

### Ice-Breaker

1. **Fun Start:** What is a food or drink you love, but only when it is shared with others? Why do you think it feels better together?
2. **Creative Twist:** Have you ever planted something, either literally or figuratively, and had to wait a long time to see the result? What was that like?

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### Reflect (Read Galatians 6:1-10 together)

3. **Spiritual Restoration:** Paul says to restore those caught in sin with gentleness. What does that look like in real life? What does it not look like? (*Galatians 6:1*)
4. **Carrying and Comparison:** Paul says to carry one another's burdens but also to carry your own load. What is the difference between a burden and a backpack? Why does knowing the difference matter? (*Galatians 6:2-5*)

**Teacher's Note:** A *burden* is a crushing weight someone can't carry alone; a *backpack* is a personal responsibility each of us is expected to carry ourselves.


5. **Sowing and Reaping:** Paul says you always reap what you sow. What are some "seeds" people sow without realizing the consequences? What are some ways we can sow to the Spirit? (*Galatians 6:7-8*)
6. **Gospel Hope in Sowing:** How does the cross change the way we experience sowing and reaping? What does it mean that even if we have planted bad seed in the past, we can start planting something new today? (*Galatians 6:7-8*)

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### Take Action

7. **Challenge:** Think of someone who may be spiritually stuck or weighed down. What is one step you can take to help restore or carry them gently this week? (*Galatians 6:1-2*)
8. **Spiritual Inventory:** Take a moment to reflect. Where are you growing spiritually? Where might the Spirit be inviting you to take more ownership or make a shift? (*Galatians 6:4-5*)
9. **Don't Give Up:** What area of your life are you tempted to stop doing good because you are not seeing results? How can this group support you in that area? (*Galatians 6:9*)
10. **Group Challenge:** What is one opportunity we have right now to do good to someone, especially in the church family? How can we step into that this week? (*Galatians 6:10*)

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 **Group Prayer:** Pray for endurance in doing good. Ask God for eyes to see the seeds He has given each of us to sow. Thank Him that even when we grow weary, He is faithful to bring the harvest in His time.