

Set Free to Live Free
The Fruit of True Freedom 6 of 7
Pastor Ed Turley
August 2, 2026

Sermon Teaching

Big Idea: The Holy Spirit transforms us from the inside out, producing the character of Christ as we learn walk with Him.

1. Walk Closer With The Holy Spirit

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 (NLT2)**

Notes: _____

- "You cannot follow the Spirit while constantly feeding the flesh."

2. Recognize What Is Growing In You

Sexual Sins:

¹⁹ When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, **Galatians 5:19 (NLT2)**

Spiritual Sins:

²⁰ idolatry, sorcery, **Galatians 5:20a (NLT2)**

Relational Sins:

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 5:20b-23 (NLT2)**

²² 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 5:19-23 (NLT2)**

Notes: _____

- "The goal of the Christian life is not producing fruit; it is **staying connected** to the One who produces it."

3. Surrender One Step At A Time (more fully to the Spirit)

"My old self has been **crucified** with Christ. It is no longer I who live, but **Christ lives in me**. So I live in this earthly body by **trusting** in the Son of God, who loved me and gave himself for me." **Galatians 2:20 (NLT2)**

²⁴ Those who **belong** to Christ Jesus have nailed the **passions and desires** of their sinful nature to his cross and crucified them there. **Galatians 5:24 (NLT2)**

²⁵ Since we are living by the Spirit, let us **follow the Spirit's leading** in every part of our lives. ²⁶ Let us not become conceited, or provoke one another, or be jealous of one another. **Galatians 5:25-26 (NLT2)**

- "The Spirit's goal is not simply to make you behave better; **His goal is to make you more like Jesus.**"

My Next Right Step:

Choose one:

- ☐ Surrender with one fruit of the Spirit This week: ☐ love ☐ joy ☐ peace
☐ patience ☐ kindness ☐ goodness ☐ faithfulness ☐ gentleness ☐ self-control
- ☐ Sign Up For Believer's Baptism
- ☐ Encourage someone by recognizing evidence of spiritual fruit in their life.



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“The Fruit Of True Freedom” 6 of 7
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Talk It Over

Big Idea: The Holy Spirit transforms us from the inside out,
producing the character of Christ as we learn walk with Him.

Welcome & Opening Prayer

Take a few minutes to reconnect and share a highlight from your week.

Icebreaker:

If you could instantly become better at one skill, what would it be?

Transition: Most of us would love to improve certain areas of our lives. Galatians 5 reminds us that God is not just interested in changing what we do—He wants to transform who we are through the power of the Holy Spirit.

Read the Passage Together: Galatians 5:16-26

Invite different members of the group to read a few verses.

Family Questions (Kids & Parents)

1. Who helps us follow Jesus every day?
2. What is one fruit of the Spirit you recognize from today's passage?
3. Which fruit of the Spirit would you like God to help you grow this week?

Family Application:

Let each family member choose one fruit of the Spirit to focus on this week.

Teen & Adult Discussion

4. What stood out most to you from Sunday's message?
5. Paul describes a battle between the flesh and the Spirit (Galatians 5:16-18).

How have you experienced that struggle in your own life?

6. Why do you think many Christians try to live the Christian life through willpower rather than dependence on the Holy Spirit?

7. Looking at the works of the flesh (Galatians 5:19-21), which ones seem especially common in our culture today?

How can believers guard against them?

8. Which fruit of the Spirit is currently most evident in your life?

Which fruit would you most like to see grow?

Follow-Up

Why do you think God may be focusing on that area right now?

9. Jesus taught that fruit grows by remaining connected to Him (John 15:4-5).

What practical habits help you stay connected to Christ?

Examples:

Prayer

Scripture reading

Worship

Fellowship

Serving

Silence and reflection

10. Paul says, "Let us follow the Spirit's leading" (Galatians 5:25).

What might that look like practically this week?

Personal Reflection

Ask yourself:

Am I feeding the flesh or following the Spirit's direction?

Which fruit is God developing in my life right now?

What step of obedience is the Holy Spirit inviting me to take?

Write down one area where you want to grow in dependence on the Holy Spirit.