

Life Change from the Heart
“Introduction to Life Change from the Heart”
Galatians 5:16-23
For the Week of September 25, 2016
New City Church of LA

GROW & SERVE GROUP GUIDE AND HOMEWORK

Get to know one another

- Share your favorite book or movie.

Review group covenant

- Review your group covenant

Discuss and plan a group fellowship event

Discuss and plan the serve project

Bible Study

Read Galatians 5:16-23

In the sermon, Kevin referenced Galatians 5 to describe how real life change begins when we live by the Spirit. He explained how when we live by the Spirit it frees us from being held hostage to gratifying the desires of the flesh—greed, envy, lust, and so forth. When we live by the Spirit what we experience, or what we feel in our heart is its byproduct: love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control. Somehow, as we experience this collective byproduct, we are freed from imprisonment.

Does this make sense? Can't we experience these same feelings or attributes by means other than the Spirit? What's so special about experiencing them through the Spirit?

Discussion Questions

Living by the Spirit

1. What are examples of experiencing love and joy apart from the Spirit? How does the experience of love differ when it is sought by the Spirit versus another means?
2. How might deep experiences of patience and peace break one from the bondage of addiction?
3. What is faithfulness (in generic, non-biblical terms)? How can the experience of spirit-based faithfulness transform one's heart?
4. How can faithfulness be pursued apart from the Spirit? Is there any danger in seeking it apart from the Spirit? Why or why not?

5. Is there a danger in seeking fulfillment from the Spirit? What is the danger in seeking fulfillment from things other than the Spirit?

The three elements of a recovery program

The three elements that comprise a recovery program are: Discipleship, daily spiritual disciplines, and the 12-step framework

6. The Great Commission in Matthew 28:18-20 commands us to make disciples. What does it mean to make disciples? Can one be discipled without relationship? Why or why not?
7. Based on verses below, what qualities should one look for in a person when seeking a sponsor or discipled? What are some examples of those qualities?

¹⁵"Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves. ¹⁶By their fruit you will recognize them....¹⁷Likewise every good tree bears good fruit, but a bad tree bears bad fruit. ¹⁸A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit... ²⁰Thus, by their fruit you will recognize them."—**Matthew 7:15-20**

³³"Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit. ³⁴You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. ³⁵The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him. —Matthew 12:33-35

8. What are some examples of bad fruit?
9. How is following daily suggestions (daily spiritual disciplines like prayer, daily reading of Scripture, developing a real relationship with your discipler, participating in Grow and Serve groups, serving with them, etc.) like a physical workout used to prepare one for a marathon? What are some personal examples that might stretch you outside of your comfort zone?
10. Manny and Kevin argued that the 12-step recovery program is a practical application of what it means to live by the Spirit in Galatians 5. If it is true, working the steps will help you produce the fruit of the Spirit. Do you think discipleship, daily suggestions, and working the 12-steps are worthwhile things to pursue in your life? If so, how will be pursue them?

Share with one another

Pray for one another, the church, and our neighborhood