



Sermon
Discussion
Guide

Sunday, April 26, 2026

Life in the Spirit

The Rhythm of the Spirit – Galatians 5:25-6:2

Read/Reflect

1. Read Galatians 5: 25 – 6:2. What tone do you hear in Paul’s instruction—stern warning, eager invitation, urgent correction, calm comfort? Compare this passage with other portions of the letter, for example Gal.1:4; 3:1, 6:11
2. Paul connects “keeping in step with the Spirit” to how we treat one another. What does that suggest about the relationship between spirituality and community?
3. What do you think Paul means by keeping in step with the Spirit? Why does Paul distinguish between “living by the Spirit” and “keeping in step with the Spirit?”

Explore

4. Do you think “gentleness” was just one among many virtues Paul chose as an example of how to treat others, or is it the defining characteristic of how to treat others?
5. What is your experience of gentleness? What images or definitions would you use to describe gentleness. Why can gentleness feel insufficient or risky?
6. Where or when do you tend to act too quickly, defensively, or judgmentally? When someone fails, what is your natural instinct: to fix, withdraw, judge, or rescue?
7. What would change in our church/small group/family if restoration—not comparison—became our reflex?

Pray

- Invite people (silently or aloud) to confess where they’ve lived out of step with the Spirit—especially through harshness, comparison, or control.
- Pray for relationships—personal or communal—that need healing; ask for wisdom to restore others with humility and grace.