

Small Group Studies



'Bringing God and people together'

Fruit of the Spirit - 2 Your choice

Read. Gal.5: 22-23 and discuss what you like most about the fruit of the Spirit.

A definition of a Christian is someone who has the Spirit of God within them.

Q What may the average person define a Christian to be?

The Bible teaches that all Christians have both a spirit nature and a flesh nature.

Our Spirit nature will always please God. 1 John 5: 18. says *"whoever is born of God does not sin"* That is the spirit part of us created in the image of God. People who are filled are also fruitful. They are generous and creative without human effort, for the Spirit pours out His life, power and love from within them.

Q The Christian life is either easy or it is impossible. Discuss what you think of this saying?

In our flesh it is impossible to please God. The flesh is that part of us that is separate from God. It doesn't understand grace or forgiveness. It only thinks of self. It can only think of God in relation to self-effort. All temptation happens here.

Q Have you noticed that you have thoughts that you don't want to have?

Gal. 5: 16-18 *"I say then walk in the spirit and you shall not fulfill the lust of the flesh. For the flesh lusts against the spirit and the spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. But if you are led by the spirit, you are not under the law"*

Sometimes we even do things we don't want to do. This is because we have not built up our spirit within. This will leave us in a sad state of being overcome by whatever life may throw at us.

Gal. 6:7-8 "don't be deceived, God is not mocked; for whatever a man sows, that he will also reap, for he who sows to his flesh will of the flesh reap corruption but he who sows to the spirit will of the spirit reap everlasting life"

The above verse speaks of spirit and flesh. They are both fighting each other within you. They both want to influence your soul. Now it's your choice, but you cannot just **choose** the Spirit, you have to actively sow into your spirit good things.

Q How can you be strong? (See also Eph 6:10ff)

If you have ever tried to grow a crop in a garden you would have noticed how much faster weeds grow than good wholesome vegetables. To grow good things within us will take time and patience. Just doing nothing will get you a garden that looks a mess.

Discuss the above paragraph