



## Sermon Discussion Guide

### June 25, 2023

### Navigating Desire

#### DISCUSSION GUIDE

Welcome to the final week of our new series, NAVIGATING EMOTIONS. This week we look at navigating desire.

What's one of your favorite warm drinks for the summer season?

Today I am feeling \_\_\_\_\_ (mad, glad, sad, excited, afraid, ashamed).

Do I know why?

I am asking God to give me an extra measure of \_\_\_\_\_ (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).

#### THE FLESH

Read Galatians 5:13-26 aloud. What words or phrases stand out to you?

What does Paul mean when he uses the word "flesh"?

Paul isn't saying the physical world is bad. How does the Bible present the physical world?

#### THE ACTS OF THE FLESH

When we read a list like the one Paul gives in Galatians 5:19-21, how is it easy to focus on the ones other people do and not the ones we do?

One way to summarize the acts of the flesh is: Any behavior in a relationship that falls short of what Jesus taught us. How does this summary help us better understand which desires are good and which are of the flesh?

What's the difference between feeling a desire and gratifying that desire?

How is Paul's instruction about not gratifying the flesh different than what our culture might tell us?

### **THE WAR WITHIN**

Have someone read Galatians 5:22 aloud. Which life is actually more fulfilling: a life characterized by the fruit of the Spirit or a life where all our fleshly desires are met? Why?

How is this different than what our culture tells us about happiness and fulfillment?

### **VICTORY OVER THE FLESH**

Paul writes about how we can have a life characterized by the fruit of the spirit. What does he say to do in Galatians 5:16?

What habits have you developed to stay connected to the Spirit?

How can our group help encourage each other to do practical things to stay connected?

### **WRAP UP**

Today we talked about navigating the emotion of desire. What part of the conversation challenged you the most, and what does that mean for you going forward?