



**SERMON RECAP: WHAT DID THE TEXT MEAN? WHAT DOES IT MEAN?**

In the message this week, we learned our actions and how we spend our time matter to God. We also learned that God desires for us to live out our lives with a grateful attitude.

How did this week's message impact you?

**WARM UP**

What is the name of a song that best represents the story of your life?

**THE TEXT: WHAT DOES IT MEAN FOR ME?**

**Read Ephesians 5:15-21**

Last week's curriculum introduced us to two words: flesh and Spirit from Romans 8. We learned that the flesh results in death and the Spirit produces life. This week we will continue to use these words in our discussion and expand our understanding of the flesh and how living by the Spirit pleases God.

Ephesians 5:15 begins with the words "Pay careful attention, then, to how you walk." Paul uses the word "walk" several times in his writings and he uses it two ways. One way describes how **not** to walk and he refers to this as walking in the flesh. The 2<sup>nd</sup> way he describes our walk is by walking in the Spirit; walking in the Spirit pleases God. In order to understand what pleases God it is helpful to examine what the scripture says doesn't please God.

In Galatians 5:21 it says "those who practice such things will not inherit the kingdom of God." Notice the word "practice"; the Greek word "practice" translated means "to exercise, practice, to be busy with, or carry on." It is much like a doctor practicing medicine or a lawyer practicing law; they both spend time each day practicing their profession. In other words, practice means habitual activity and those who practice habitual sin will not inherit the kingdom of God.

According to Galatians 5:16-21

- Which of these sins do you struggle with most often?
- How long have you struggled with this sin and how were you introduced to it?
- Why do you think you are prone to this sin?
- How often do you face temptation to commit this sin?
- What are some consequences you've experienced due to this sin?
- Have there been periods where you have had victory over this sin?

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Sin has natural consequences and these consequences often result in pain which produces sorrow and grief. Not all grief leads to repentance. The feeling of grief may arise because the consequence resulted in some type of loss. This sorrow is worldly sorrow and should not be mistaken for repentance. 2 Corinthians 7 says "For godly grief produces a repentance not to be regretted and leading to salvation, but worldly grief produces death."

- Have you ever experienced Godly sorrow for your sin? How was your sorrow expressed?
- What radical action are you willing to take to defeat your sin?
- What is an appropriate and realistic goal you can set to defeat your sin?

In last week's curriculum we worked through the concept of "putting to death" our flesh in Romans 8:13 and acknowledging that we cannot please God if we are living in the flesh (Romans 8:8). We recognized that the only way we can put our flesh to death is through the power of Jesus living in us (Romans 8:11). This week using Ephesians 5:19-21 as our guide we include the supporting power of the church: a community of believers coming together in harmony with the Spirit for the purpose of celebrating God together, encouraging, building up and mutually submitting to one another.

- Knowing that we are going to continue to struggle with our fleshly desires how can we as a smaller group within our LifeGroup continue to be encouraging, transparent and submissive to each other on an on-going basis?
- Within this group, how would reviewing the questions above from time to time be helpful in putting to death our flesh?
- What are some of the complications to meeting in this way?
- How can we overcome these complications?

## DIGGING DEEPER

- Now that we have experienced God's word together and have reflected on how we are to live our lives pleasing to God in the Spirit, how would you rewrite the lyrics of the song you shared at the beginning of this lesson?
- Take some time during the Thanksgiving holiday and rewrite your song and share with your group the next time you meet.