



## **Abide**

**Main Scripture:** Galatians 5:16-25  
**Additional Scriptures:** Psalm 139:23-24,  
2<sup>nd</sup> Corinthians 13:5, Luke 6:43-45, John 15:4-9, 12

### **Hearing: Discussion Questions**

- Pastor Jason asked the congregation to answer the question, “How do you measure your spiritual wellness?” Although he said that there are different ways to do this, what are some of the non-negotiable assessments that every follower of Jesus should be asking themselves regularly if he/she really wanted to gauge their spiritual wellness?
  - Where is it hardest for you to stay spiritually on point according to the ways you just mentioned? Why do you think that is?
- **Read Galatians 5:16-25.** Pastor Jason said that to gauge your spirituality, the first thing you have to do is look at the works for the flesh in your life. Why is it important to point out sin and not just go straight to looking for spiritual fruit in your life?
- If you have recurring works of the flesh (i.e. sin) in your life, how do you go about combating that? Where should your focus be? The sin? Stopping the sin? On Jesus? What do you think?
  - What have been effective ways that you have seen others combat and have victory over sin in their lives? What were the ingredients to defeating sin?
- Pastor Jason said that you don’t just look at the works of the flesh, but you also look for the fruit in your life. He had everyone fill out a form on the fruit in your life during the sermon. Which fruit comes easiest to you? The hardest?
  - What are some ways to improve the fruit of the Spirit that is hardest for you?
- **Read John 15:4-9.** Pastor Jason said, “Fruit is a natural by-product of the right conditions.” What do you think he meant by that?
  - Our focus needs to be on our connection with Jesus. Why is it so pivotal to keep our focus on Jesus and not just on having the fruit of the spirit?
- **Read Psalm 139:23-24 & 2<sup>nd</sup> Cor. 13:5.** “Excuses usually keep us from an honest assessment of our spiritual health.” What excuses have you used in the past to hide from self-examination? Why is it so important that we examine ourselves regularly?

### **Doing: Application**

- Make a concerted effort to abide in Jesus this week and not just leave Him in the prayer closet! Let Him consume you day in and day out. Use the community of your small group to hold each other accountable to walking in step with the Spirit this week!