

Six-Day Bible Study

Galatians 5:16–6:10

“Walking by the Spirit and Sowing for Eternity”

Paul describes the Christian life as a life transformed and sustained by the Holy Spirit. Believers still experience conflict with the flesh, but they are no longer enslaved to it. The Spirit produces Christlike fruit in God's people and teaches us to restore the fallen, bear one another's burdens, persevere in doing good, and sow toward eternal things. This passage calls every Christian—young or old—to examine not merely what we profess, but how we are actually walking.

Monday — Walk by the Spirit

Reading: Galatians 5:16–18

Focus Verse — Galatians 5:16 (ESV)

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Study Question:

What does Paul mean by “walk by the Spirit,” and how does verse 17 help us understand the continuing conflict between the Holy Spirit and our sinful flesh?

Personal Application:

The Christian life is not lived successfully through willpower alone. Whether you are a teenager learning to resist temptation, an adult carrying heavy responsibilities, or an older believer who has followed Christ for decades, you still need the Spirit's power. Identify one area where the desires of your flesh are particularly strong. Instead of merely trying harder, seek the Lord through His Word and prayer, asking the Spirit to help you obey what God has commanded.

Scriptural Prayer:

Today, pray through **Galatians 5:16** ~ Lord help me to walk by the Spirit so that I will not gratify the desires of the flesh . . .

Tuesday — Examine the Fruit

Reading: Galatians 5:19–24

Focus Verse — Galatians 5:22–23 (ESV)

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

Study Question:

Why does Paul contrast the “works of the flesh” in verses 19–21 with the singular “fruit of the Spirit” in verses 22–23, and what does this teach us about the Spirit's work in a believer?

Personal Application:

Do not measure spiritual maturity merely by how much Scripture you know, how long you have attended church, or how many years you have been a Christian. Ask whether the Spirit is producing His fruit in your character. Choose one aspect of the fruit of the Spirit where you especially need growth and consider how it should become visible in your relationships this week. Then, pray for God's help in your growth.

Scriptural Prayer:

Today, pray through **Galatians 5:22-24**

Wednesday — Keep in Step with the Spirit

Reading: Galatians 5:24–26

Focus Verse — Galatians 5:25 (ESV)

“If we live by the Spirit, let us also keep in step with the Spirit.”

Study Question:

What is the relationship between having “crucified the flesh” in verse 24 and Paul's command to “keep in step with the Spirit” in verse 25?

Personal Application:

Following Christ involves both a decisive break with the rule of sin and a daily pursuit of holiness. Ask yourself: **Is there anything in my life that I know is inconsistent with God's Word but that I continue to excuse?** Keeping in step with the Spirit means bringing our attitudes, habits, relationships, words, and priorities under the authority of Scripture.

Scriptural Prayer:

Today, pray through **Galatians 24-26** ~ for example:

Lord, now that I belong to Jesus and have crucified the flesh, please give me strength to resist the temptation of its passions and desires. Please give me the drive I need to keep in step with the Spirit, and the wisdom to recognize when I am becoming conceited so that I do not provoke or envy my brothers and sisters in Christ.

Thursday — Bear One Another's Burdens

Reading: Galatians 6:1–3

Focus Verse — Galatians 6:2 (ESV)

“Bear one another's burdens, and so fulfill the law of Christ.”

Study Question:

How does bearing another Christian's burdens “fulfill the law of Christ,” **and how does the command to restore someone gently** in verse 1 help explain what biblical burden-bearing looks like?

Personal Application:

A healthy church is not a collection of people who merely attend the same services; it is a family that carries burdens together. Look around your congregation. Is someone grieving, lonely, discouraged, struggling spiritually, raising children, caring for an aging spouse, or simply needing encouragement? Ask God to show you one person's burden that you can help carry this week.

Scriptural Prayer:

Today, pray through **Galatians 6:1-3**

Friday — We Reap What We Sow

Reading: Galatians 6:4-8

Focus Verse — Galatians 6:7 (ESV)

“Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.”

Study Question:

What does Paul mean by “sowing” and “reaping” in verses 7-8, and how does this principle demonstrate the seriousness of the everyday choices Christians make?

Personal Application:

Every season of life involves sowing. The teenager is sowing habits that may shape adulthood. Parents are sowing into their families. Working adults are sowing through their priorities. Older Christians are sowing into the generations following them. Examine where your time, attention, money, energy, and desires are being invested. **Are you sowing primarily toward the flesh or toward the Spirit?**

Scriptural Prayer:

Today, pray through **Galatians 6:8** ~example:

Lord, today give me the wisdom to recognize where I am sowing into my flesh and not into the Spirit, and Lord I repent of that please help me to grow in you.

Saturday — Do Not Grow Weary

Reading: Galatians 6:9-10

Focus Verse — Galatians 6:9 (ESV)

“And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”

Study Question:

How does the promise of a future harvest encourage Christians to persevere when obedience and service seem to produce little immediate fruit?

Personal Application:

Faithfulness can become tiring when we cannot see results. You may have prayed for someone for years,

served quietly without recognition, raised children who are struggling spiritually, cared for someone who cannot repay you, or labored in a small church without seeing dramatic growth. God's Word tells us that faithfulness is never wasted. Ask yourself: **Where am I tempted to give up doing good?** Continue faithfully, trusting the Lord with the timing and results of the harvest.

Scriptural Prayer:

Today, pray through **Galatians 6:10**

Theme to Carry Through the Week

The Christian life is not merely about avoiding sin; it is about walking by the Spirit, producing His fruit, loving Christ's people, sowing toward eternity, and persevering in faithful obedience.

Galatians 5:16–6:10 reminds us that the gospel does not leave us as we were. Christ saves sinners by grace, gives His Spirit to His people, and progressively conforms them to His likeness. Therefore, whether we are **13 or 86**, our calling remains the same: **walk by the Spirit today, sow what honors Christ, and trust God for the harvest.**