

WEEK ONE:

GALATIANS 4:19

Reflect

Use one or both questions for private reflection and choose one to begin meaningful conversation in your Life Group.

R1 Think about a season in life when you experienced real change. What helped bring it about?

R2 Why is it often easier to know what is right than to become someone who actually lives that way?

Grow in the Word

Spend most of your time in the main passage in Galatians. John 7 offers a supporting text, while 2 Peter will help guide your response in Practice Together. Move slowly, and don't feel pressure to cover every question.

Jesus Formed in His People

The Galatians had put their trust in Jesus, but they were being pulled back toward relying on religious practices to make themselves right with God. In Galatians 4:8-20, Paul speaks to them with deep love and explains what he most wants to see happen in their lives.

Read Galatians 4:8-20, focusing especially on verse 19.

G1 Paul compares his concern for the Galatians with the pain of childbirth. What does this picture show about how deeply he cares for them and wants them to grow?

G2 What do you think it means for Christ to be "formed" in someone, for that person to become more like Jesus inside and out? How is that different from simply knowing more or appearing religious?

G3 Where do you see yourself becoming more like Jesus? Where do you feel stuck or pulled in another direction?

Come to Jesus

Paul shows us that the goal is to become like Jesus, but we cannot produce that kind of inside-out change on our own. In John 7:37-39, Jesus invites thirsty people to come to Him and drink. John explains that Jesus is talking about receiving the new life the Holy Spirit gives.

Read John 7:37-39.

G4 When you feel restless, dissatisfied, or empty, what do you usually turn to for relief? How well does it satisfy?

G5 What might it look like to turn to Jesus and ask the Holy Spirit for help in one of those moments?

Practice Together

Trusting God does not mean doing nothing. Read 2 Peter 1:3-8. Notice what God has already given us and what He tells us to do.

P1 Think of one area where you want to change. Do you tend to wait for God to change you, or do you try to make the change happen on your own? What words or phrases in this passage show you a better way?

P2 Choose one quality from 2 Peter 1:5-7 that you want to grow in. Then, complete this sentence:

"When _____ happens this week, I will pause and pray, asking the Holy Spirit to help _____ grow in me."

For example, "When **I feel myself becoming impatient with my family** this week, I will pause and pray before responding, asking the Holy Spirit to help **self-control** grow in me."

Share your sentence with someone in your group or with a trusted friend. Pray with one another and plan to check in during the week.
