

GO DEEPER

use these questions for further study

Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.

Think back to the sermon, what is one idea or question that has stuck with you?

Read Galatians 5:13-25

What does it mean to walk in the Spirit? Why do you think Paul uses the specific word “walk”?

Compare and contrast the works of the flesh and the fruits of the Spirit.

What does it mean that Christians have crucified the flesh?

How does Paul’s understanding of Christian freedom compare and contrast with the world’s definition of freedom?

What does it practically look like to keep in step with the Spirit?

What we feed grows, What we starve dies.

Where do you see this truth played out in daily life?

Consider a specific sin/temptation. What feeds it? Be specific.

Consider that same sin/temptation, how would you starve it?

Read Proverbs 28:13 Why is it so important to bring sin into the light?

Take time this week to bring things into the light. Name your specific sin(s), name the collateral damage, and name the price of submission.

Read Romans 7:14-25 Why do we need to admit our powerlessness over sin?

Read James 5:16 Why is confession so important?

Is confession to another person a discipline you practice? Why/why not?

What would it look like to take this command seriously?

Consider the sin starvation strategies of:

Asking for help - Avoiding Temptation - Running Away

Can you think of biblical examples for each strategy?

What would each one of these look like when applied to a specific sin?

What are the obstacles to actually implementing these strategies?

How can you plan-ahead to implement these in your life?

Are there other sin-starvation strategies you have found helpful in your own life? If so, share them with the group.

Close by using **Psalm 121** as a prayer.

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