

The Good Story

CONNECT *BREAK THE ICE AND GET PEOPLE TALKING*

- Growing up, what habits, good or bad, did your family model to you?
- Do you find developing new habits exciting or intimidating?
- What are new habits that you have developed, on purpose or by accident, during this social-distancing season?

TRUTH *UNDERSTAND AND DISCUSS THE SCRIPTURE'S MEANING*

Everybody's on a different routine than usual these days, and that means everybody's probably developing some new habits. Some good. Some bad. This is an area where the good story of the gospel is really powerful. It's capable of shaping habits of Christ-like virtue in our lives. Our habits have a huge impact in our life, and the Bible helps us understand how to grow in them.

The Law of Sowing and Reaping

READ: Galatians 6:7-8

DISCUSS: Describe a time in your life when you started a good new habit and saw good results pretty quickly.

Paul uses a farming illustration to help us understand the impact of habits – sowing and reaping. The habits are like seed, the good results are like fruit. If I open my Bible and engage the Lord daily in prayer, my affections for Christ will grow. Sowing and reaping. If I'm consistently unkind and unloving towards my family, I'll probably create an atmosphere of anger and bitterness. Sowing and reaping. It's a principle that cuts both ways.

Forming New Habits by the Spirit

READ: Galatians 5:16-18

DISCUSS: What do you think the phrase "walk by the Spirit" looks like in day-to-day life?

If we're going to develop new habits, we must take our cue from the Holy Spirit. Only he can help us develop Christlike virtue. Here's the thing: the Spirit always develops habits that glorify Jesus and make us more like him. So a good question to ask yourself is, "Do my current habits glorify Jesus?" When we're honest about habits that don't make Jesus look good, then we can repent of them and let the Spirit shape new habits in us.

The Fruit of the Spirit

READ: Galatians 5:19-24

DISCUSS: What's one fruit from verses 22-23 that you'd really like to have more of in your life?

Paul has woven his farming illustration throughout these chapters, and now we see the full effect. The Spirit leads us to form Christlike habits. The seed of those habits grows fruit of the Spirit. Growing in the fruit of the Spirit is how you know you're walking by the Spirit. And that fruit benefits you and everyone around you.

GRACE SEE HOW THE PASSAGE CONNECTS TO JESUS

READ: Romans 8:11

The same powerful Spirit that raised Christ from the dead lives in us. The Spirit is our power for true change. It isn't a matter of human strength or will power, and there's no way to truly change ourselves without him. For those who believe, the Spirit grows us up into new life, the kind of resurrection life we see in the risen Jesus.

CHANGE APPLY THE PASSAGE TO OUR THOUGHTS, FEELINGS, AND ACTIONS

- What habits has the Spirit pointed out to you that you need to invite him to shape or reshape?
 - How can you invite brothers and sisters in Christ to help you change your habits?
 - What does it look like for you to walk by the Spirit and not in your own strength as you form these habits?
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PRAYER RESPOND TO THE PASSAGE IN PRAYER

- Pray for a reliance on the Spirit rather than a reliance on our own strength.
- Pray into specific areas or fruits of the Spirit that you're desperate for right now in your life.

Discipleship Check-In

- Have you read your Bible consistently the past week?
- Who is someone you're praying to share Jesus with this week, and what's one way you can love them well?