GROUP DISCUSSION GUIDE

May 22, 2022

GEAR #5
Disciplines
Galatians 5:22-23
Pastor Matt Manning
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NOTES	 Open with prayer. (2-5 min) Read Galatians 5:22-23. Discuss these questions with your group. (20-45 min)
	MY STORY Starting Place Give a good example of how your faith shaped your response to a difficult relational challenge. (7-10 min)
	DIGGING DEEPER Practical Biblical Application The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Galatians 5:22-23)
	Look at the different fruits of the Spirit and talk about how they are dependent upon one another.
	(For example, how does <i>kindness</i> impact your ability to practice self-control?)
	Which of these fruits are your strongest? Weakest? How does your weakest one impact your ability to put the others into practice?
	GROWING TOGETHER Spiritual Friendship How does the fruit of the Spirit energize the spiritual disciplines of Bible study, reading, prayer, fasting, worship, service, solitude, discernment and evangelism?
	How does the practice of spiritual disciplines energize your relationships?
	MOVING OUTWARD Faith In Action Recruit a friend and choose one of the following spiritual disciplines to

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

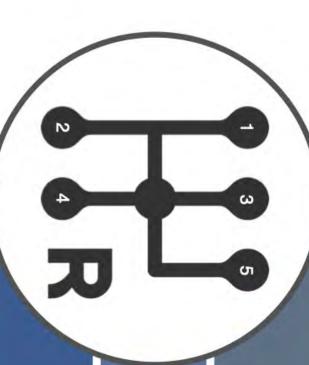
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Recruit a friend and choose one of the following spiritual disciplines to focus on together this week: Bible study, reading, prayer, fasting, worship, service, solitude, discernment and evangelism.

5 GEARS

5th focused and immersed in a project



Task Mode · Multi-tasking, and managing To-Do Lists

Social Mode · Small-talk, chit-chat, socializing

2nd bonding with someone

Recharge Mode · Rest, Recovery, and st Personal recharge

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Responsive Mode · Backing up or apologizing when necessary