



Week 3 | The Flesh

1. Catch Up On Life:

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10, 15).

Suggested time: 20-30 minutes

Take some time to look back at your answers in the Lent Guide this week under Evening Prayer:

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

For LifeGroup training resources check out MidtownLifeGroups.com

2. Review the Mission:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

1. People:

- **Reactive** - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- **Proactive** - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

2. Plan: Are there any rhythms planned (virtual or in-person) that we can invite these friends into? What spiritual conversations do you want to initiate with them soon?

Pray: *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

3. Sermon Discussion:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him (2 Timothy 3:16-17, Colossians 1:9-12, and James 1:22-25).

Suggested Time: 20-40 minutes

i. Scripture Discussion

Primary Passages: **Galatians 5:13-26**

Read **Galatians 5:13-26** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup.

For resources on how to study the Bible, be in community, and grow in your more spiritual practices, go to FollowingJesusTogether.com

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

ii. Sermon Discussion

What stood out to you from the sermon?

Prior to the sermon, what was your understanding of the flesh?

When you're not walking in the Spirit, how do you see your flesh at work? What areas of your life are you tempted to walk in the flesh and appeal to your desires?

Through faith in Jesus, we now have the Spirit within us, enabling us to walk in the Spirit. What's one thing you can do this week to walk in the Spirit and fight the flesh? Are there certain biblical truths you need to dwell on, practices you need to walk in, and/or ways you need to be around God's people more?

4. Engage the Heart:

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 20-40 minutes

We fight deceitful ideas with truth. We do this regularly through resources like the Digging Deeper Chart, Go-to Verses for Gospel Fluency, and the Truth Train. All of these tools are available at [FollowingJesusTogether.com/confession](https://www.followingjesustgether.com/confession)

How are you abiding with Jesus (Bible reading and prayer) this week? What has Jesus been teaching you through these practices?

What sin do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?

Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

Pray: James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.