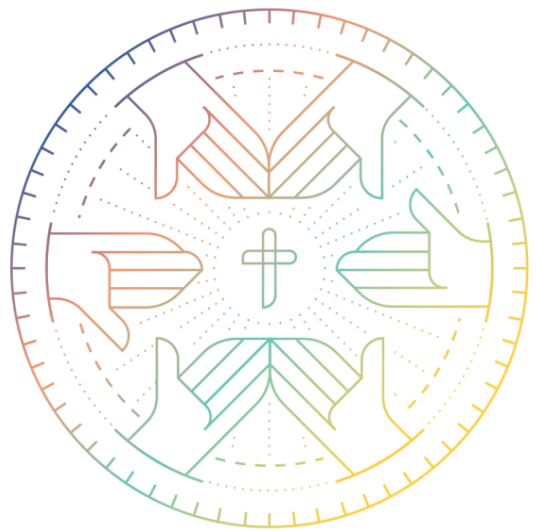


Group Life.

WE ARE BETTER TOGETHER



ICEBREAKER

What's a plant or garden you've tried to grow—successfully or not?

What's a small decision you made in the past that ended up having a big impact over time?

INTRODUCTION (5-10 MINUTES)

Every day, we are planting something. And what we plant—through our choices, habits, and mindset—determines what will grow in our lives. That's the spiritual principle of sowing and reaping. In Galatians 6, Paul gives us a profound reminder: what we feed grows. If we invest in things that please our flesh, we'll harvest decay. But if we sow into the things of the Spirit, we'll reap life, both now and for eternity. God promises a return to faithful planting—even when we don't see the results right away.

What stood out to you from the message this week?

INTO THE WORD

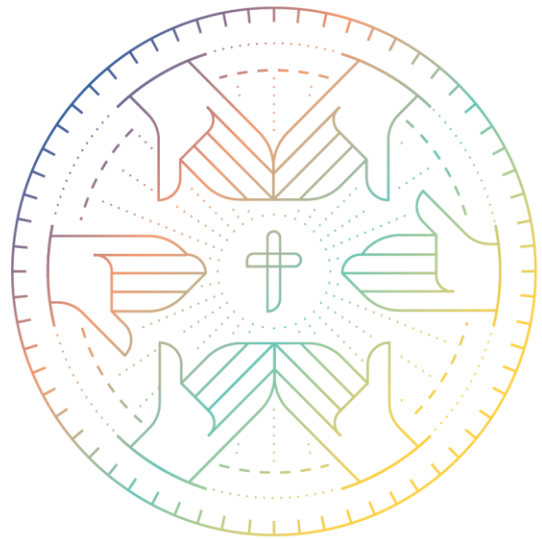
Read Galatians 6:7 and Galatians 5:16–21. What does Paul mean by “God is not mocked”? How does that relate to sowing and reaping? Looking at the list of the “acts of the flesh” in Galatians 5, which ones do you see most sown in our world today? Why is it often easier to sow to the flesh than to the Spirit?

Read Galatians 6:8 and Galatians 5:22–25. What's the difference between sowing to the flesh and sowing to the Spirit in your daily habits? What spiritual practices help you feed the Spirit most consistently? Can you share a time when a long season of “planting” finally bore fruit in your life?

Read Galatians 6:9–10, Hebrews 6:10, 1 Corinthians 3:14 and 2 Corinthians 5:10. What tempts you to “grow weary” in doing good? Why do you think Paul ties perseverance to the promise of reward? As a group, discuss ideas of how to sow Spirit-filled seeds into our “circle of faith”.

Group Life.

WE ARE BETTER TOGETHER



EMBRACE AND EMBODY

Paul's words offer both warning and hope. Every day, we plant seeds—through words, decisions, energy, and attention. We're always becoming the person we will be. The promise is clear: what you sow, you will reap. If you're planting bitterness, don't expect joy. If you sow laziness, don't expect growth. But when you plant faith, truth, service, and love—even in small doses—you're participating in a divine process that leads to real transformation. Don't quit. Don't grow weary. Your planting matters.

As a group discuss and reflect on the following:

What's one area of your life where you've been sowing to the flesh instead of the Spirit? What small step could you take this week to change that?

If someone looked at the "harvest" of your life (your time, words, relationships, finances), what would they say you value most? What might need to change to take steps towards living generously?

CLOSING PRAYER

Lord, thank You for the reminder that every choice we make plants a seed in our lives. Help us to sow to the Spirit—choosing love, truth, and obedience even when it's hard or unseen. Strengthen us when we grow weary and give us faith to believe in the harvest You promise. Teach us to be generous with our finances, words, time, and relationships. May our lives bear fruit that brings You glory and leads others to life in You. Lord, help us not grow weary in doing good. Remind us that You see every choice we make. In Jesus' name, Amen!