



# WEEK 5

GALATIANS CHAPTER 5

## THE HEART OF PAUL'S MESSAGE TO THE GALATIANS

We have seen up until now in Galatians that Paul is stressing that the Galatians not give in to this issue of circumcision. His passion is not specifically about circumcision, but that if they give into this false teaching it will impact everything. He believes the Galatians have been "running well" and that this teaching will hinder them from "obeying the truth". He even says in 5:9 that "A little leaven leavens the whole lump" insinuating that this seemingly small thing can ruin their freedom.

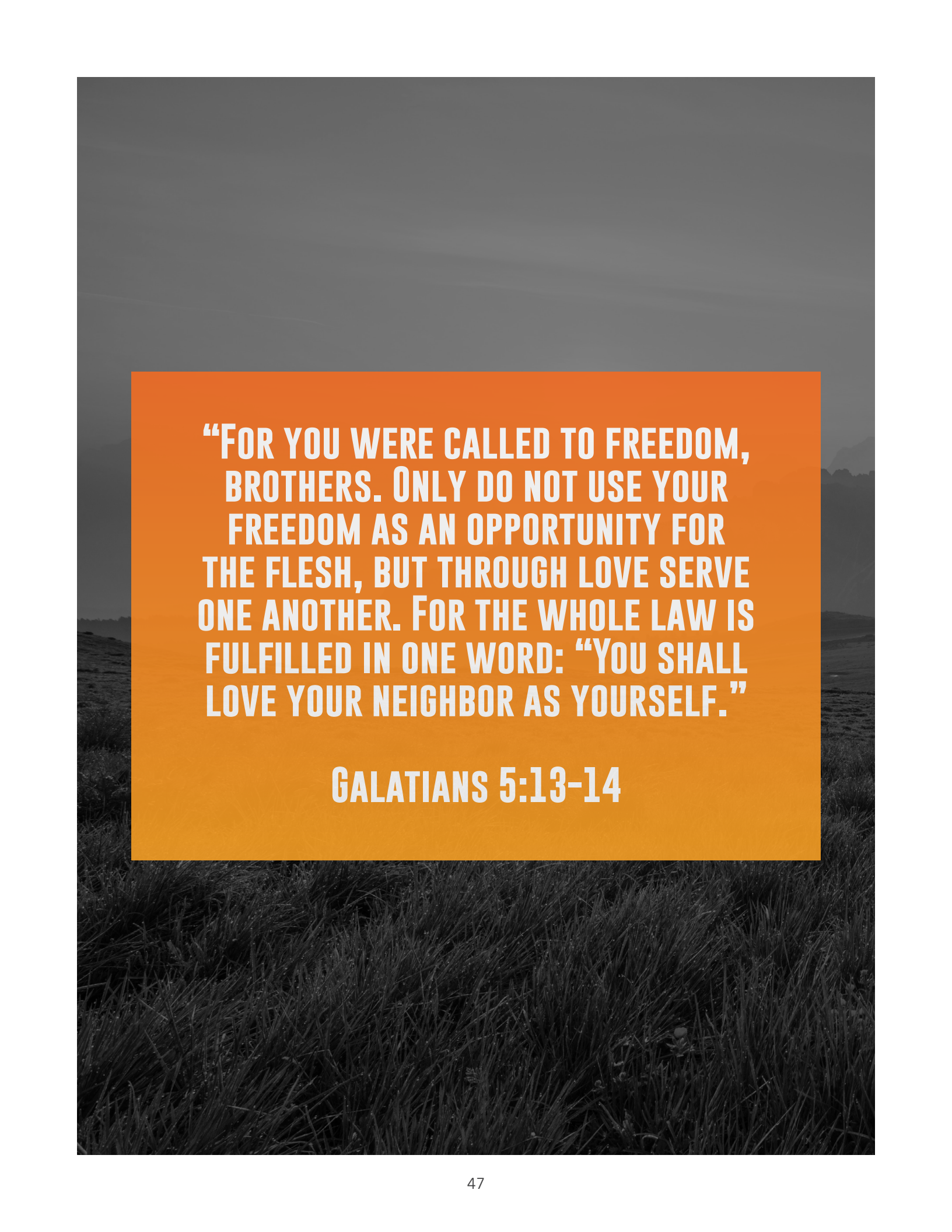
**You see Paul in this chapter is worried about two things...**

1. *the Galatians losing their freedom by seeking their salvation through law keeping*
2. *the Galatians abusing their freedom by rejecting the rules all together*

Tim Keller says, *"While the message of Galatians 5:1-12 is: Don't lose gospel freedom, the message of Galatians 5:13-15 warn us: Don't abuse gospel freedom. The obligation that is gone for the Christian is the obligation to obey the law to be saved, which is impossible to achieve. But now that we are saved wholly and freely by grace we are, if anything, more obligated to obey the law! Why? Because we have more reason to love God than we ever did before. Love arises from gospel faith and hope (v 5-6), and overflows into loving and serving our neighbors, rather than using them to serve ourselves. And loving our neighbor is 'the entire law ... summed up in a single command' (v 14)."*

In Galatians 5, Paul hits the heart of his message to the Galatians. He truly desires for them to get this so they can **live free and help others live free as well**. Tara-Leigh Cobble in The Bible Recap says it this way, *"(Paul) uses intense language to say that if they rely on works at all, they've missed the gospel and they've missed Christ: 'You are severed from Christ, you who would be justified by the law' (5:4). He isn't saying they'll lose their salvation—he's saying they clearly don't grasp the gospel. At the end of that verse, he says, 'You have fallen away from grace.' Grace means 'unmerited favor'—it's when we get what we don't deserve. The phrase 'fall from grace' is often misused as a way of saying someone has fallen into sin. But Paul shows us that falling from grace is more like falling into self-righteousness (which, to be fair, is also sin), making an effort to earn what has been freely given. He says our freedom doesn't terminate on us. It's not a pass to live for ourselves and sin all we want. Freedom is an opportunity to magnify God's character and model His love to the world around us. We only get this freedom to begin with because the Spirit lives in us, and there's only one thing He wants to do: Magnify God—which is what the Spirit does in us, producing His fruit in us. And Paul shows us what this Spirit fruit looks like on display: If another Christian is ensnared in sin patterns and can't get free, lean in with gentleness to help. Don't become arrogant that you're helping, because that could be you next week. Share with those who teach, and don't tire of doing good—especially to other believers. He reminds them what it looks like to be a family."*

Jesus came to give us freedom... a freedom that allows us to live lives that say "I WANT to OBEY" rather than an "I HAVE to OBEY" A life where we seek to honor God with our lives because of our acceptance, not to gain acceptance. God's immeasurable love for us is our motivation to obey and follow the law!



**“FOR YOU WERE CALLED TO FREEDOM,  
BROTHERS. ONLY DO NOT USE YOUR  
FREEDOM AS AN OPPORTUNITY FOR  
THE FLESH, BUT THROUGH LOVE SERVE  
ONE ANOTHER. FOR THE WHOLE LAW IS  
FULFILLED IN ONE WORD: “YOU SHALL  
LOVE YOUR NEIGHBOR AS YOURSELF.”**

**GALATIANS 5:13-14**



## WEEK 5

### DAY 29 - MONDAY

*Galatians 5:1-15, Matthew 22:37-40*

There is a fine line between LEGALISM (following the law will save you) and LICENSE (grace gives you freedom to do as you please), this is a very important contrast that Paul is trying to make here in Galatians 5 as he lands on what we as Christ followers are to do with our freedom. This freedom is neither intended to enslave us to the law through legalism or to give us free license to be our own authority with no regard for the law.

#### WE ARE FREE, NOW WHAT?

Give us an inch, and we'll take a mile. Christians can fall prey to the same temptations as everyone else. It can be hard to know where to draw the line in our Christian freedom. We're "called to be free," but how free? (Galatians 5:13). What movies should we really allow ourselves to watch? How much time can we spend on our phones every day? How often do we actually need to be in church on Sunday morning? We are not bound by the ten thousand commandments, and we instead enjoy the freedom and grace of two:

*"'Love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the greatest and most important command. The second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets depend on these two commands" (Matthew 22:37-40).*

Really, in just these two commands, all are fulfilled. In this we see what Paul means when he calls the Galatians to "faith working through love". With this in mind, suddenly, it seems we actually have a lot of freedom. The Ten Commandments allow for freedom in Christ, but that freedom is not for us to see how much we can get away with; rather, it is freedom to bear the fruit of love for one another, as brothers and sisters. It is not to be used as an opportunity to return to the flesh. So how do we use our freedom rightly? The Holy Spirit must quicken us inwardly. Outward acts of faith are not a measure of our identity in Christ. It is the inward washing of the Spirit alone that sets us free. In fact, a faith that looks amazing from the outside can be deceptive. Man judges by the outside, but God judges the heart (1 Samuel 16:7). Our hunger for outward approval and reputation often ensnares us, and distracts us from our need for the inward work of the Spirit. The end result is a shallow and fruitless faith, which actually makes us "alienated from Christ" (Gal 5:4). Furthermore, the pride of self-reliance also produced discord in the church at Galatia, prompting Paul's warning: "If you bite and devour one another, watch out, or you will be consumed by one another". True freedom is found in the love and Lordship of Christ, which "compels us" to love others as He has loved us (2 Corinthians 5:14-15). In Christ Jesus, we are free from bondage to the law, and free to serve Christ instead. He has called us to walk in the liberty of love. May we use our freedom to show our gratitude to Christ.

Written by Rebecca Faires - *She Reads Truth*

**REFLECT ON WHETHER YOU  
LEAN MORE ON THE SIDE OF  
LEGALISM OR ON THE SIDE OF  
LICENSE. DO YOU STRUGGLE  
WITH WHAT TO DO WITH  
THIS FREEDOM THAT CHRIST  
OFFERS?**

## WEEK 5

### DAY 30 - TUESDAY

*Galatians 5:1-15, 1 John 3:19-24*

#### WE ARE LOVED

Paul wrote to remind the Galatians of their freedom in Christ. Jesus paid the price for their sins, so there was now nothing standing between them and the love of God. "For you were called to be free, brothers and sisters" (Gal 5:13). But the false teachers in their midst were preaching a twisted gospel that would render Christ's sacrifice meaningless. If salvation must be earned, the cross accomplished nothing. To turn and follow the instructions of the false teachers would be to turn away from Christ, to reject the grace He offers. It's no wonder Paul used such harsh language in this passage: "I wish those who are disturbing you might also let themselves be mutilated!" (Gal 5:12). This is deadly serious business.

Paul's letter to the Galatians served to remind them of the moment in their own history that was truer than every lie those false teachers could think up. But his letter wasn't just for them. The Holy Spirit inspired Paul's words and preserved them so that you and I, nearly two thousand years later, could receive the same reminder: In Christ, we have God's love. There's nothing we can do to show ourselves approved. We already are, and it's all thanks to grace, bought and paid for on our behalf at Calvary.

Written by John Greco - *He Reads Truth*

**DO YOU LIVE FIRMLY IN THE TRUTH THAT NOTHING CAN SEPARATE YOU FROM THE LOVE OF GOD?**

**HOW DOES LIVING IN THE LIGHT OF THAT TRUTH COMPEL YOU TO LOVE OTHERS?**

## WEEK 5

### DAY 31 - WEDNESDAY

*Galatians 5:16-26, Ezekiel 37:11-14*

#### FLESH VS SPIRIT

In this passage, Paul gives us two lists: a list of death and a list of life—the works of the flesh and the fruit of the Spirit (Gal 5:19-23). Our flesh wars with the Spirit, but Paul encourages us in this manner: “If we live by the Spirit, let us also keep in step with the Spirit” (Gal 5:25). This is a powerful image! We’re not expected to walk out our faith journey alone; instead, we must learn to yield to the Holy Spirit. In daily life, our heart’s proclivities lead us away from the Word and drown out the voice of the Spirit; it’s easier to listen to our senses, our circumstances, and our vain desires. Our inattention to the Spirit causes us to fall out of step with Him. Theologian John Owen put it this way: “Be killing sin, or it will be killing you.” Daily, hourly, we are to fix our attention on the Word, hide it in our hearts, and yield our desires to Christ— not by our own strength, but by yielding to the Spirit within us. We must bring our bone-dry souls to the Fountain of Life. As God promised to Ezekiel: “You will know that I am the LORD, my people, when I open your graves and bring you up from them. I will put my Spirit in you, and you will live” (Ezek 37:13-14). Here’s the good news: this is all God’s work; a life in step with the Spirit grows out of the Spirit of adoption that we have already received by grace. God calls us to live in the Spirit that He has already given, “for [we] are saved by grace through faith, and this is not from [ourselves]; it is God’s gift” (Eph. 2:8). Walk in step with His Spirit.

Written by Rebecca Faires - *She Reads Truth*

**THIS PHRASE “WALKING IN STEP WITH THE SPIRIT” MEANS THAT YOUR STEPS ARE BEING LED BY THE HOLY SPIRIT, NOT BY YOUR FLESH. IT MEANS THAT IT WILL NOT BE IN YOUR OWN STRENGTH AND POWER, BUT IN HIS.**

**WHERE ARE YOU TRYING TO WALK IN YOUR OWN STRENGTH? WHERE DO YOU NEED TO BEGIN “WALKING IN STEP WITH THE SPIRIT”, IN ORDER TO FIGHT AGAINST YOUR FLESH?**

## WEEK 5

### DAY 32 - THURSDAY

Galatians 5:16-26, Ephesians 2:1-10

#### SO HOW THEN SHALL WE LIVE?

This gift of grace that we have received is what compels us to live a holy life pleasing to the Father vs. living for our own fleshly desires. We cannot lose our salvation, it was taken care of when we accepted Jesus. No matter how successful we are in achieving a holy life, nothing changes our standing before Him. His love & grace is a gift that is NOT based on our performance. Accepting this truth should lead us to lives filled with peace and compel us to show that love to others. It impacts how we live our lives, it compels us to flee from sin and to pursue good works. The power of the Holy Spirit working within us is what helps us fight our fleshly desires and move away from selfishness. Living and looking more like Jesus every day. This is the message that Paul is giving the Galatians (and us), a life of freedom is one that is walking humbly in step with the Spirit, allowing the Spirit to lead and guide our hearts, minds, words and actions. Paul also shares this same message in Ephesians 2:8-10, *"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."*

As we grow in faith, we begin to tap into His power within us to fight off the power of sin. The grace of the gospel might seem like a free pass to sin. It's true you are free to sin, but the hope is that sin begins to lose its power over you.

**THINK OF A SIN YOU ARE STRUGGLING WITH. HOW DOES THE GOSPEL FREE YOU UP TO GO TO BATTLE WITH THAT SIN?**

**READ GALATIANS 5:16 AGAIN. HAVE YOU SEEN THE TRUTH OF THIS VERSE PERSONALLY IN YOUR OWN LIFE?**

## WEEK 5

### DAY 33 - FRIDAY

Galatians 5:22-25

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit."*

"When God planted us like trees in His garden, the Spirit started working in us, producing Spirit fruit in us. This word fruit in 5:22 is singular—it's one fruit with nine characteristics. When these things begin to show up in us, that's His signature." Tara-Leigh Cobble - The Bible Recap

#### FRUIT OF THE SPIRIT REFLECTION DAY

One of the jobs of the Holy Spirit is to help us in this battle against the flesh, it's why so often in scripture, the Spirit is referred to as "our Helper." This list in Galatians 5 of the fruit of the Spirit can feel unattainable at times, until we realize that as we are "walking in step with the Spirit", the Spirit will produce these things in us over time as we spend time in God's Word, keep His commands and respond to the Spirit's prompting. It's a divine partnership that as we walk with the Lord faithfully and consistently, the spirit will produce things in us to make us look more like Christ. This is a daily practice of dying to ourselves or as Paul puts it "being crucified with Christ", so that the fruit of the Spirit can grow in our character. We often have to "put to death" some thoughts and actions in our lives to make room for the fruit to grow. We can't do this without the help of the Spirit and it doesn't happen overnight. This is a lifelong pursuit of spiritual growth. Growth is gradual, it's often happening under the surface, slowly changing our hearts which impacts our thoughts, desires and actions. We can have assurance that if we continue to be faithful in walking "in step with the Spirit", growth will come. We will be able to see evidence of the fruit in our lives. It's also important to note that "fruit" here is singular, not plural... the life of a spirit filled person will display all these characteristics and it will impact our relationships.

Take some time today to reflect on the "Fruit of the Spirit" chart on the following page.

**TAKE SOME TIME TODAY TO REFLECT ON THE "FRUIT OF THE SPIRIT" CHART ON THE FOLLOWING PAGE.**

**DO YOU SEE LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, AND SELF-CONTROL ON THE INCREASE IN YOUR LIFE?**



# FRUIT OF THE SPIRIT

LOVE

## AGAPE

SELF GIVING FOR THE GOOD OF OTHERS, UNCONDITIONAL COMMITMENT

TO SERVE A PERSON FOR THEIR GOOD, NOT FOR WHAT THE PERSON BRINGS YOU. A SETTLED STATE OF MIND THAT ARISES FROM GOD'S LOVE FOR US. THE OPPOSITE IS FEAR OR SELF-PROTECTION, & ITS COUNTERFEIT IS SELFISH, WHEN YOU TREAT SOMEONE WELL BECAUSE OF HOW THEY TREAT YOU. (JOHN 15:12-14, I COR. 13, ROMANS 13:10, EPH. 5:25)

JOY

## CHARA

CALM DELIGHT, GLADNESS, EXPRESSION OF THE SPIRIT'S PRESENCE

A DELIGHT IN GOD FOR THE SHEER BEAUTY AND WORTH OF WHO HE IS. THE OPPOSITE IS HOPELESSNESS OR DESPAIR, AND ITS COUNTERFEIT IS AN ELATION THAT IS BASED ON EXPERIENCING BLESSINGS, NOT THE BLESSER, CAUSING MOOD SWINGS BASED ON CIRCUMSTANCES. (ROMANS 14:17, I PETER 1:8-9)

PEACE

## EIRENE

HARMONY BETWEEN INDIVIDUALS & GROUPS, LIFE SUSTAINING UNITY

A CONFIDENCE AND REST IN THE WISDOM AND CONTROL OF GOD, RATHER THAN IN YOUR OWN. IT REPLACES ANXIETY AND WORRY. THE COUNTERFEIT OF PEACE IS INDIFFERENCE, APATHY, NOT CARING ABOUT SOMETHING. (ROMANS 5:1, PHILIPPIANS 4:7, COLOSSIANS 3:15)

PATIENCE

## MAKROTHYMIA

STEADFAST, LONG SUFFERING, PERSEVERANCE WITHOUT COMPLAINT

AN ABILITY TO FACE TROUBLE WITHOUT BLOWING UP, TO BEAR BURDENS AND TRIALS WITH PERSEVERANCE. THE OPPOSITE IS RESENTMENT TOWARD GOD AND OTHERS, AND ITS COUNTERFEITS ARE CYNICISM OR LACK OF CARE. (I CORINTHIANS 13:4, COLOSSIANS 1:11, 3:12, I THESSALONIANS 5:14-15)

KINDNESS

## CHRESTOTES

GRACIOUS ACTIONS & ATTITUDE TOWARD IMPERFECT PEOPLE, MERCY

AN ABILITY TO SERVE OTHERS PRACTICALLY. THE OPPOSITE IS ENVY, UNABLE TO REJOICE IN ANOTHER'S JOY. ITS COUNTERFEIT IS MANIPULATIVE GOOD DEEDS, DOING GOOD FOR OTHERS SO TO GET RECOGNITION OR FEEL "GOOD ENOUGH" FOR OTHERS OR FOR GOD. (ROMANS 2:4, EPHESIANS 2:7, TITUS 3:4)

GOODNESS

## AGATHOSYNE

GENEROSITY, USEFULNESS, EXCELLENT CHARACTER, INTEGRITY

BEING THE SAME PERSON IN EVERY SITUATION. EXEMPLIFIES UPRIGHT CHARACTER AND DISPLAYS VIRTUE & HOLINESS IN ACTION. THE OPPOSITE IS A PHONY OR A HYPOCRITE. ITS COUNTERFEIT IS GOODNESS SIMPLY FOR THE SAKE OF BEING VIRTUOUS. (ROMANS 15:14, EPHESIANS 5:8-9)

FAITHFULNESS

## PISTIS

TRUSTWORTHY, RELIABLE, ACTS ON CONVICTION, CONSISTENT, LOYAL

RELIABLE & TRUE TO THEIR WORD. BELIEVING GOD IS WHO HE SAYS DESPITE THE CIRCUMSTANCES. THE OPPOSITE IS AN OPPORTUNIST, A FRIEND ONLY IN GOOD TIMES. ITS COUNTERFEIT IS TO BE LOVING BUT NOT TRUTHFUL, OR RELIABLE ONLY WHEN IT IS SEEN. (ROMANS 3:3, TITUS 3:8, REVELATION 2:10)

GENTLENESS

## PRAOTES

MEEK, HUMBLE DISPOSITION, NOT AGGRESSIVE OR DRIVEN BY ANGER

NOT EASILY OFFENDED & SELF-FORGOTFUL. MEEK BUT NOT WEAK. HUMBLE BUT NOT INFERIOR. THE OPPOSITE IS TO BE SELF-ABSORBED, ANGRY OR SEEK REVENGE. ITS COUNTERFEIT IS A FALSE HUMILITY THAT DOUBLES AS PRIDE AND IS NOT THEIR TRUE CHARACTER. TITUS 3:1-2, I PETER 3:15-16)

SELF-CONTROL

## EGKRATEIA

RESTRAINT OF EMOTIONS, ACTIONS & DESIRES TO BE IN LINE W/GOD'S WILL

PURSUES THE IMPORTANT OVER THE URGENT, RATHER THAN TO BE ALWAYS IMPULSIVE OR UNCONTROLLED. ABLE TO HAVE MODERATION OR SAY NO TO FLESHLY DESIRES. THE OPPOSITE IS INSTANT GRATIFICATION. ITS COUNTERFEIT IS A WILLPOWER WHICH IS BASED ON PRIDE, & A NEED OF CONTROL. (TITUS 2:11-12, II PET. 1:5-6)

*Adapted from She Reads Truth & "Galatians for You" by Tim Keller*

## WEEK 5

### DAY 34 - SATURDAY - GRACE DAY

*Use today to rest, pray and catch up on any of this week's reading that you missed.*

**In this week's reading:**

1. *What themes did you see emerge?*
2. *What was the biggest thing that God revealed to you this week?*
3. *What next step do you need to take based on what He revealed to you this week?*

## WEEK 5

### DAY 35 - SUNDAY- REFLECTION DAY

**Reflect on these passages.**

*For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one word: "You shall love your neighbor as yourself." But if you bite and devour one another, watch out that you are not consumed by one another. But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law.*

**Galatians 5:13-18, 25-26**

*But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

**Ephesians 2:4-10**

#### REFLECTION QUESTIONS FOR WEEK FIVE:

What did God reveal to you this week about the freedom Christ came to offer?

What did this week's passages show you about God's love for us?

In what ways do you see the fruit of the Spirit growing in your life?

Reflect on how the truths we read this week will impact your faith journey.

We have come to the last chapter of Galatians. Paul's letter to the Galatians is more serious in tone than many of his other epistles. He is warning the church that adding anything to the gospel of Jesus is dangerous. Just a little refresher on the context of the church at Galatia. The Galatians had been saved by grace through their faith in Jesus, yet were now being taught by false teachers that the work of Jesus in their lives was NOT enough. So now the believers in Galatia are pointing fingers and trying to size each other up based on how well they keep the law. The church was divided, confused and not caring for one another well. This angered Paul and he is urging the Galatians to get back in line with the Holy Spirit and be unified under the true gospel of Jesus. A gospel that says that the work of Jesus on the cross IS enough to save us (justification) and the work of Jesus continues through the power of the Spirit within us, as it produces fruit in our lives to help us look more like Jesus (sanctification).

So at the beginning of chapter six, we see Paul's focus shift to loving and serving each other well. Galatians 6 can be summed up with these words from Paul, *"Bear one another's burdens, and so fulfill the law of Christ. Let us not grow weary of doing good, for in due season we will reap, if we do not give up. The grace of our Lord Jesus Christ be with your spirit, brothers. Amen."*

We have seen throughout Galatians how easily we can lose our freedom by slipping back into legalism/works-based salvation and how easily we can take advantage of our freedom by fully giving into our sinful desires. The whole point of Paul's letter is to show the Galatians that the Spirit is their guide in how to live in between those two places. When we look to Jesus' saving work in our lives alone, we can live in freedom from the bondage of the law and joyfully follow the Lord's commands in a way that allows us to share the good news of the gospel with others.

J. Vernon McGee says it this way, *"Through Galatians may you find the comfort, wisdom, healing, and wholeness that comes from discovering your acceptance and authority in Christ alone. Acceptance through Christ gives us security in our standing relationship with God and liberating freedom to live lives that bear spiritual fruit."*

**"AND LET US NOT GROW WEARY OF  
DOING GOOD, FOR IN DUE SEASON WE  
WILL REAP, IF WE DO NOT GIVE UP."**

**GALATIANS 6:9**