

Galatians: The Letter that Saved the Church, Week 9

March 28, 2021

Reflect + Discuss

- Have you ever had experience with social dancing or been part of a choreographed group like a dance troupe or marching band? What was it like?
- Read Galatians 5:25–6:5. What stands out to you from the text? What questions do you have?
- How do the commands in Galatians 5:26 - 6:5 address the brokenness that affects our relationships? What are some ways that you compare yourself with other people?
- What does it mean that we are created to image God? How does understanding our position as image bearers reorient our relationships with other people?
- Read Galatians 6:3-5 again. What are some differences between who you are and how you view yourself? How can you test and evaluate the motivations behind your actions? How can you take pride in yourself without comparing yourself to others?
- How can you learn to dance with the Holy Spirit? What is one spiritual discipline you can practice this week to make space for the Spirit to work in you?

Pray

- While Examen is a great individual practice, communal silence and prayer can be a powerful group exercise as well. Take 10 minutes to practice Examen together as a group. Ask someone in the group to introduce each step, with a few minutes in between for silent reflection. [Click here](#) for an Examen guide.
- Thank God for His creation of you as an image bearer and ask Him to help you see the people around you as unique image bearers as well. Pray for discernment in the ways that you can walk more closely in step with the Spirit.

Next Steps

Find a quiet place and read Psalm 139. Take a moment to reflect on the truth that God knows you intimately and loves you deeply. Resting in the security of His love for you, take some time to grow in your self-knowledge and awareness. Here are some questions/exercises to consider:

- Who are you vs. how you view yourself to be? Are they the same person?
- What are your motivations for your actions, or lack thereof, in certain situations?
- What compels you to compare yourself to others? What are some steps you can take to remind yourself that you are an image bearer and so are the people around you?
- Write down some of the ways you were uniquely created in God's image. Keep this list on hand throughout the week as a reminder.
- Think about a time in your life where the Holy Spirit was clearly moving - how did that feel? What were the signs of his movement? Use these reflections to help you understand how you can be more in step with the Spirit in your daily life.