



This summer's series looks at the foundations of faith and grapples with some of the basics. This series will cover areas you may have looked at before but it is always good to check your foundations and go deeper in some of these fundamentals. This study considers how we might keep in step with the Spirit.

1. Where have you seen evidence of God in your life this week? Are there any stories you might share?
2. STARTER: What's next in your life? Tomorrow, next week, any decisions you'll need to make?
3. Have you noticed any change in your character over the course of your life? Are you the same as you were 20 years ago?
4. If you could pick a character trait that you would like to grow in, what would it be? (e.g. more loving, more forgiving, more patient etc)

Read Galatians 5:16-26

5. V16-18 suggest that our life is a battle between 'flesh' and 'Spirit'. Does it feel like this to you?
6. How do you understand these terms 'flesh' and 'Spirit'?
7. V19-21 describe 'acts of the flesh'. They are grouped in a certain way. What groups can you discern, how would you summarise each group?
8. Have you experienced any of the desires of these groups? How do/did they make you feel?
9. V19 – Paul describes the acts of the flesh as 'obvious'? Is this your experience or are they more subtle?
10. In his sermon, Steve shared the quote from a little girl to her elder brothers: 'You are what you do when the grown ups aren't looking.' How do you respond to this suggestion?
11. V22-23 describe the fruit of the Spirit. Why do you think Paul uses 'fruit' as an image for character development in the spiritual life?
12. How does the fruit image intersect with last week's study on John 15 and remaining in the vine?
13. Paul offers us 2 ways in which it is this fruit rather than the desires of the flesh that are cultivated in our lives. The first is v24. How do you understand us to have done this?
14. The second is v25, keeping in step with the Spirit. Do you have any top tips or examples you can share with the group in how to keep in step with the Spirit?
  - a. How do you hear his voice?
  - b. How do you obey that prompting?
  - c. How do you keep on, keeping in step with the Spirit for the long term?
15. What difference might it make if your next step in life, your 'what next' was actually about your character rather than something more tangible?

**Final Prayers**

- Is there anything that today's study has thrown up that you need to pray into?
- Are there any other things for which people would like prayer?
- Lift one another up to God for the week ahead.