SELAH

Fruit Full · Week 2

Galatians 3 and 4

Five mornings underneath Sunday.

MONDAY
FREE PEOPLE ARE GIVEN THE SPIRIT.
Galatians 3:3–5 NIV

TUESDAY
FREE PEOPLE ARE PROMISED.
Galatians 3:15–18 NIV

WEDNESDAY
FREE PEOPLE ARE RELEASED.
Galatians 3:23–25 NIV

THURSDAY
FREE PEOPLE ARE ADOPTED.
Galatians 4:6–7 NIV

FRIDAY
FREE PEOPLE ARE BEING FORMED.
Galatians 4:19–20 NIV

You will be asked to write things down. A notebook works. So does the notes app on your phone. Either one is fine.

NW Hills
CHRISTIAN CHURCH

MONDAY

SELAH

FREE PEOPLE ARE GIVEN THE SPIRIT.

(Write your answers down)

STOP

It’s Monday. The week is already reaching for you. The inbox, the list you made last night, the thing you have to handle before ten o’clock. None of it is going anywhere while you sit here. You are allowed to stop before the day starts moving.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Pay attention to your breathing for a moment. You did not start it this morning and you will not have to keep it going. It was given to you, and it keeps being given, without you managing any of it. That is a small picture of what this week is about.

If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "You gave me your Spirit…"

As you exhale, pray, "…I did not earn him."

LOOK

Yesterday you heard Paul in Galatians 5. These words come two chapters earlier, and they are the argument that makes chapter 5 possible. Paul is not starting a new subject on Sunday. He is finishing one he began here.

Read through them slowly two times before you go on.

> *Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh? Have you experienced so much in vain—if it really was in vain? So again I ask, does God give you his Spirit and work miracles among you by the works of the law, or by your believing what you heard?*
>
> **Galatians 3:3–5 NIV**

ASK

God gave you his Spirit. Not as wages. Not as a reward for a stretch of good behavior. He gave him because you heard something true and you believed it.

- Paul asks whether they are trying to "finish by means of the flesh." Where are you trying to finish something with effort that God started with a gift?
- Does it feel true to you that the Spirit was given rather than earned? Or does part of you still keep a ledger?
- On Sunday the word was "flesh." Not your body, and not a broken part of you, but a power with pull. Paul uses that same word here. What changes when you see it sitting in chapter 3 already?

Write a one-sentence prayer thanking God for giving you his Spirit before you did anything to deserve him. Or, if you struggle to believe that is how it happened, write a short prayer asking him to show you where the ledger came from.

HEAR

This last part can feel strange, especially the first time. You are not going to produce anything here. You are going to be quiet for a minute or two. The temptation on a Monday is to treat this like the first item on the list and get it checked off. Resist that. Sit still a little longer than is comfortable.

Pray, simply: *I'm listening for you, God. Speak to me.*

Whatever comes into your mind, write it down.

TUESDAY

SELAH

FREE PEOPLE ARE PROMISED.

(Write your answers down)

STOP

A day has gone by since you sat down with this. Some of it went the way you hoped and some of it did not. Whatever Monday turned out to be, it does not change a word of what you are about to read. Set it down for a few minutes.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Breathing is one of the few things your body does without asking you first. You never have to negotiate for it. Slow it down on purpose now, and let the slowing be a way of paying attention to God instead of to the day.

If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

> *As you inhale, pray, "Your promise came before I did…"*
>
> *As you exhale, pray, "…nothing I do can cancel it."*

LOOK

Paul is about to make an argument out of a legal document. He does that because these people were being told there was paperwork to finish before God would count them as family. These words were written to real people under real pressure, and they were written to settle it.

Read through them slowly two times.

> *Brothers and sisters, let me take an example from everyday life. Just as no one can set aside or add to a human covenant that has been duly established, so it is in this case. The promises were spoken to Abraham and to his seed. Scripture does not say "and to seeds," meaning many people, but "and to your seed," meaning one person, who is Christ. What I mean is this: The law, introduced 430 years later, does not set aside the covenant previously established by God and thus do away with the promise. For if the inheritance depends on the law, then it no longer depends on the promise; but God in his grace gave it to Abraham through a promise.*
>
> **Galatians 3:15–18 NIV**

ASK

God gave it. That is the sentence. He gave it in grace, through a promise, and the promise came first.

One thing before the questions. Paul is not saying the law was a mistake God later corrected. It was his good gift, given to his people for real reasons, doing a job with an end date. What Paul says here is narrower than that. It arrived later, and it never had the power to cancel what was already promised.

- Nobody can add a clause to a covenant that is already signed. Who or what has been trying to add clauses to

yours?

- If your standing with God rests on a promise instead of a performance, what changes about today?
- Where do you catch yourself acting as though the inheritance depends on you?

Write a prayer thanking God that he gave this rather than sold it.

HEAR

Most people go their whole lives without hearing God audibly, and that is not a sign anything is wrong. He speaks in quieter ways than that, and usually to people who have stopped long enough to notice. The obstacle this morning is probably not doubt. It is the urge to fill the silence with more words of your own.

Pray, simply: *I'm listening for you, God. Speak to me.*

Whatever comes into your mind, write it down.

WEDNESDAY

SELAH

FREE PEOPLE ARE RELEASED.

(Write your answers down)

STOP

Midweek. You are far enough in that the week has a shape now, and far enough from Sunday that the message has started to fade. That is normal, and it is the reason you sat down. Take these few minutes before the middle of the week takes them from you.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

You have been breathing all morning without thinking about it once. Bring it into your attention now, not to control it, but to let your body join what your mind is about to do. Let the out-breath run longer than the in-breath.

If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "You unlocked the door for me…"

As you exhale, pray, "…I am not in custody."

LOOK

On Sunday there was a question underneath the whole message. Why does Paul answer the problem of the flesh with the Spirit instead of with better rules? He does not leave that hanging. He answered it here, two chapters earlier.

Read through it slowly two times.

> *Before the coming of this faith, we were held in custody under the law, locked up until the faith that was to come would be revealed. So the law was our guardian until Christ came that we might be justified by faith. Now that this faith has come, we are no longer under a guardian.*
>
> **Galatians 3:23–25 NIV**

ASK

You are not under a guardian anymore. The lock is open and the job is finished.

Be careful here, the same way we were careful yesterday. Paul is not insulting the law. A guardian in his world was a trusted servant who walked a child to school and kept them out of traffic. Good work, necessary work, and work with a finish line. The law did exactly what God gave it to do. Its ending is not a failure. It is a graduation.

- What are you still treating as your guardian? A rule, a routine, a standard you use to prove you are alright?
- Paul says they were "locked up." Is there anything in your life with God that still feels like custody?

- If the door is genuinely open, what would you do differently this week?

Write a prayer asking God to show you one place you are still living inside a room he opened a long time ago.

HEAR

The hardest part of this movement is not the hearing. It is stopping the talking. Most of us pray the way we run a meeting. We arrive with an agenda and we work the list. Listening means setting the agenda down, and it will feel unproductive, and it isn't.

Pray, simply: *I'm listening for you, God. Speak to me.*

Whatever comes into your mind, write it down.

SELAH

FREE PEOPLE ARE ADOPTED.

(Write your answers down)

STOP

By Thursday this can start to become a routine. Routine is not the same thing as a rut, but it is close enough to be worth watching. You know the three questions by now. Ask them anyway, and answer them honestly rather than quickly.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Two verses this morning, and both of them are about something being put inside a person. Breathe with that. Air going in, going out, going in again, none of it arranged by you.

If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "Abba, you made me your child…"

As you exhale, pray, "…and an heir with Christ."

LOOK

On Sunday the Spirit was out in front. Leading, the way the pillar of fire led a rescued people through a wilderness. These two verses give you the other half of it. He is not only ahead of you. He was sent into you.

Read them slowly two times.

> *Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father." So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.*
>
> **Galatians 4:6–7 NIV**

ASK

God sent the Spirit of his Son into your heart. You did not work your way into this family. You were placed in it, and then given the Spirit who already knows how to talk to the Father.

- "Abba" is the word a child uses at home. Is that how you actually address God, or is your praying more careful than that?
- Paul says you are no longer a slave. Where do you still relate to God as though you were staff instead of family?
- Yesterday we said the guardian's job is finished. This is what it was finished for. What does it do to you to know the point was never rule-keeping but belonging?

Write a short prayer using the word Abba. Or, if that word feels like too much to say honestly, write a prayer asking God to make it true for you.

HEAR

Some of us find this part hard because we suspect God is a little tired of us. That he listens out of obligation. That is worth naming out loud, because it is not what these two verses said. He sent his own Spirit into your heart. That is not what you do with someone you tolerate.

Pray, simply: *I'm listening for you, God. Speak to me.*

Whatever comes into your mind, write it down.

FRIDAY

SELAH

FREE PEOPLE ARE BEING FORMED.

(Write your answers down)

STOP

Last one this week. You have carried four mornings into this, and some of them went better than others. The measure of a week like this is not how well you concentrated. It is that you kept sitting down. Do it one more time.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Nothing new to learn here. You have done this four times now. Let that be the point this morning. Something you did not know how to do on Monday has become familiar by Friday. That is what formation looks like.

If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "You are forming Christ in me…"

As you exhale, pray, "…even when I can't feel it."

LOOK

This week began with Paul asking a hard question and it ends with him saying something tender. He has been arguing for four chapters. Here he stops arguing for a second and tells them what he actually wants.

Read it slowly two times.

> *My dear children, for whom I am again in the pains of childbirth until Christ is formed in you, how I wish I could be with you now and change my tone, because I am perplexed about you!*
>
> **Galatians 4:19–20 NIV**

ASK

Christ is being formed in you. Not finished in you. Being formed, which means it is underway, and it is slow, and somebody other than you is doing the work.

One thing before the questions. The labor in this verse is Paul's, not yours. He is describing his own anguish over a church he loves, using the strongest word he had for it. It is not a promise about anyone's body and it is not a picture of what God requires from you. If that image lands on a loss you are carrying, you are free to set the image down and keep the sentence. Christ is being formed in you.

- Paul says "until." What would it change to believe that God is not finished with you?
- Formation is slow and mostly invisible. Where have you been measuring yourself by a speed God never set?

- Sunday said you do not beat the flesh, you walk with the Spirit. After five mornings in Galatians 3 and 4, does that land differently than it did?

Write a prayer asking God to keep forming Christ in you this week, especially in the part of your life you would rather he left alone.

HEAR

This is the last morning of the week and the temptation is to make it count. To get something worth writing down. Let that go. You are not here to produce a result. Be quiet, and let God have the last word instead of you.

Pray, simply: *I'm listening for you, God. Speak to me.*

Whatever comes into your mind, write it down.