



sandals church women

Cultivating a Life in Christ

Week 5 – Galatians Chapter 5

Donna Martin | Free & Spirit Filled

Hi friend,

Grace and freedom are God's irrevocable promises to us, yet we so often forget to walk in promise, don't we? This week, Donna will remind us of another powerful promise: we do not walk alone.

We have a helper. The Holy Spirit lives in us.

Remember...this content is here to help you grow. Choose the questions that are most meaningful to you and/or that lead your group into deeper conversation. Use the remaining content as you spend time with Jesus 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.

Cultivate Truth

Read Galatians Chapter 5. 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. How do you want to cultivate that truth into your life?

As we near the end of our study, make time to consider what comes next for you. Be REAL with yourself, God and the women you trust around you about what you want to do with all you're learning.

Key Verses

“For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love.” Galatians 5:13 NLT

Quick Study

If time only allows for quick study this week, linger here: The Holy Spirit is our helper, teacher and comforter, but there are a lot of other voices, opinions and ideas that can crowd Him out. How do you [or how would you like to] prioritize listening for and learning from the Holy Spirit over all the other noise?

Notable Quotes from Donna

- Jesus was God with us, but the Holy Spirit is God in us.
- If Jesus needed the Holy Spirit, we need the Holy Spirit.
- True freedom is found in obedience to the Holy Spirit.
- Sin doesn't lead you into freedom. Sin makes you a slave.
- We follow Jesus one decision at a time.
- If you want to recognize the spirit of God, you need to spend time in the word of God.

Reflect & Discuss

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

1. As you reflect on Donna's message, what personally encouraged you? What challenged you?
2. When we believe in Jesus, we receive the Holy Spirit as our helper and advocate. In your own words, describe how you personally experience the Holy Spirit in your life. This could be how you hear Him, but also when, where and what that feels like for you.
3. Read Galatians 5:22-23. When we cultivate a life in Christ and invite the Holy Spirit to shape our lives, spiritual growth happens. Celebrate the "fruit" that is evident in your life because of your relationship with Jesus. Then, identify in which fruits of the spirit you want to experience more growth.
4. Read Galatians 5:24-26. Donna challenged us that our vision to be REAL is never a license to abandon the Holy Spirit. Authenticity invites us to keep in step with the Spirit, whereas entitlement tempts us to follow our flesh.
 - a. Where in your life do you need to crucify entitlements of the flesh SO THAT you can cultivate an authentic life in the Spirit? Consider your thoughts, words, habits and choices, as well as who they impact.
 - b. We all have blind spots. Have the courage to ask someone you trust how they experience you and where they see the opportunity for growth in you. Listen with a teachable spirit.

Cultivating a Life in Christ

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

Jesus gave His life to give us the gift of the Holy Spirit. The Spirit's presence and promise in our lives invite us to stand in freedom, walk in obedience and live as daughters of the King. But to live in the Spirit, we need to allow Him to move freely, as we yield to His voice and invite Him to mold us into the woman Jesus has called us to be.

— “We walk in freedom when we let the Holy Spirit guide our life.”
Donna Martin

Donna led us in a promise we can claim as we invite the Spirit to move, breathe and live inside us. Pray this now, then place it somewhere prominent so that you can continue to walk in the freedom the Spirit gives: *The Holy Spirit lives in me. I hear His voice. I have all that I need. I will not obey my sin nature. I will obey the Spirit of God.*

Dig Deeper

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

- Read Galatians 5:19-23 in a few different bible translations. Contrast the fruits of the Holy Spirit to the works of the flesh. How are you challenged to fight the flesh SO THAT you can pursue the Spirit?
- Good fruit should be shared. Who in your life could benefit from the growth you're experiencing? In contrast, who's growth could you learn from? Ask God what a step toward discipleship might be for you. This could include investing in someone, sharing in deeper conversation or mutually encouraging one another.
- Read Luke 6:43-45. Donna challenged us that "rotten fruit is not cute." What we put into our lives, pours out of our lives. Is there anything you are consuming that could be contributing to rotten fruit? What would it take to prune that out of your life so that you can cultivate healthy growth?

Supporting Verses

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself... 1 Corinthians 6:19 NLT

¹⁶ But whenever someone turns to the Lord, the veil is taken away. ¹⁷ For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. ¹⁸ So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image. 2 Corinthians 3:16-18 NLT