

DISCUSS

Have you ever studied the book of Galatians previously? What did you learn from this session about Galatians that you did not know before?

Who wrote the letter to the Galatians?

How did Kyle define the concept of “Institutional Syndrome”?

How did he connect Institutional Syndrome with the major theme of Paul’s letter to the Galatians?

What would you say are some of the common things we “return” to as a result of not understanding how to live free?

In what ways have you experienced this in your own life (a return to unhealthy relationships, sexual immorality, gossip, manipulation, etc.)? How have you seen it demonstrated in the lives of others?

What word does Paul use to describe himself?

According to verse 1, from where does his apostleship derive?

What are the three acts Paul attributes to Jesus Christ in verse 4?

What does verse 4 communicate to us about the person and work of Jesus Christ?

What does verse 4 communicate to us about the condition of humanity?

HANDOUT

Session 1: Galatians 1

THE BOOK OF
A LETTER FROM
THE APOSTLE PAUL

GALATIANS

What does it say about the character of the gospel that it comes from Jesus Christ?

How did Kyle describe Paul's main point in this passage?

How does Paul characterize the faith of the Galatians in verse 6?

How did a "different gospel" come to influence the Galatian community?

What name did Kyle give to this outside group?

What is legalism? How would you define it?

What were the two reasons Kyle mentioned that draw people to legalism?

How does legalism pervert the gospel?

In what ways have you struggled with this kind of legalism in your own spiritual walk (comparing yourself to others, judging others for not following particular "rules," treating bible study and church attendance like a to-do list, etc.)?

How does Paul respond to the Galatian church turning to a different gospel in verses 8 and 9?

How did Kyle describe Paul's purpose in writing verses 11-12?

Why is this a significant point to make about the gospel message?

HANDOUT

Session 1: Galatians 1

THE BOOK OF
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GALATIANS

In what ways does it contribute to Paul's central argument throughout the book of Galatians?

How did Kyle describe Paul's closing point for chapter 1?

As you reflect on your life, how have you changed as a result of knowing Christ?

How have you witnessed the life change of other Christians around you as a result of their embracing the gospel?

How should the gospel's source and fruits—as underscored by Paul—relieve your doubts about the gospel's power in your life?

LIVE IT OUT

Pray: Praise God for the gospel as you pray this week. Thank Him for saving you and pray for opportunities to share the good news of Christ's life, death, and resurrection with others.

Share: Tell one person about how the gospel has affected your life. Explain how knowing Jesus has changed you.

Study: Read Acts 7:54–8:3 and 9:1–31 to study Paul's conversion. Make note of how encountering Jesus transformed Paul's life.

Reflect: This session introduced the idea of legalism. Spend time this week taking a personal inventory—do you believe your works save you or appease God? Has legalism cropped up in your life? Pray through your answers and tell another mature believer what you learned.

Worship: Pick a worship song that relays the full gospel and listen to it throughout the week. Play it in the car, while you're getting ready, or during dinnertime to remind yourself of the simple, pure gospel.

DISCUSS

Why did Paul take the time to detail his conversion experience? What was he trying to accomplish?

According to verse 12, how did Paul receive the gospel he preached?

What are the three movements Paul indicates in verses 1:18, 21, and 2:1?

According to 1:18, how long had Paul been a Christ-follower before he met any of the apostles?

According to 2:1, how long had it been since Paul had visited the apostles in Jerusalem?

What happened when he met with the apostles in Jerusalem for the second time?

In verse 7, what responsibility does Paul describe God entrusting to him?

What responsibility does he describe God entrusting to Peter?

Why are these significant points to make based on what we've seen so far in Galatians?

How did Kyle describe the goal of the gospel?

What were the three "demands" that Kyle said the gospel makes on our lives?

What was Peter doing that made Paul so angry?

HANDOUT

Session 2: Galatians 2

THE BOOK OF
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GALATIANS

Why did Paul care about Peter's eating habits?

What does Peter's example demonstrate for us?

In contrast, what does Paul's example demonstrate for us?

In what ways has your commitment to Christ left you feeling isolated at times the way Paul must have been while confronting Peter?

In what ways can you relate to Peter's actions? How have you distanced yourself from others in the past? For what reason?

How does such division threaten the message of the gospel?

How would you describe the level of spiritual accountability present in your life?

What could you do to be intentional about pursuing deeper relationships with other believers for the purpose of walking faithfully with Christ?

How did Kyle describe verses 6–8 as revealing humility in Paul?

How does the fear of what others think of us demonstrate a lack of humility?

In what ways do you struggle with the fear of what others think of you? How does it affect your relationship with Christ?

What are some ways you could begin to intentionally confront your fear of others over the next week?

What does “sanctification” mean? How would you define it?

Where do you see Christ-centered sanctification in verses 15–21?

According to verse 20, how are we freed to live a life committed to God?

How do you react to the idea of the gospel having “demands” on your life, especially in regards to your sanctification?

As you reflect on your life up to this point, can you identify with Paul’s recognition of his failure to live up to the law in verse 19? What are some specific ways your life has changed since coming to know Christ?

What are some of the areas God is sanctifying in your life today? Where would you like to grow in your walk with Him?

LIVE IT OUT

Pray: Ask God to reveal how He’s been sanctifying you. Pray for tangible growth in that area each day this week.

Resolve: If you’re in conflict with another believer, do all you can to reconcile with them. Forgive and ask for forgiveness, pray for that person, or initiate a time to talk through your conflict.

Journal: Answer the question, “Do I fear what people think of me?” this week. As you reflect on that question, write out a prayer to God, confessing your fears to Him.

Hold Accountable: Meet up with a trusted Christian friend to confess sin and hold each other accountable. Talk about what God has been teaching you lately and challenge each other to take one step of obedience.

Imitate: Read Philippians 2:1–11 to learn more about what it means to imitate Jesus’s humility. Ask God to grow you in humility and consider committing this passage to memory.

DISCUSS

What are the two major problems Paul wrote to the Galatians about?

How did Paul argue for the legitimacy of his apostleship through chapters 1-2?

How does Paul view the difference in his gospel-mission from that of Peter and the other apostles (see 2:7-8)?

What did Kyle describe as Paul's primary concern about the influence of the Judaizers on the new Gentile converts in the Galatian church?

How is legalistic religion different from the gospel?

What can we say about the Galatians based on Paul's description in verse 2?

What does it mean to pursue perfection "by means of the flesh"?

How does the gospel free us from pride?

According to verse 2, what does Paul imply about the role we play in becoming transformed by the gospel of Jesus Christ?

Why do you think Paul brought up the example of Abraham at this point?

HANDOUT

Session 3: Galatians 3



THE BOOK OF
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GALATIANS

How was Abraham made righteous before God?

According to verse 8, what did the Scripture foresee?

How should this fact influence the way you think about the Old Testament? Are there ways in which you've neglected a serious study of the Old Testament?

What does Paul say makes someone a true child of Abraham?

How do we receive the promised Holy Spirit?

What do these truths mean in terms of our works of obedience?

What is the "promise" Paul is referring to?

What are the four reasons Paul gives in this passage that make the promise superior to the Law?

As you think back on your life before Christ, what are some ways you were working for a kind of salvation? In what ways did you experience the kind of imprisonment Paul describes in verse 22?

How did God begin to show you the fruitlessness of your ways?

What are some practical changes that have occurred in your life since embracing the freedom of the gospel?

Where do you struggle with freedom today? In what ways are you tempted to return to the imprisonment of your life before Christ?

How should the hope of verses 25–29 influence your temptation? In what ways could you intentionally focus on anchoring yourself in the truth that you are a child of God this week?

LIVE IT OUT

Pray: Ask God to teach you what it means to be free in Him this week. If you encounter legalism in your life, present it to God in prayer.

Study: Learn more about Abraham’s journey of faith in Genesis 12, 15–16, 21–22. Follow up your study by reading Hebrews 11:8–19.

Create: Make something to remind yourself of your freedom in Christ. Display your creation in a place you’ll notice often.

Memorize: Commit Galatians 3:26–28 to memory this week to remember how Jesus unifies all believers as children of God.

List: Make a list of the ways you’ve experienced freedom in Christ since becoming a Christian. Spend time thanking God for setting you free.

DISCUSS

What are some of the practical changes that occur for someone who is adopted?

In what ways do these changes parallel those that we experience on a spiritual level when we trust in Jesus Christ?

According to Paul, how do we enter into adoption?

How does Paul describe life outside of Christ?

What are the characteristics applied to Jesus in verses 4–5?

What is Paul trying to communicate about Christ by describing Him as both “born of a woman” and “born under the law”?

How does this truth influence the way you think about Jesus? Why should it embolden your confidence to turn to Him in times of need?

How did Kyle define the term “redeem”?

How has Christ redeemed us? In other words, how has He set us free? And what price did He pay to do so?

According to verse 6, what is the confirmation of our adoption through faith in Christ?

What are some of the common forms in which these kinds of “gods” appear in our world today?

HANDOUT

Session 4: Galatians 4

THE BOOK OF
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GALATIANS

What does Paul say frees us from slavery to inadequate gods?

How would you describe Paul's tone in verses 12–20?

How does Paul describe the Galatians' response to the gospel message?

Have you ever witnessed someone claim the name of Christ only to drift away from the truth over time? How did it make you feel? What kind of response did it prompt in you?

According to verse 19, what can we be certain about when it comes to Paul's true concern for the Galatians?

How should Paul's pastoral example shape the way we treat those who drift from the faith? How should it inform the way we call them to repentance?

Who is Paul speaking to according to verse 21?

Who are the "two sons" Paul mentions?

Who are the "women"?

What was the lineage of each woman leading up to the time of Paul?

Which of the "women/covenants" do you think Paul's readers were expecting to correspond with "Mount Sinai" and "the present Jerusalem" (v. 25)? Or to put it another way, which do you think Paul's readers were expecting to correspond with the Judaizers?

HANDOUT

Session 4: Galatians 4

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Which does he say *actually* corresponds with the Judaziers?

Who does he identify as the “children of the promise” (v. 28)?

Bearing in mind that Paul is writing to those “who want to be under the law” (v. 21), what tense does he use when describing the Galatians in verses 28 and 31?

What does he instruct the Galatians to do with this knowledge?

As you reflect on this session, has the Holy Spirit convicted you of any ways in which you “want to be under the law”? If so, how?

What are some of the obstacles that keep you from sole dependence on Christ? What could you do this week to more intentionally pursue freedom?

In what ways do you struggle to live in your identity as a son or daughter of God? How practically could you surrender that to Him over the next week?

LIVE IT OUT

Pray: Praise God each day this week for bringing you into His family. Ask Him to grow your understanding of your identity as His child.

Confess: Confess your sins to God this week. Consider telling a trusted Christian friend about your sin struggles as well. Pray for practical ways to repent and the strength to see it through.

Let Go: Pick one “god” in your life that you need to let go (money, a relationship, food, media, appearance, etc.). Choose one practical step of repentance and try it this week.

Reflect: Think back over all God’s taught you through this series so far. Write down the areas of your life where you aren’t walking in the freedom of the gospel. Pray that God would continue to work in your heart through the rest of the study.

Encourage: Talk to a friend or family member who knows someone who has wandered from the faith. Use what was discussed in this session to encourage that person and spend time praying for the lost friend.

DISCUSS

What does Paul identify as the purpose for Christ setting us free?

How would you define “freedom”? How would you say the world defines it?

In what ways is your definition similar? In what ways is it different?

What does Paul describe as the consequence of accept circumcision?

What would the act of accepting circumcision within the Galatian community represent (5:3–4)?

As you think back on what we’ve studied in Galatians up to this point, why does seeking justification through obedience to the Law lead to slavery?

How should that shape the way we think about “running well” (v. 7)?

What does Paul identify as the true work of Christian freedom?

How does Paul counsel the Galatians to use their freedom in Christ?

What does Paul say fulfills “the whole law”?

How do we, as Christians, live out freedom in a way that denies “the flesh”?

What does verse 17 make clear about the Christian life?

HANDOUT

Session 5: Galatians 5

THE BOOK OF
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GALATIANS

How do Paul's list of the works of the flesh (vv. 19–22) and his list of the fruit of the Spirit (vv. 22–23) differ from one another?

What does the phrase “and things like these” (v. 21b) suggest?

What is the difference between “work” and “fruit”?

As you read over Paul's description of the fruit of the Spirit, do you feel the impulse to change yourself? What would it look like to follow that conviction with a reliance on the Spirit to produce fruit in your life?

In what ways do you struggle most to rely on the Spirit? In what ways do you tend to revert to self-reliance to produce spiritual fruit?

Of the different forms of the fruit of the Spirit, which describes the area you most need to grow in? What are some practical steps you could take this week in asking the Holy Spirit to bring about growth in that area?

What do the active verbs in verses 24–25 suggest about the Christian life?

What are some practical ways you can keep in step with the Spirit?

As you reflect on this session, where do you find yourself most in need of freedom?

What can you do this week to live differently where God has placed you? Who can you serve out of the freedom you have received in Christ?

LIVE IT OUT

Pray: Ask God to teach you what it means to keep in step with the Spirit every time you pray this week.

Memorize: Commit Galatians 5:1 to memory this week. Bring the verse to mind to remember that Jesus has set you free from sin and death.

Serve: Choose one person in your life to lovingly serve this week. Ask God to strengthen you and humble you as you meet that person's needs.

Illustrate: Draw what it looks like to live in slavery to sin versus freedom in Christ. Use Galatians to inspire your illustration.

Choose: Pick one of the expressions of the fruit of the Spirit to focus on this week. Pray that God would put you in situations where you can practice growing in that expression of spiritual fruit. Journal about your experience.

DISCUSS

What are some of the “responsibilities” Paul describes in this passage?

Having concluded the previous chapter with a warning against relational division, what instruction does Paul give in verse 1?

What are some of the obstacles that might stand in the way of “gently” restoring someone caught in sin?

Why is gentleness an important aspect of restoration? What difference does it make in the way we confront someone about their sin?

What command does Paul give in verse 2?

What does it teach us about the Christian life?

What does it teach us about the idea of self-sufficiency?

How well do you invest yourself in carrying the weights of others? In what ways could you improve?

How prone are you to inviting other believers into your burdens? Are there ways that you could improve in this area?

What does Paul command in verse 4?

What does it mean to “test” one’s actions?

HANDOUT

Session 6: Galatians 6

THE BOOK OF
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GALATIANS

How have you struggled with overanalyzing your own spiritual state to the exclusion of Christ and the gospel?

In what ways have you struggled with comparing your spiritual state to others? How does this kind of comparison affect your walk with Christ?

What would it look like for you to begin practicing the kind of self-examination Paul describes? How would it change the way you pursue maturity in Christ?

What is the basic principle established in verses 7-8?

What are the two options listed?

What things discourage you from committing to good works?

How do Paul's words encourage your commitment to good works?

How did you react to Paul's command to be "especially" intentional about doing good to fellow believers? In what ways might that change your attitude toward other Christians? Or to the Church as a whole?

What did Kyle describe as the driving theme of these verses?

What is the "main thing" when it comes to our faith?

According to verse 12-13, what do the Judaizers boast in?

What is implied by the phrase “new creation” in verse 15?

In what ways do you bear “the marks of Jesus”?

How do you react to the idea that a faithful walk with Christ means experience opposition from the world? Does it cause you fear or anxiety? If so, why?

As you have walked through this series, has the Holy Spirit awakened you to ways in which you are boasting in your “flesh” rather than the cross of Christ? What steps will you take to surrender your boasting to Him over the next week?

LIVE IT OUT

Pray: Ask God to show you what it means to live free this week. Pray for opportunities to walk in freedom in your church community, work, and at home.

Share: Sit down with a trusted Christian friend this week and share what’s going on in your life. Invite them to pray with you as you open up about your life.

Pause: Take time this week to pause and pray about whether or not you compare yourself to other believers. Confess any sin to God and ask Him to empower you to focus on Him alone.

Read: Go back and read all of Galatians in one sitting. Keep what you’ve learned through this study in mind as you ask the Spirit to show you how to apply this book to your life.

Worship: Pick a worship song that talks about surrender. As you listen or sing along, surrender to God the ways you’ve boasted in the flesh and ask for His strength to repent.