



Week #2: Help In Us

*But the truth is that My departure will be a gift that will serve you well, because if I don't leave, the great **Helper** will not come to your aid. When I leave, I will send Him to you.*

John 16:7 (VOICE)

- The Holy Spirit _____ is even better than Jesus _____.

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. ¹⁷ The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. ¹⁸ But when you are directed by the Spirit, you are not under obligation to the law of Moses.

Galatians 5:16-18 (NLT)

- There is a war _____.

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰ idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹ envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

Galatians 5:19-21 (NLT)

- The fruit/results of sin keep me _____.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

Galatians 5:22-23 (NLT)

- The fruit/results of the Spirit make me more like _____.

Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵ Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

Galatians 5:24-25 (NLT)

- Create habits that cultivate a _____ life.

“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.”

John 15:5 (NLT)

Discussion Questions

1. Paul speaks about the war between the flesh and the Spirit. How do you respond to the Spirit's leading in moments of tension between worldly desires and spiritual growth?
2. How do you see the fruit of the Spirit—love, joy, peace, etc.—manifest in your life? In what ways does cultivating these virtues make you more like Christ? Which of these attributes do you feel God is calling you to focus on developing in your current season?
3. What specific practices or spiritual disciplines help you “keep in step with the Spirit”? How can you create regular habits that nurture the growth of the fruit of the Spirit in your daily life?

Recommended Resources

- [*Help is Here, by Max Lucado*](#)
- [*Open to the Spirit, by Scot McKnight*](#)
- [*Poured Out, by C. Leonard Allen*](#)
- [*Who is the Holy Spirit? A Walk with the Apostles, Amos Yong*](#)
- [*Forgotten God, by Francis Chan*](#)
- [*Transforming Presence, by Daniel Henderson*](#)

(VOICE) The Voice

(NLT) New Living Translation

Week #2: Help In Us - FILL

*But the truth is that My departure will be a gift that will serve you well, because if I don't leave, the great **Helper** will not come to your aid. When I leave, I will send Him to you.*

John 16:7 (VOICE)

- The Holy Spirit in me is even better than Jesus beside me.

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. ¹⁷ The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

¹⁸ But when you are directed by the Spirit, you are not under obligation to the law of Moses.

Galatians 5:16-18 (NLT)

- There is a war within.

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰ idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹ envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

Galatians 5:19-21 (NLT)

- The fruit/results of sin keep me from God.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

Galatians 5:22-23 (NLT)

- The fruit/results of the Spirit make me more like Jesus.

Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵ Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

Galatians 5:24-25 (NLT)

- Create habits that cultivate a Spirit-led life.

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

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Discussion Questions

1. Paul speaks about the war between the flesh and the Spirit. How do you respond to the Spirit's leading in moments of tension between worldly desires and spiritual growth?
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