

10 -WEEK STUDY

ON THE FRUIT OF THE SPIRIT

WEEK 10
GALATIANS 5:22-23
JAMES 1:15



**FRESHLY
SQUEEZED**

WEEKLY READING

Primary text from this week: Galatians 5:22-25

Secondary text from this week: James 1:15, Galatians 5:16–17, Galatians 5:19-21

GETTING STARTED

Goals for this session: To understand Biblical self-control

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: What is your favorite junk food?

DISCUSSION QUESTIONS

1. What was one thing that resonated with you as you listened to Pastor Doug's message?
2. We are often more susceptible to temptation when we are **BHALT** (**B**ored, **H**ungry, **A**ngry, **L**onely, or **T**ired). Do you agree? How have you seen that in your own life?
3. Pastor Doug said that, as Americans, we are "obsessed with personal freedom and addicted to the idea of personal autonomy." Do you agree with that statement? Is this a good thing or a bad thing? Why or why not?
4. As a group, read **Romans 6:15-18**. What does this passage tell us about being a slave to sin? What does it say about being a slave to righteousness?
5. Read **Proverbs 25:28**. What does this Proverb tell us about self-control?
6. As a group, read **Romans 7:15-25**. Do you identify with the struggle Paul describes? Why is verse 25 so important for us to understand in our struggle against sin?
7. According to Pastor Doug, how does Biblical self-control lead to living a Spirit-controlled life?



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PRAY

Pray for each other: Thank God for producing the Fruit of the Spirit in each group member.

Pray on your own: Pray that you would be led by the Spirit this week.

ACTION STEPS

Go to venturamissionary.com and take advantage of the daily and weekly resources.

Step 1: Read 1 John 4:9-10.

Step 2: Thank God for His love.

Step 3: Pray and ask God to show you one thing He wants you to do today.

Step 4: Do it.

NOTES



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