



sandals church women

# Cultivating a Life in Christ

Week 4 – Galatians Chapter 4

**Becca Boganwright | Known by God**

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*Hello sweet friend.*

We began this study four weeks ago pointing you toward the truth that you are fully known and deeply loved by God. Do you believe that? This week, Becca leads us into the promise that...

*God sees us and knows us, and He loves what He sees.*

Don't just get through this content, but get this content through you. Choose questions that are most meaningful to you and/or that lead your group into deeper conversation. Make time to connect with the remaining content for personal study or reflection throughout the week. Be REAL with yourself, God and others as you commit to cultivating the truth of God's word into your life SO THAT you can live out what you're learning.

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*Cultivate Truth*

**Read Galatians Chapter 4.** Make note of any words, phrases or verses that speak to you. In your own words summarize what you want to take away from this chapter.

As we cross the halfway point in our study, spend some time reflecting on what you've learned from Galatians this far. How is cultivating the truth of Galatians into your life changing you?

*Key Verses*

“<sup>8</sup> Formerly, when you did not know God, you were slaves to those who by nature are not gods. <sup>9</sup> But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again?” Galatians 4:8-9 NIV

*Quick Study*

*If time only allows for quick study this week, linger here:* There is overwhelming evidence of God's love for us throughout the pages of scripture. Jesus' sacrifice on the cross is the chief example. However, if God's love for us is only *knowledge we gain* rather than *truth we experience*, we will miss God's heart. How is what you're learning allowing you to experience the depth of God's love for you?

*Notable Quotes from Becca*

- I need to know that God knows me to be free of insecurity.
- When I know the God who knows me, I can rest.
- Nobody knows you like God knows you.
- When I know the God who knows me, I am not alone.
- When I know the God who knows me, I can be confident.
- When I know the God who knows me, I can know myself.

## Reflect & Discuss

### Choose the questions that will lead you and/or your group into reflection and discussion:

1. As you reflect on Becca's message, what personally encouraged you? What challenged you?
2. Describe a time when someone did something that made you feel seen, known and understood. How did that experience impact you and/or your relationship with them?
3. Read Galatians 4:6-9. We are children of God, fully known and fully free by grace through faith. But, for REAL change to happen we need to live in pursuit of that freedom through REAL relationship with the Father.
  - a. Take inventory. Is there anything within you or around you that is tempting you back into a life apart from God's grace? This could be a self-imposed rule you're following, a lie you're believing, a checklist you're keeping, a habit you're idolizing or even a relationship you're chasing.
  - b. Count the cost. In what ways is that "thing" enslaving you and stealing God's grace? Are there any ways in which it's making your life fuller or better?
  - c. Make an exchange. What will you lay down so that you can walk forward as a child of God, fully known and fully loved? This isn't a one and done – be prepared to keep laying down and keep walking forward!

## Cultivating a Life in Christ

### Respond to God, inviting Him to cultivate this week's truth into your life.

Becca encouraged us that God sees, knows and understands us in a way no one else ever can. He has written gifts over our lives, creating us with purpose to walk in the growth and goodness He has uniquely designed for us. God not only sees and loves who we are today, but He sees and loves who we are becoming.

“God is everywhere that we are. He looks at you, and He likes what He sees.”  
Becca Boganwright

Read Psalm 139 and identify the portion that is most meaningful to you. When you find yourself questioning your worth or doubting your value, remember that you are fearfully and wonderfully made by a purposeful Creator who knows you and loves you. What we call imperfection, God calls an opportunity to draw close to Him. Rather than surrender to the voice that calls out your flaws, call out to the God who made you, and praise Him.

## Dig Deeper

### Choose any of these dig deeper opportunities to cultivate more of God's word into your life.

- Read Ephesians 2:8-10. How does this verse confirm what you're learning about grace? While we aren't saved by our works, what is produced *through us* as result of God's grace at work *in us* [v.10]?
- Read Matthew 10:29-31. What does this verse tell you about God's nearness and knowledge of you? Because of our value to God, what don't we need to be [v.31]?

## Supporting Verses

<sup>5</sup> God sent him to buy freedom for us who were slaves to the law, so that he could adopt us as his very own children. <sup>6</sup> And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, “Abba, Father.” <sup>7</sup> Now you are no longer a slave but God's own child. And since you are his child, God has made you his heir. Galatians 4:5-7 NLT

<sup>8</sup> God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. <sup>9</sup> Salvation is not a reward for the good things we have done, so none of us can boast about it. <sup>10</sup> For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” Ephesians 2:8-10 NLT

<sup>29</sup> What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. <sup>30</sup> And the very hairs on your head are all numbered. <sup>31</sup> So don't be afraid; you are more valuable to God than a whole flock of sparrows. Matthew 10:29-31 NIV