

UNFILTERED

WEEK 7 GROUP GUIDE

YOU WANT REAL FREEDOM?

MESSAGE RECAP

GALATIANS 5:22-26

Real freedom is found in Jesus, not in trying harder or following a religious system. When we put our faith in Jesus, we receive the Holy Spirit, who lives in us and helps us become more like Christ. That doesn't mean the struggle with sin disappears—instead, we now have the Spirit helping us fight against our old desires and habits.

Galatians 5 shows us three parts of life with the Spirit: the spiritual struggle, where our flesh and the Spirit pull us in different directions; the spiritual walk, where we learn to follow the Spirit's leading one step at a time; and the spiritual results, where the Spirit produces fruit in our lives—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The goal isn't simply to know more about God, but to allow the Spirit to transform who we are.

GROUP DISCUSSION

- Did anything stand out to you from the message?
- Read Galatians 5:16-18 together
 - What do these verses say about the tension between the flesh and the Holy Spirit?
 - Where do you most commonly experience that kind of internal struggle?
- Just because you've been forgiven of sin, doesn't mean you've broken the habits that lead to sin.
 - How does that distinction change the way you think about spiritual growth and the struggles you deal with?
- Read Galatians 5:22-23 together
 - Which fruit do you see growing most in your life right now? Which do you want to see grow?
- What are some ways you can be more attentive to the Spirit's leading?
- Read Galatians 5:25-26 together
 - What do you think it practically means to keep in step with the Spirit? What might that look like in an ordinary day?
- Have you ever felt the Spirit leading you out of your comfort zone? What happened?
- If someone looked at your life six months from now, what fruit of the Spirit would you most want them to see more clearly in you?
- End your time in prayer together.

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GOING DEEPER

The Holy Spirit is kind of a big deal.

We see Him throughout Galatians, but we also see Him woven throughout all of Scripture. And the Holy Spirit isn't just a big deal in Scripture—He's a huge deal in your life.

The Holy Spirit can transform your life in ways that no sermon, book, or teacher ever could. He doesn't simply give us more knowledge about God; He works within us, changes us, and helps us live out the life God has called us to.

Even just in Galatians, there are so many verses that point us back to the Holy Spirit:

- Gal. 3:2 — “Did you receive the Spirit by works of the law or by hearing with faith?”
- Gal. 3:3 — “Having begun by the Spirit, are you now being perfected by the flesh?”
- Gal. 3:5 — God supplies the Spirit.
- Gal. 3:14 — the blessing of Abraham comes to the Gentiles so that “we might receive the promised Spirit through faith.”
- Gal. 4:6 — God sends the Spirit of His Son into our hearts.
- Gal. 5:16 — walk by the Spirit.
- Gal. 5:17 — battle the flesh
- Gal. 5:18 — be led by the Spirit.
- Gal. 5:22 — the fruit of the Spirit.
- Gal. 5:25 — keep in step with the Spirit.
- Gal. 6:8 — “the one who sows to the Spirit will from the Spirit reap eternal life.”

Take some time to look through all of Scripture and see where else you can find the Holy Spirit. Some great places to start are John 14, Romans 8, and 1 and 2 Corinthians.

As you go through the next week, think about what it might look like to invite the Holy Spirit into your everyday activities. Pay attention to the ways He is already present and working in your life.

Life isn't always about giant, emotional moments or dramatic experiences of feeling the Lord's presence. Sometimes, it's simply noticing that the Lord is with you in the small, ordinary, and simple pleasures of life—and that He is just as present there as He is in the big moments.