

## Unpacking the Preach

Date: 5th September 2021  
Sermon Title: The Disciples Battle Against Sin: fruit of the Spirit  
Bible Passage: Galatians 5: 16 - 26

### **Recapping the Preach**

Take time to read the passage from a few different translations.

- What stood out to you from this passage?
- Are there any questions you have from the text?
- How would you summarise the main theme of the passage?

Stu likened Paul's encouragement to the church, to that found in Deuteronomy 30:19-20 where Moses encourages the people to choose life. He went on to say that when we walk in step with the Spirit and are led by the Spirit it leads to life, flourishing and growth of the fruit in our lives. Paul uses three metaphors to describe how we relate to the Spirit - setting our minds on the things of the Spirit (Romans 8:5), walk or keep in step with the Spirit (Galatians 5:25) and led by the Spirit (Galatians 5:18)

- What does it mean to set your mind on the Spirit? What does this look like in your everyday life?
- What is the difference between keeping in step with the Spirit and being led by the Spirit?
- Can you think of any examples in Scripture and church history where we see disciples walking or being led by the Spirit?
- Stu suggested that faithfulness, gentleness and self-control are foundational to the growth of the other aspects of the fruit of the Spirit. Do you agree?

Stu then used the story of Joseph (Genesis 37-50) as a practical example of faithfulness, gentleness and self-control at work in a person's life. After exploring episodes from Joseph's life he gave these definitions of faithfulness, gentleness and self-control.

Self-control is the ability to control oneself in our actions, thoughts and words. It naturally leads to perseverance and is a gift that frees us

- Where do you struggle to be self-controlled most - actions, thoughts or words?
- Why do you think it is hard to practice self-control?
- How does being accountable to others help us?

Gentleness is power under perfect control. It grows from a posture of humility and thankfulness before God and is polite, restrained and compassionate behaviour towards others.

- How would you describe gentleness?
- Stu said he thought 'gentleness' is the most beautiful aspect of the fruit of the Spirit - would you agree? Why?
- Who is the gentlest person you know?

Faithfulness is steadfastness, constancy and allegiance. In a faith context it is believing what the Bible says about God and being careful with what we have been entrusted with.

- How might faithfulness be expressed in your life in relation to God, family and church?

**Response**

- Is there anything from the preach and passage that you will be taking away to reflect on or work on?
- Are you accountable to someone who encourages you and helps you to grow in the fruit of the Spirit.

**Prayer pointers**

- Take time to share prayer requests and pray for one another.
- Pray that we would persevere in the battle against sin.
- Pray and ask God to fill you afresh with the Holy Spirit and that we would flourish in growing fruit.

**Additional resources:**

If you need some additional resources the below websites are useful:

- <https://www.gotquestions.org>
- <https://enduringword.com>
- <https://www.biblica.com>
- <https://biblehub.com/commentaries/>