



**Sermon Series:**  
Galatians: A Life Set Free  
Galatians 5  
**Speaker:** Rod Heppell  
**Date:** February 25, 2024  
**GROUP GUIDE**



## Connect (25 min)

**Ice Breaker: Describe a time in life you felt most free** (after finishing school, going for a run, on a mountain top, before kids!). **Describe a time where you've felt most restricted** (busy schedule, literally claustrophobic setting, etc.)

## Message Discussion (35 min)

1. In Galatians 5:1 Paul tells us that Christ has set us free for exactly that, freedom! Maintaining our freedom requires standing against things that would enslave us. As a group try to think of the things right now that could 'enslave' Christians if they aren't watchful and firm.
2. Describe a time in your life where you may have been freed from something and could then use your extra resources for good. Describe a time where you may have squandered your freedom.
3. Rod spoke about the idea of being set free *from* something and being free *to* something. In our culture we often think of freedom as freedom from. How can you use your freedom in Christ toward something good?
4. Rod shared the idea that we often evaluate "how we are doing spiritually" by measuring things in our relationship with God (like praying, overall feeling with God, reading, etc.) but that the true test of our spiritual life is how we are loving the people around us. Why is that a more accurate measure of our relationship with God?
5. As we grow in love we clarify our priorities. Rod shared that we have unity in essentials, liberty in non-essentials, and charity (love) in all things. Have you ever seen this lived out? When have you seen it not lived out?
6. When seeking to have liberty and charity, we are to love our "weaker" fellow believer. In Romans 14 Paul talks a lot about this. How are Christians to reconcile their differences in either practice or belief in 'non-essentials'?

7. Are there certain practices that you help you connect with God that others might not value or might practice differently? (spiritual disciplines, important days, Christian Calendar, etc.) How can you still value those practices while honouring that others connect with God and serve him differently?

## Application & Prayer (20 min)

**Praying Together:** Pray that the spirit of your group and of our church would be filled with grace and choose one way you might need help in bringing that spirit of grace in your own life.

**LEADER GUIDE**



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## Connect (25 min)

**Ice Breaker:** Describe a time in life you felt most free (after finishing school, going for a run, on a mountain top, before kids!). Describe a time where you've felt most restricted (busy schedule, literally claustrophobic setting, etc.)

**Prayer:** *Lord Jesus, help us meet with you here as we gather. We know you are present by your Spirit and you are wanting to draw us into ever deeper unity and love with who you are. As we experience your love, shape us, mold us, form us, comfort us, convict us, change us, that we might learn and go from here as more loving to those around us. Guide us we pray in Jesus' name, amen.*

## Message Discussion (35 min)

1. In Galatians 5:1 Paul tells us that Christ has set us free for exactly that, freedom! Maintaining our freedom requires standing against things that would enslave us. As a group try to think of the things right now that could 'enslave' Christians if they aren't watchful and firm. **Sinful things: lust, pornography, addictions to work, success, money, anger, etc. Seemingly good things: having no margin in life, a very strict devotional regiment, etc.**
2. Describe a time in your life where you may have been freed from something and could then use your extra resources for good. Describe a time where you may have squandered your freedom.
3. Rod spoke about the idea of being set free *from* something and being free *to* something. In our culture we often think of freedom as freedom from. How can you use your freedom in Christ toward something good? **Consider Ephesians 4:28 where the thief isn't told to just not steal... but to now even give!**
4. Rod shared the idea that we often evaluate "how we are doing spiritually" by measuring things in our relationship with God (like praying, overall feeling with God, reading, etc.) but that the true test of our spiritual life is how we are loving the people around us. Why is that a more accurate measure of our relationship with God?

5. As we grow in love we clarify our priorities. Rod shared that we have unity in essentials, liberty in non-essentials, and charity (love) in all things. Have you ever seen this lived out? When have you seen it not lived out? **Consider a church or friend group where there was grace and joy and people prioritized what mattered. Or, consider an environment that felt suffocating where people just nit picked each other's differences.**
6. When seeking to have liberty and charity, we are to love our "weaker" fellow believer. In Romans 14 Paul talks a lot about this. How are Christians to reconcile their differences in either practice or belief in 'non-essentials'?
7. Are there certain practices that you help you connect with God that others might not value or might practice differently? (spiritual disciplines, important days, Christian Calendar, etc.) How can you still value those practices while honouring that others connect with God and serve him differently?

## Application & Prayer (20 min)

**Praying Together:** Pray that the spirit of your group and of our church would be filled with grace and choose one way you might need help in bringing that spirit of grace in your own life.

(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 \(For freedom\)](#), [Galatians 4 \(Guardianship\)](#), [John 13:34-35 \(A new command\)](#), [Romans 6 \(Grace may increase\)](#), [Romans 8 \(No Condemnation\)](#), [Romans 14 \(Accept the weak\)](#)

### Resources:

[Sermon Podcast](#)