



## Galatians wk7: Don't Turn Back

**Introduction:** Freedom is something people long for, but it can be surprisingly difficult to live in. In Galatians 4, Paul begs these Christians to not go back, don't trade freedom for enslavement to the law. What if we could live free of trying to prove ourselves to God?

### Discussion Questions

1. What are some examples—spiritual or everyday—where people are tempted to return to something familiar even if it wasn't good for them? Why do you think that pull is so strong?
2. Read **Galatians 4:8-11**. Paul says the Galatians are “turning back” to slavery. What were they enslaved to before Christ, and how does Paul say they are becoming enslaved again—just in a different way?
3. The sermon talked about the “Expectation Gap”—the space between what we believe about God and what we experience. Which of the three gaps mentioned in the sermon do you relate to most? *I believe God loves me, but I don't feel it. I believe God is with me, but I don't see Him. I thought I'd be further along by now. How can unmet expectations make us vulnerable to turning back to old patterns, old sins, or old ways of trying to earn God's approval?*
4. Read **Galatians 4:12-20** Paul reminds the Galatians that he “became like them” and that they welcomed him “as if he were Christ Jesus himself.” What does this teach us about the role of genuine, shared life in discipleship? Think about someone who discipled you or invested in you. What made their relationship with you feel authentic rather than transactional?
5. Paul contrasts his sincerity with the manipulative zeal of the false teachers. What are some modern examples of “zeal” that looks spiritual but actually pulls people away from Christ? What signs help us recognize when a leader's influence is unhealthy or self-serving?
6. Paul says he is in “the pains of childbirth until Christ is formed in you.” What does this metaphor reveal about the slow, sometimes painful nature of spiritual formation? How is “Christ being formed in you” different from simply behaving better or trying harder?

**Shaping Your Mind** – My dear children, for whom I am again in the pains of childbirth until Christ is formed in you.” Galatians 4:19

**Moving Forward** – May Christ be formed in you as you move forward in Him.