



STUDY NOTES

This is War

DISCUSSION QUESTIONS

- 1 Is there a person or circumstance that you feel like can sabotage your happiness? Don't name the person]
- 2 Interact with the following statement, "You are the one person with the greatest power to sabotage your own happiness."
- 3 Read Galatians 5:16-18. What does Paul describe is at war? How have you felt the dissonance between what you want in the moment, compared to what you really want, or truer happiness?
- 4 If you are a believer, how have you felt or experienced the dissonance between the flesh and the Spirit in you?
- 5 Read Galatians 5:19-21. What other acts of the flesh could be included in this list of obvious? How do the things mentioned in this list bring a kind of happiness that often ends up destroying true and future happiness? Of this list, which is most tempting or the greatest struggle for you?
- 6 Read Galatians 5:22-23. How does this list differ in terms of immediate feelings of happiness from the previous list and the long-term deep happiness we all want? Which on this list seems to come more easily and which seems to come more easily, or frequently?
- 7 Read Galatians 5:24-25. What is our role in this conflict? Are we passive bystanders? What are you needing to crucify right now in your flesh or sinful nature? What are you entertaining or keeping around right now from the acts of the flesh and not taking seriously to crucify?
- 8 As you think of life by the Spirit or in step with the Spirit, how does Prayer, the Bible and other believers play into it? What other factors or disciplines are helpful in walking in step with the Spirit?
- 9 As you think of the flesh and the Spirit, what are you needing to crucify to protect your happiness, and what are you needing to invest in to grow your happiness?
- 10 Pray Together!!

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery;
20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition,
dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as
I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

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