



**Growth Group Questions**  
**April 12, 2026**  
**“The Journey of Transformation”**

**CONTEXT**

The Apostle Paul writes the book of Galatians after spending time with many of the churches in this region. Galatia is located in modern Turkey. It is a letter that talks a lot about Christian freedom.

There were many issues that the Church was dealing with after the resurrection because they were deciphering what rules from the Old Testament as contrasted with the New Testament rules. This brought many different ideas, even in the leadership of the early Church.

Galatians sets up the foundation for freedom and law with what Jesus taught and died for. Therefore, in order to follow Jesus, they can't miss the point. People need to see this new way of thinking about the fulfillment of the Torah (the first five books of the Bible, also called the Books of the Law). He even calls it the Torah of the Messiah (found in Galatians 6:2).

Galatians 5 takes a look at the difference between good and evil and how we are asked to follow the New Covenant. This internal struggle manifests itself when we see evidence of the fruit of the Spirit versus the evil ways of this world. As we study these differences, it is good for us to take an honest look at our lives and see if we are truly connected to God's spirit.

**SCRIPTURE AND QUOTES**

**Galatians 5:13-25**

<sup>13</sup> You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. <sup>14</sup> For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.”<sup>[b]</sup> <sup>15</sup> If you bite and devour each other, watch out or you will be destroyed by each other. <sup>16</sup> So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each



other, so that you are not to do whatever<sup>[e]</sup> you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law.

<sup>19</sup> The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit.

**M. Robert Mulholland Jr., *Invitation to a Journey: A Road Map for Spiritual Formation***

“Spiritual formation is the lifelong journey of being formed in the image of Christ for the sake of others.”

**Jeremiah 6:16**

<sup>16</sup> This is what the LORD says:

“Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is, and walk in it,  
and you will find rest for your souls.  
But you said, ‘We will not walk in it.’”

**M. Robert Mulholland Jr., *Invitation to a Journey: A Road Map for Spiritual Formation***

“We become either agents of God's healing and liberating grace or carriers of the sickness of the world.”

**Psalms 139:23-24**

New International Version

<sup>23</sup> Search me, God, and know my heart;  
test me and know my anxious thoughts.  
<sup>24</sup> See if there is any offensive way in me,  
and lead me in the way everlasting.

**M. Robert Mulholland Jr., *Invitation to a Journey: A Road Map for Spiritual Formation***

“The way to spiritual wholeness lies in an increasingly faithful response to the One whose purpose shapes our path, whose grace redeems our detours, whose power liberates us from crippling bondages of the prior journey and whose transforming presence meets us at each turn in the road.”

**Psalms 1:1-3**

<sup>1</sup> Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
<sup>2</sup> but whose delight is in the law of the LORD,  
and who meditates on his law day and night.  
<sup>3</sup> That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.



## QUESTIONS

1. What is spiritual transformation? How does it happen?
2. What does it mean to “walk by the Spirit”? (Galatians 5:16)
3. What does it mean to “crucify the flesh”? (Galatians 5:24) How do we do this and why is this a continuous action in one’s life?
4. Pastor Mike quoted M. Robert Mulholland, Jr as saying: “Spiritual formation is the lifelong journey of being formed in the image of Christ for the sake of others.” What does that mean to you? How does this illustrate what the Apostle Paul wrote in Galatians 5:12-25?
5. What advice does God give us in Jeremiah 6:16 about how to be successful on our spiritual journey?
6. Why is it important to seek God’s insight into our hearts and thoughts? (Psalm 139:23-24) How can this practice impact your daily life?
7. What does it mean to “delight in the law of the Lord”? (Psalm 1:2)
8. How can meditating on God’s word change your perspective on everyday issues and problems?
9. This spring’s sermon series is about the fruit of the Spirit. Pastor Mike asked each of us to review the fruit of the Spirit and to identify which one we would like to have more of in our lives. Which one did you select?

