

LIVE NO LIES

Group Discussion Questions

SERMON RECAP

This week's sermon explored how spiritual warfare is often fought on the battleground of our desires. The message reminded us that while desire itself is not sinful, our loves can become disordered. In other words, we can love good things, but in the wrong order. The world's lies, such as "follow your heart" or "my life belongs to me," subtly reshape our priorities and can lead us away from God's best. Instead, we are called to walk by the Spirit, bring our struggles into the light, and allow God to transform us from the inside out. Through testimonies and stories of real-life transformation, the sermon emphasized that true freedom and lasting change come from walking by the Spirit, not just conforming to the world.

GET STARTED

- What's a comfort food that is your go to guilty pleasure?

TAKE IT IN

- What encouraged and/or challenged you from the message this week? Why?

TALK IT OVER

Read 1 Corinthians 9:24-27

- What stands out to you about Paul's comparison of the Christian life to athletic training? How does this challenge or encourage you in your spiritual journey?
- Disordered desires are not necessarily loving bad things, but loving good things in the wrong order. **Where have you seen this play out in your own life or culture?**
- In the message, Lies and Truths were compared and contrasted...
 1. **Lie:** Follow your heart.
Truth: Don't follow your heart; follow Christ. (Jeremiah 17:9)
 2. **Lie:** Be true to yourself / You do you.
Truth: Die to yourself; find your identity in Christ. (Galatians 2:20)
 3. **Lie:** It's my body, I can do what I want.
Truth: Your body is not your own; honor God with your body. (1 Corinthians 6:19-20, 1 Thessalonians 4:3-5)

4. **Lie:** I deserve to be comfortable, comfort is my refuge.

Truth: God is our refuge and strength; true comfort is found in Him. (Psalm 46:1-2)

5. **Lie:** My life belongs to me

Truth: You were bought at a price; your life belongs to God. (1 Corinthians 6:19-20)

Looking at the list of common lies and biblical truths, which of these lies do you most struggle with? How do these lies show up in your daily life, and what would it look like to replace them with God's truth this week?

Read Galatians 5:16-25

- These verses describe the conflict between the flesh (sinful nature) and the Spirit. **What does this “conflict” look like in your everyday life? Can you share a recent example where you felt pulled in both directions?**
- Verse 16 says, “walk by the Spirit, and you will not gratify the desires of the flesh.” Verse 25 says, “Since we live by the Spirit, let us keep in step with the Spirit.” **What does walking by and living in step with the Spirit practically look like for you? Are there habits or practices that help you do this?**
- The sermon used the metaphor of “feeding the right wolf.” **How does your daily routine feed either the flesh or the Spirit? What changes could you make to feed the Spirit more intentionally? What can you do this week?**
- Verses 22-23 list the fruit of the Spirit. **Which of these qualities do you see God growing in you? Which ones do you long to see more of, and why?**
- Reflecting back on the 2 stories shared during the sermon. There is power in bringing struggles into the light and walking in community. **Why is isolation so dangerous? What steps can you take to invite others into your journey? As a group, how can we be praying for you?**

LIVE IT OUT

This week, reflect back on which of the 5 cultural lies most influence your desires and ask God to help you reorder your loves, seeking Him first. As you prayerfully ponder these things, intentionally choose one area where you tend to “feed the flesh” (e.g., unhealthy comfort, isolation, self-gratification) and replace it with a Spirit-led practice such as prayer, reading Scripture, reaching out to a trusted friend, a social media fast, or something else. Along the way, ask yourself the question, how can I walk more in step with the Spirit?

MEMORIZE:

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.” **Galatians 5:16**