

## **Foundations Week 2: Embracing the Gospel (over time)**

Welcome & Greet. Any follow up from prayer requests or events last week? Take this time to check in with the group if needed.

### **Discussion**

1. Read Galatians 5:16, 25 and 2 Corinthians 5:17-18. What was significant to you from these passages or teaching from this week?
2. “We are all being formed by something.” -Brad Bell. As you reflect on daily life, looking over your past week/month, what are things influencing you right now? What are you reading? Listening to? Who are you reading? Listening to? What shows are you watching? In what ways might those be forming you? (Positively/negatively?)
3. As you reflect on seasons of the soul, consolation or desolation, which of those most resonate with you in your current season? Share 2-3 minutes of which season you may be in currently and why.
4. When our actions show sinful behavior, we need to go back to the core and recognize we're walking in the flesh, not in the Spirit. What are some ways you recognize you are walking in the flesh (behavior patterns, old habits, etc.)? What are some things you can implement to take those things to the Lord and ask for the Spirit's help?
5. Take a moment to describe your current relationship with the Spirit. How aware are you of the Spirit's work in your life? How are you currently cooperating with the Spirit in your own life?

### **Closing Practice (15-20 mins)**

Choose a passage to read slowly and quietly on your own.

- Psalm 13
  - Psalm 23
  - Philippians 4:4-9
  - John 14:16-17
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- After reading, spend 1 minute in silence, asking the Lord what from the passage you need to take comfort in.
  - Spend 2-3 minutes recording reflections from passage and pausing to listen to the Lord.
  - Come back together and share out which passage you read and what reflections you had.

**Close in prayer.** Is there anything from this week's topic of walking by the Spirit you need prayer for specifically? Consider extended time of prayer, or breaking into pairs to pray.