

freedom

FALLEN RELATIONSHIPS WEEK OF NOVEMBER 1

This weekend we learned how the flesh (our fallen humanity) naturally leads to destructive relationships. The key to our freedom and healthy relationships is learning to listen and follow the Spirit as He teaches us how to live a life of love.

PAUSE

As you begin this study, take some time to read this verse, slowly and carefully, several times. Ask the Lord to teach you how to walk in the Spirit and put to death the works of the flesh in all your relationships.

The flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

Galatians 5:17

STUDY

1. What are one or two key insights or takeaways you gained from the weekend message?

2. **Read Galatians 5:13-21.** This passage has been our focus as we have learned the difference between walking in the Spirit and living by the flesh.
 - a. **Reread Galatians 5:20-21** and underline or highlight these eight examples of our fallen humanity that are destructive in our relationships: *hatred, discord, jealousy, rage, selfish ambition, dissensions, factions, and envy.*
 - b. Take some time to imagine what any relationship, such as a friendship, marriage, or family, marked by these eight characteristics would look like. What would it be like to be in a relationship of any kind that is characterized by these eight attitudes, emotions, and actions?
 - c. How have your relationships been impacted, harmed, or destroyed by these acts of the flesh?

3. The Bible invites us to learn from God how to do relationships in a brand-new way: the way of love. Below are the eight characteristics of the flesh. For each one there is a passage that helps us understand what it looks like to listen and follow the Spirit instead of following the flesh. Read each passage and then write a short paraphrase or summary of each one.

- **Hatred – 1 John 4:19-21**

- **Discord – Romans 12:16**

- **Jealousy – Philippians 4:12-13**

- **Rage – Ephesians 4:31-32**

- **Selfish Ambition – Philippians 2:3-4**

- **Dissensions – Ephesians 4:1-3**

- **Factions – Romans 12:18**

- **Envy – James 3:14-16**

4. In the weekend message, Michael said that the way to defeat the flesh is not by denying our emotions or pretending that these attitudes are not in us, but by surrendering to the new desires the Holy Spirit is creating in us.

a. As you reflect on these attitudes, emotions, and actions, which one or two do you feel is impacting your relationships the most right now, and in what way?

b. Write a prayer surrendering that part of your heart to Jesus' leadership and seeking His leading on how to approach that specific relationship differently.

5. Michael closed out the weekend message by asking a key question that flowed out of the main passage, *How Do You Define ... Spiritual Maturity?*

a. Before the weekend message, how would you have defined what a *mature* Christ-follower looks like?

b. What difference would it make in your life if you made true love (as the Bible defines it) the ultimate measure of your maturity?

RESPOND

As you listened to the message and went through this study, did the Holy Spirit bring to your mind a specific relationship this message applies to? Spend some time in unrushed prayer, praying over that relationship. Be honest as you pray. God welcomes radical honesty—it is the first step to spiritual growth. Jot down anything the Lord is saying to you as you pray, and be willing to share it with your Life Group and invite them to pray with you.