



Sermon  
Discussion  
Guide

Sunday, April 12, 2026

## Life in the Spirit

### Harvest of the Heart - Galatians 5:22-26

#### Read/Reflect

1. Review Galatians 5 and then read verses 22-26 aloud. What word or phrase stands out to you as you read.
2. Is there one fruit of the Spirit you notice more clearly—or struggle with more honestly—right now?

#### Explore

3. If we are made new by the Holy Spirit, why is it our inclination to often treat faith like self-improvement?
4. How would you describe the difference between “doing what I want” and the freedom that Paul describes in Galatians 5. Where in your life might you favor one or the other?
5. How would you characterize “the fruit of the Holy Spirit” as it relates to freedom?  
 Life as a door-mat                       My best life                       A driven life  
 Life as a struggle                       A life of grace                       Other: \_\_\_\_\_
6. How can we participate in a community that supports freedom in Christ, recognizing that growing fruit takes a long time?
7. What might it look like this week to slow down enough for the Spirit to work? Which fruit of the Spirit do you sense God inviting you to pay attention to right now?

#### Pray

- Thank God for new life in Christ and for the gift of the Holy Spirit.
- Pray that God will help you notice the fruit of the Spirit this week in your life or in someone else’s life.