

*Questions for Reflection and Discussion*  
**Keep in Step with the Spirit**  
**Galatians 5:16-26**

***Getting Started***

If you've ever grown fruit, describe the challenges you encountered.

***Digging In***

1. Before focusing on the first few verses, first take time to **read Galatians 5:16-26**. Then go back and **reread vss. 16-18**. How can we keep from giving in to the desires of our sinful nature?
2. What do you think it means to *live by the Spirit*?
3. Why do we sometimes **not** live by the Spirit?
4. How have you experienced this conflict in your own life?
5. **Read vss. 19-21**. Using the back of this paper, write down a brief definition for each of the acts of the sinful nature.
6. Are any of these a problem for you? If so, which ones?
7. What is Paul's warning for those who **habitually** live like this?
8. **Read vss. 22-23**. Write down a brief definition for each of the characteristics listed under the fruit of the Spirit.
9. In which of these areas do you feel you particularly need to grow?
10. **Read vss. 24-26**. In one sense, our old self died on the cross with Christ (Gal 2:20). And yet we still have a sin nature. How can we keep this sinful nature from gaining the upper hand? (See also Luke 9:23.)



***Getting Personal***

- In practical terms, what does it mean to *keep in step with the Spirit*?
- What are some things you're already doing to *live by the Spirit* (v. 16), to *keep in step with the Spirit* (v. 25)?
- What new step of obedience is God leading you to take – resting in his grace, and relying on his power?