

## **The Freedom of Walking in the Spirit**

The sermon explores the biblical concept of walking in the freedom of the Spirit. Mick Murray unpacks the contrast between the "flesh" and the "Spirit" and how we can align our minds, yield our will, and bring our emotions to God in order to experience the fruit of the Spirit - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. This discussion guide will help you dive deeper into these timely truths.

### **This sermon emphasizes:**

- True freedom as the ability to love and serve others, not just do whatever we want.
- The "flesh" refers to the sinful nature of our souls that is in opposition to God's Spirit; this results in relational dysfunction.
- Walking by the Spirit involves: 1) aligning our minds with God's word, 2) yielding our will to the Spirit's leadership, and 3) bringing our emotions to God.
- When we walk by the Spirit, we experience the fruit of the Spirit rather than the "works of the flesh" like sexual immorality, jealousy, and anger.

### **Key Scriptures:**

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh." - Galatians 5:16 (NASB1995)

"But 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 (NASB1995)

"Those who belong to Christ Jesus have crucified the flesh with its passions and desires." - Galatians 5:24 (NASB1995)

### **Table Questions:**

1. How would you define true freedom according to the sermon? How does this differ from how the world often views freedom?
2. What are some specific examples from your own life of when you've experienced the "flesh" warring against the Spirit?
3. Which of the three practical steps for walking by the Spirit (aligning your mind yielding your will or bringing your emotions) is most challenging for you personally?
4. In what ways have you seen the "fruit of the Spirit" manifested in your life or relationships? Where do you still struggle to exhibit these qualities?

5. How can your small group provide accountability and encouragement in the ongoing process of "crucifying the flesh"?

6. What role does community play in helping us experience the freedom of the Spirit? How can you be more intentional about this in your own life?

7. Mick shared a personal story about struggling to serve his young son late at night. What are some practical ways you can "yield" your flesh and serve others, even when it's inconvenient?

8. When have you felt disconnected from the Holy Spirit? What steps did you take to realign yourself and "keep in step" with Him?

9. How can regularly confessing, repenting and allowing God to replace ungodly patterns help you walk in the freedom of the Spirit?

10. What is one specific action you can take this week to more fully "walk by the Spirit" in your relationships or daily life?