



Key References:

Galatians 5:16-18 (NLT)

¹⁶ So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. ¹⁷ The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. ¹⁸ But when you are directed by the Spirit, you are not under obligation to the law of Moses.

John 14:18 (NLT)

¹⁸ No, I will not abandon you as orphans - I will come to you.

Galatians 5:1 (NLT)

¹ So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law.

Romans 8:5-6 (NLT)

⁵ Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Galatians 5:25 (NLT)

²⁵ Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

John 7:37-38 (NLT)

³⁷ On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! ³⁸ Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'"

Reflecting back on the past weekend's sermon, was there anything you heard for the first time, that caught your attention, challenged or confused you?

1 – THE FLESH AND THE SPIRIT

Andy wondered, "If you are bored in your faith, could it be that you are not walking by the Spirit?" Read Galatians 5:16-18. **What do you think about the quote? What are some differences between walking in the natural (the flesh) and walking in the super-natural (the Spirit)?**

2 – LEAVING THE DESERT

Andy shared an illustration of a person being freed from a prison in the middle of a desert ... although they are free to walk away, the prison still offers basic provision and shelter and is therefore still an attractive place to return to. With Jesus and the Spirit, however, we are taken away from the desert to places of rivers and streams (read John 14:18, Galatians 5:1 and Romans 8:5-6). **Is the image that Andy shared something you can relate to? How? Have you found the three verses you read to be true in your life? Explain how they have been true or not true for you.**

3 – WALKING BY THE SPIRIT

Read Galatians 5:25. You can live with the Spirit in your life, but not be in step with the Spirit (running ahead of Him or trailing behind). **Have you experience this in your life? If so, share a time when this has happened to you.**

4 – DRINKING FROM THE RIVER

Read John 7:37-38. **What steps would you need to add to your day to be in the river and drink from the river? What would you need to leave behind (fears or habits) to be in the river and drinking living water daily?**