



## GROUPSDISCUSSION GUIDE

WEEK Nov 27–Dec 3

### MAIN IDEA

We want to help keep one another free.

### CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week/holidays. High: What was your biggest highlight since we last met? Low: What was the low point during this time?

### SETTLE IN (ICE BREAKER) 10 min

Who has been a great Christian friend to you?

### DIG IN (UNDERSTANDING) 35 min

1. Read Galatians 6:1-6. Either sin or legalism can be a trap set against our freedom. What are the things verse 1 says we should do? Why are these instructions important?
2. Often verse 2 is used to talk about helping people who are struggling, but in context we see it's actually talking about the burden of sin. How can we help carry each other's burdens when it comes to sin?

3. Do you allow others to help you carry your sin burdens?
4. Verses 3-6 have wise spiritual instruction. Don't miss it! What's the warning in verses 3-4? How can we *think we are something we are not*?
5. What does Paul mean in verses 4-5 when he is talking about taking pride in ourselves and not comparing ourselves to others?
6. Verse 2 and 5 seem like they are contradicting each other. What would happen if I am walking under the freedom of Christ, carrying my own load, and also helping carry the load of others?
7. Read Galatians 6:7-10. Explain in your own words this principle of reaping what we sow.

### GEAR UP (APPLICATION) 15 min

1. How do we sow to please the Spirit instead of sowing to please our flesh?
2. What is an area where you are tempted to sow according to the flesh? What is an area where you enjoy sowing to please the Spirit?
3. How have you experienced weariness when it comes to ministry?

### STEP UP (HOMEWORK) 5 min

1. Where are you going to “do good” this week?
2. Make holiday plans with your group! Putting on a celebration dinner, serve experience, or a gift exchange are some ideas to have fun without doing a study.