



fellowship church

Sermon Discussion Guide

July 19, 2026 - Pastor Scott Allen - *Running the Race Well* (Galatians 5:1–15)

Discussion Starter

- Have you ever run track or a long distance race, or participated in another endurance sport? What lessons can we learn about faith from the analogy with endurance sports? (There are many right answers here—see how many your group can think of!)
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Reflection Questions

- Scott began the sermon with the question, *how are you running?* Ask everyone in the group to take a minute or two to write down just one word to answer that question—then be ready to share your word and why you chose it.
 - Are there any common themes across the whole group? What can we learn from these?
 - The Galatians were tempted to add the mark of circumcision as an essential marker of being a Christian and belonging to God. In your experience, what are the most common extra-biblical markers we are tempted to add to the gospel today...
 - ...when we're evaluating whether other Christians measure up?
 - ...when we're evaluating whether we measure up?
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Application Questions

- (Personal implications) Scott shared that when we look to our own works to keep us in the race, we end up either *anxious*, *fearful*, or *exhausted*. Which of these three feelings do you identify with most? What is producing that emotion?

- Scott encouraged us to *stay focused* (point #3). Our world is absolutely full of distractions. What are some of the tactics you see the enemy using to keep people distracted from the most important things? How can we as Christians order our lives to stay free from distraction?
- (Communal implications) Scott's last point was *run with the pack*. What is one gift or strength that other Christians have called out in you before? What opportunities do you have right now in your life to benefit others with your strengths or spiritual gifts?
- Vision Question: *We are a family of disciples on mission*. Scott shared that our freedom is meant to be used as an opportunity to serve others. When you encounter a practical opportunity to serve another person in a tangible way, how does your heart respond—with joy? Hesitation? A sense of obligation? How can we grow into more joyful servants?
- Who is one person you might be called to run alongside in this season? In other words, is there an opportunity to invite someone into part of your life in this season, or how can you come alongside someone else in their life? Be as practical and concrete as you can in your answer!

This week's guide written by: Riley Neal

Tips for Group Leaders

- DO ask open-ended questions. DON'T ask questions where a short "right" answer ends the discussion.
- DO encourage mutual participation by every group member. DON'T feel the need to respond or weigh in after every contribution. Avoid monologuing. As the leader, your goal is to facilitate mutual discussion between all group members (Eph 4:15–16).
- DO ask follow-up questions: "What do you mean by that?" "Tell me more!" "Has anyone else experienced something similar (or different)?"
- DO feel free to pick and choose questions that are a good fit for your group. DON'T feel the need to get through every question, and don't worry if you spend most of your time on a few questions that generate a lot of good discussion.
- DO keep the main thing the main thing. Steer your conversation toward the main theme of the sermon and the biblical text. DON'T get sidetracked on less important matters, theological debates, etc. A rabbit trail might sometimes be worth pursuing—if group members are wrestling deeply with the implications of biblical truth for their lives. Otherwise, steer conversation back to the main topic.
- DO get into the text. It could be helpful to read over the passage together or ask questions directly related to the text. Help group members engage the text for themselves and respond to what they see there.
- DO revisit important moments from the sermon—a memorable story, an impactful quote, a convicting point of application. "Remember when pastor X talked about Y? What impression did that make on you?"
- DO allow space for reflection, silence, and thoughtful answers. DON'T feel that you need to jump in or ask a new question just because the group has been quiet for a few seconds. A good rule of thumb is to wait until the silence gets awkward, then count silently to ten before jumping in.
- DO bring discussions home to practical, concrete everyday life. DON'T let discussion and application stay in the abstract realm. Steer discussion toward *what does responding to this sermon look like for me?* If comments are vague or general, ask "what would that look like, practically?"