

**Formed By Practice** | Luke Dahlenburg

**Bible Reading:** Galatians 5:13-26

## READING

### Galatians 5:13-26

<sup>13</sup> You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. <sup>14</sup> For the entire law is fulfilled in keeping this one command: "Love your neighbour as yourself." <sup>15</sup> If you bite and devour each other, watch out or you will be destroyed by each other. <sup>16</sup> So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions. <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no

law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit. <sup>26</sup> Let us not become conceited, provoking and envying each other.

## OUTLINE

### Soil Habits Grow In...

1. Holy Spirit Energy, 5:1; 16
2. Community, 5:13; 26
3. Movement, 5:16; 17-18; 19-21
4. Cross, 5:24-25

### Practicing The Word...

*Lectio Divina:* Read, Reflect, Respond, Rest (app: *Lectio 365*)

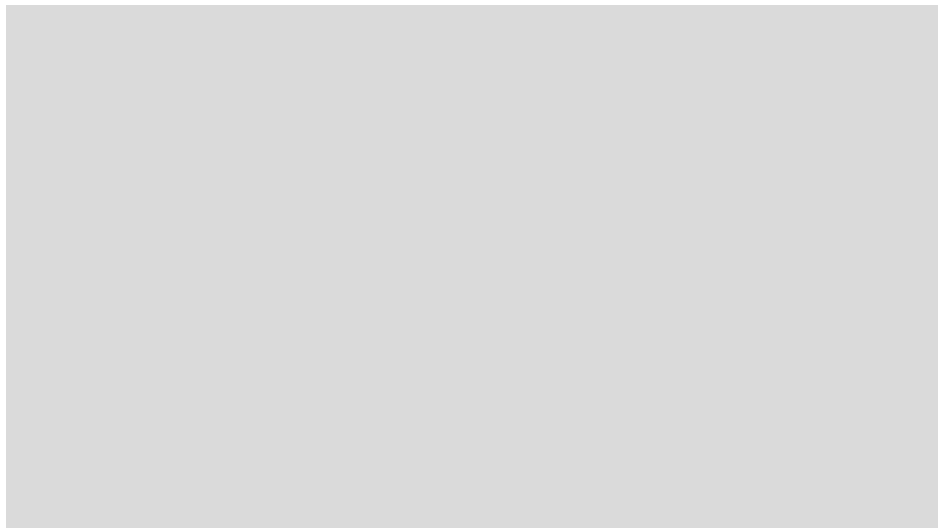
1 Cor. 11:1

*What habits might you need to be intentional about as you go into 2026?*

## MY ONE THING

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What's one thing that struck, challenged, or encouraged you today? Take 60 seconds to write it down. Then share it over morning tea.

A large, empty gray rectangular box intended for the user to write their response to the prompt. It occupies the majority of the page below the introductory text.