

# Use Your Freedom

*Galatians 5:13-25*

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## **REFLECTION AND APPLICATION QUESTIONS:**

**Monday:** Read Galatians 5:13. Name one way you are tempted to use your freedom as “an opportunity for the flesh.” Now answer this question: “why?” Finally, name one healthy practice or activity to do in its place.

**Tuesday:** Read Galatians 5:14-15. Name one sibling in Christ who is hard to love. Pray for them. Think of one way to love and bless them. Be intentional in carrying it out.

**Wednesday:** Read Galatians 5:16-21. Do any “deeds of the flesh” mark your life? Ask the Holy Spirit to show you the root of the sin and to transform and strengthen your heart. Remember: these ongoing “deeds” mark the lives of non-believers. Holiness and sanctification do not enslave us but set us free.

**Thursday:** Read Galatians 5:22-23. Which fruit do you presently need (or struggle with) the most? Ask the Holy Spirit to show you any hinderances to this fruit, and to cultivate it in and through you.

**Friday:** Read Galatians 5:24-26. Believers “have crucified the flesh;” it’s not yet dead but disarmed and dying! We all share a daily choice: to submit to the flesh’s desires, or to those of the Spirit. “Where the Spirit of the Lord is, there is freedom” (2 Corinthians 3:17b).

**Saturday:** Read Galatians 6:1-5. Bring a friend to church tomorrow!