

# Personal Liturgy

## Week 2: The Things You Do Do Things to You

Primary Passage: Galatians 5:16-25

Related Passages: Galatians 6:7-8, Jeremiah 17:5-8

*"Have you ever considered how many Holy Spirit-prompted moments of decision occur each day: one, two, twenty, fifty? Perhaps without even realizing it, multiple times each day we are saying either yes or no to the Spirit's offer of help, healing, instruction, or empowerment."*

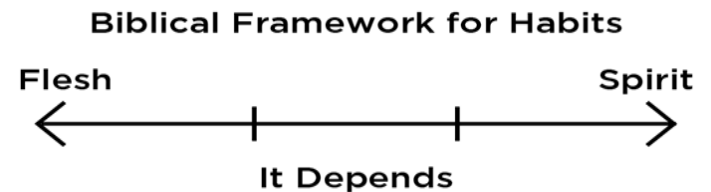
- Larry Wagner

### LifeGroup Study Guide:

(If you are in a co-ed group that normally does sermon discussion with men and women together, you probably want to split up this week.)

**Read and Recap:** Have someone read **Galatians 5:16-25** and recap the highlights from this week's sermon.

- Take 10 minutes to fill out this chart for how you spend your time. Consider your answers from the January 28th challenge, on how frequently you practice certain habits and ask yourself the following questions:
- What overt sinful behaviors and patterns are you dealing with? (Consider the works of the flesh listed in Galatians 5:19-21)
- What intentional spiritual rhythms do you have to keep in step with the Spirit?
- What fills up the "It Depends" category? Outside of obligations (work, sleep, etc.), what percentage of your time ends up in the "It Depends" category?



**Read Galatians 5:25.** Use the diagnostic questions from the sermon to analyze some of the things you have in the “It Depends” category. (LifeGroup leaders - you likely will not have time to get through everyone, but work through as a group at least a few people’s examples.)

1. Why are you doing it?
2. How much are you doing it?
3. When are you doing it?
4. What effect might it have on you?

**Reread Galatians 5:22-23.** Some aspects of the fruit of the Spirit come more naturally to certain people based on personality wiring. Ignoring your natural wiring, which aspects of the fruit of the Spirit have you seen supernatural God-given growth?

- Which aspect of the fruit of the Spirit are you weakest in? (This will actually serve as the best indicator for how well you are keeping in step with the Spirit.)

**Pray** that we would continue to grow in understanding how much God cares about what we do and how the things we do shape us. **Pray** that our LifeGroup would encourage one another daily with a more biblical understanding so we can keep in step with the Spirit.

*(Get the Personal Liturgy app and other resources at:  
[www.PersonalLiturgy.com](http://www.PersonalLiturgy.com).)*