

“You are truly my disciples if you remain faithful to my teachings. And you will know the **truth**, and the truth will set you **free**.”
John 8:31-32

You will always be this way.

You fail to become the person God created you to be.

Oh, my dear children! I feel as if I'm going through labor pains for you again, and they will continue until Christ is **fully developed** in your lives. *Galatians 4:19*

“Spiritual formation in Christ is the process whereby the inmost being of the individual **takes on** the quality or character of Jesus himself.”
— Dallas Willard

Those around you lose out.

You can change.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you **think**.
Romans 12:2

Don't you realize that you become the slave of whatever you **choose** to obey? You can be a slave to sin, which leads to death, or you can **choose** to obey God, which leads to righteous living.
Romans 6:16

The **sinful nature** wants to do evil, which is just the opposite of what the **Spirit** wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are **constantly fighting** each other, so you are not free to carry out your good intentions. *Galatians 5:17*

You get to choose which one to follow.

Those who live only to **satisfy** their own sinful nature will harvest **decay** and **death** from that sinful nature. But those who live to **please** the Spirit will harvest **everlasting life** from the Spirit.
Galatians 6:8

“Whoever wants to be my disciple must deny themselves and take up their cross daily and **follow** me.” *Luke 9:23*

It's simply not true that I will always be _____.

Who will you follow?

Group Prep

In preparation for group, read Galatians 5:13-26, listen to the Weekend Service message, then answer the following discussion questions.

Introduction

“You will always be anxious. You will always be a worrier. You will always be depressed. You will always lack self-control. This is just who you are—who God made you.” Lies! Lies! And more lies! God has created you. You are His masterpiece. He desires that you grow in faith and become like Jesus. But we all have lies we lean toward believing about who we are. Satan doesn't want you to know this, but you can overcome those lies. You can change!

Discussion Questions

1. Satan's lies are constantly at work in an effort to draw us away from the truth found in Jesus. Finish the following lie Satan tells you. “I will always...” Why do you feel this way?

2. You described a lie you believe, but the truth is “you can change.” Read John 8:31-32. What three things does Jesus say will be the result from holding on to his teaching?

How does the “truth” set us free? What have you been set free from? How can we better know and understand the truth of Jesus?

What truth from Jesus could you use to combat that lie you shared in question #1? How do we use this truth as a weapon to combat the lie going forward? Is there anything else we can do to overcome the lies Satan tells us?

3. How does our culture define freedom? Read Galatians 5:13-26. How does the Bible correct our culture's understanding of freedom?

Describe the difference between the heart behind every sinful desire and the heart behind what the Holy Spirit desires? Freedom comes from knowing we can choose to obey our sinful desires or the desires of the Holy Spirit. How do we consistently find freedom in obeying the Holy Spirit?

When we believe Satan's lies about who we are, those around us miss out. Who suffers when you fall victim to Satan's lie? How so? What keeps you from wanting something better for them?

Action Step

Finish the following sentence. “It's simply not true that I will always be...” What will you do this coming week to overcome the lie Satan tells you?

My action step is _____.

I will encourage and pray for _____ to follow through, and their action step is _____.

My memory verse is _____.

This coming week, I'm praying for _____.

Outreach: Groups in Action

Serve at The Refuge: As a group, schedule a Thursday night to support Emmanuel's local nonprofit partnership, The Refuge. Serving opportunities include preparing a meal, stocking the pantry/clothing, mentoring a client, and encouraging the disheartened. Call 317-889-7338 and ask for Marcie to make an impact in our community.

Feed others in need: Whether it's a family who fosters children or one who has recently undergone unexpected hardship, Emmanuel has multiple families in need. One way we can support these families is to prepare or purchase a meal for them. You could make a meal or buy a gift card for them to a local restaurant.

For more information, please contact Emmanuel's Outreach Director, Kerry Carmichael at kcarmichael@eclife.org.