

Lighthouse Group Study: Walk By The Spirit

Main Idea: The Christian life is lived not by self-effort, but by active dependence on the Holy Spirit who indwells every believer.

Session Goals

- **Know (Head):** Understand that the Holy Spirit is God and that reliance on His power—not our own willpower—is the only way to overcome the flesh.
- **Feel (Heart):** Grow in confidence regarding God's provision of His Spirit, moving from self-reliance to humility.
- **Do (Life):** Practice daily dependence by praying for the Spirit's empowerment in mundane and challenging moments.

Scripture Reading

Text: Galatians 5:16–26

Context: The Apostle Paul wrote this letter to address churches being led away from the gospel. False teachers were convincing believers that they needed to follow the Old Testament law to be holy. Paul corrects this by arguing that faith in Christ is sufficient, and the Spirit—not the Law—is the source of our power for living.

Sermon Recap

The Christian life creates a constant tension between knowing what God calls us to do and finding the strength to actually do it. Many of us try to solve the problem of our sinful flesh with more self-discipline or willpower. However, Paul teaches that God has provided the Holy Spirit—who is God Himself—to live within us. Victory over the flesh is not achieved by trying harder; it is achieved by actively depending on the Spirit who empowers our obedience.

Discussion

1. The Nature of the Spirit

Many people view the Holy Spirit as an impersonal power or a "spiritual boost." Based on the sermon and Acts 5, how does realizing the Spirit is God Himself change the way you relate to Him?

Dig Deeper: How often do you find yourself talking to the Spirit throughout the day, versus only turning to Him when you are in a crisis?

2. The Problem of the Flesh

We often try to address our sinful impulses (the flesh) by using more of the flesh—our own willpower or discipline. Why is this strategy destined to fail, and where do you see this tendency in your life?

Dig Deeper: Can you identify a specific area of your life where you are currently trying to "fix it yourself" instead of relying on the Spirit?

3. The Promise of Victory

Paul states, "Walk by the Spirit, and you will not gratify the desires of the flesh." How does this promise challenge the common idea that sin is inevitable and we just have to learn to "manage" it?

Dig Deeper: Does this promise create more pressure for you, or more hope? Why?

4. Defining "Walking by the Spirit"

Paul says to walk *by* the Spirit, not *with* or *for* Him. What does it look like to live under the sovereign control of the Spirit, and how is that different from just trying to be a "good person"?

Dig Deeper: What is one specific "small" decision you made today where you could have consulted the Spirit but didn't?

5. Dependence vs. Passivity

If we are to depend on the Spirit, does that mean we sit back and wait for Him to obey for us? How do we balance divine power with human responsibility?

Dig Deeper: In what areas of your spiritual growth are you tempted to be passive, waiting for God to "zap" you with holiness?

6. The Posture of Prayer

The sermon suggests that "praying without ceasing" (1 Thessalonians 5:17) is actually a posture of dependence. How can you shift your view of prayer from a "task" to a "constant conversation" with the Spirit?

Dig Deeper: What is one barrier that keeps you from communicating with God in the moment you most need His help?

7. Measuring Progress

We often get discouraged by our lack of growth. How does John Newton's quote—"I am not what I ought to be... But by the grace of God, I am not what I once was"—change how we evaluate our walk with God?

Dig Deeper: Can you share one way you have grown in the last year, however small, that shows the Spirit is at work?

8. The Necessity of the Gospel

Paul says we cannot walk by the Spirit if we do not have the Spirit. Why is it vital that we remember our salvation comes from Christ's work on the cross, not our own ability to "walk by the Spirit"?

Dig Deeper: Is there any part of your life where you feel you are earning God's favor rather than resting in the finished work of Jesus?

Carry-It-Forward

Question: What's one thing God impressed on you tonight that you want to carry into this week?

Go Deeper (Personal Study)

- **Read Galatians 3:1–5.** Notice Paul's question: "Having begun by the Spirit, are you now being perfected by the flesh?" Consider how this applies to your current view of spiritual growth.
- **Read Romans 8:1–14.** Paul elaborates on the hostility of the flesh and the life-giving nature of the Spirit. Identify three specific ways the Spirit "lives in you" according to this passage.
- **Reflect.** For the next three days, write down one "fleshly" impulse you experience each morning and one "Spirit-led" prayer you offer in response to it.

Reference Material: Walk By The Spirit

Guide](https://docs.google.com/document/d/1MkOCWsDc2nHvJTC0xmXgEA2hmqDmVzUtdkHp502uKpw/edit?usp=drive_web*)