



Part 4: Grow

Is Christianity easy or hard? Jesus said that his yoke is easy and his burden is light. But he also said that anyone who wants to follow him has to take up his cross. So which is it?

Scripture: Galatians 5:16-23

Bottom Line: If we want God to resurrect our new life, we need to let him kill our old life.

Discussion Questions

1. On Sunday we talked about whether Christianity is hard or easy. Jesus seems to say both (He says: my yoke is easy and burden is light, and also: take up your cross and follow me). In what ways is it difficult to be a Christian? In what ways is it easy? Share a story or example from your own life about how you've experienced this tension.
2. Read Galatians 5:16-23. Discuss anything that seems important or confusing to you.
3. Paul contrasts 2 ways of living in this passage. What is the source of each? What do you think he means by 'sinful desires' or 'works of the flesh'? Can you think of examples of how living this way leads to the kind of life that Paul describes in verses 19-21?
4. Why do you think Paul uses the metaphor of bearing fruit? What are some of the things about fruit that he wants us to think about when it comes to these characteristics in our lives? How does this metaphor help us to think about how God works in our lives?
5. Are there traits in this list that you wish were stronger in your life? Which ones are they and why do you think they are difficult to cultivate?

Moving Forward

What are practical ways in which we can live according to the Spirit? Describe some of the best practices that you've experienced that help you do this. What is one application step that you can commit to from this passage?