



**Sermon Series:**  
Galatians: A Life Set Free  
Galatians 6  
**Speaker:** Rod Heppell  
**Date:** March 17, 2024



## GROUP GUIDE

### Connect (25 min)

**Ice Breaker:** Have you ever seen *the Lord of the Rings*? If so, which character do you resonate most with? If not, is there any other movie that you've seen that you think portrays a story of redemption like the Christian story?

### Message Discussion (35 min)

1. Read Galatians 5:16-18. As you think of the dynamic between the spirit and the flesh, does the imagery of a battle help you? If so, what about that imagery resonates with you? If not, is there other imagery that resonates with you?
2. Rod shared that the body itself is not bad. God made the body and made it good. Therefore the material world is good. So what might Paul mean by the 'flesh'? Have you ever experienced ways in which the body might create opportunity for sin? How about ways in which the body is good and can lead to worship?
3. Deep in the fabric of reality God has created the principle found in Galatians 6:7. How might believing in sowing and reaping be different than the idea of karma? How does this principle help us live our lives with wisdom?
4. Rod asked 2 similar questions: "why isn't the battle easier?" and "Why is obedience so hard?" Have you ever found yourself asking these questions? What answers might we find in Scripture to these questions?
5. Read the list of the works of the flesh from Galatians 5:19-21. Think through the list. Which ones strike you as you read and why?
6. Read the list of the fruit of the Spirit from Galatians 5:22-23. Which ones might you struggle with? Which do you see in other people you admire?
7. Rod shared that the flesh says "now!" and the Spirit says "wait." How does the imagery of fruit inform us as to the time and process involved in growth?
8. In the spiritual war Rod said that we are to believe and act. He talked about the role of the imagination in picturing our own crucifixion with Christ. Have you ever done that mental exercise? How might it help you in a moment of temptation?

9. In acting, we are to say “no” to the flesh. Rod used the analogy of Gandalf saying “you shall not pass” to the Balrog in *the Lord of the Rings*. How does knowing Jesus defeated sin and knowing sin has no right to master you, help you in your spiritual battle?

## Application & Prayer (20 min)

**Praying Together:** Pray that you would each be encouraged in the Spirit and experience victory over the darkness in an area of your life this week.



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## LEADER GUIDE

### Connect (25 min)

**Ice Breaker:** Have you ever seen *the Lord of the Rings*? If so, which character do you resonate most with? If not, is there any other movie that you've seen that you think portrays a story of redemption like the Christian story?

**Pray:** *Lord Jesus, as we approach the topic of spiritual warfare, may we be filled with your Spirit to grow in our understanding and trust of you. Help us to be equipped with everything we need to fight the battle well, resting in your love and constant presence. Guide us and show us more of who you are and more of how we can love you here as we meet. Amen.*

### Message Discussion (35 min)

1. Read Galatians 5:16-18. As you think of the dynamic between the spirit and the flesh, does the imagery of a battle help you? If so, what about that imagery resonates with you? If not, is there other imagery that resonates with you?
2. Rod shared that the body itself is not bad. God made the body and made it good. Therefore the material world is good. So what might Paul mean by the 'flesh'? Have you ever experienced ways in which the body might create opportunity for sin? How about ways in which the body is good and can lead to worship?
3. Deep in the fabric of reality God has created the principle found in Galatians 6:7. How might believing in sowing and reaping be different than the idea of karma? How does this principle help us live our lives with wisdom? **Consider that in the negative, it helps us not make bad decisions because we know consequences are inevitable. In the positive it means our good works are not in vain and we will experience reward for them in some measure.**
4. Rod asked 2 similar questions: "why isn't the battle easier?" and "Why is obedience so hard?" Have you ever found yourself asking these questions? What answers might we find in Scripture to these questions? **Consider the temptation of Jesus, that it was even hard for him (Matt. 4:1-11). Also, it is not just our flesh, but also the world and the devil actively fighting against us.**

5. Read the list of the works of the flesh from Galatians 5:19-21. Think through the list. Which ones strike you as you read and why?
6. Read the list of the fruit of the Spirit from Galatians 5:22-23. Which ones might you struggle with? Which do you see in other people you admire? **It might help to think of ones you see in others. This helps us know that they are possible to grow in and also helps us prevent pride from praising ourselves.**
7. Rod shared that the flesh says “now!” and the Spirit says “wait.” How does the imagery of fruit inform us as to the time and process involved in growth? **The title of one book is “A Long Obedience in the Same Direction.” Consider the idea that God does his work slowly and we can be encouraged by that.**
8. In the spiritual war Rod said that we are to believe and act. He talked about the role of the imagination in picturing our own crucifixion with Christ. Have you ever done that mental exercise? How might it help you in a moment of temptation?
9. In acting, we are to say “no” to the flesh. Rod used the analogy of Gandalf saying “you shall not pass” to the Balrog in *the Lord of the Rings*. How does knowing Jesus defeated sin and knowing sin has no right to master you, help you in your spiritual battle?

## Application & Prayer (20 min)

**Praying Together:** Pray that you would each be encouraged in the Spirit and experience victory over the darkness in an area of your life this week.

(If helpful, break into groups of Men/Women or 3-4 people. I would also recommend not simply listing many disconnected things from far removed aspects of your life, friends, or family, but focusing on those things in your own lives that need prayer that come out of this message or that come out of your ‘highs and lows’, and if necessary a few brief requests for other things going on)

## Resources

### Hyperlinked Scripture:

[Galatians 5 \(battle of flesh\)](#), [Galatians 6](#), [Romans 6:8 \(died with Christ\)](#)

### Resources:

[Sermon Podcast](#)

[Lord of the Rings: Gandalf scene “You shall not pass!”](#)

[Song: Lacey Sturm - Mercy Tree](#)