

## HANDS: WHAT IS THIS PASSAGE ASKING US TO DO?

1. Think of a sin you regularly struggle with. What are you worshiping more than Jesus that leads you back to that sin? Spend intentional time this week practicing a deeper repentance and pray Galatians 5:1 as you do that.

2. How would living by grace in your work, relationships, or parenting look like this week?

## SERVE AND SHARE (S2) REFLECTION AND ACTION:

To live out our core value of being action-oriented, we model the life of Jesus by giving ourselves. Our time, talents, and treasures are a gift from God to be steward for the Kingdom. As we live this, let's pause for a moment of gratitude. Thank God for taking care of you when you gave generously. When we step into our calling, we are often praying big prayers. Thank God for answering those prayers.

This four-week class will help followers of Jesus connect their faith to their everyday work. **February 8 – 22** at 9:00 a.m.

Explore the Bible's story and how you fit in God's redemptive plan in this 6-week class, **February 15 – March 22**, Sundays at 10:30 a.m.



Galatians #5: God's Design for You to Live and Grow  
Galatians 3:1-14

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February 1, 2026

### Notes:

1. How does God view people?

2. How do people become pleasing and acceptable to God?

3. How do we apply the gospel to every area of our lives?

## The Week of February 1, 2026

These questions are designed to guide you in your weekly Growth Group gathering. Discuss them with people in your life to help you deepen your faith and grow in community. Not in a Growth Group? Check out our open groups at [foothillsbiblechurch.org/growth-groups](http://foothillsbiblechurch.org/growth-groups).



**Big Idea:** God designed people to grow spiritually through the on-going rhythm of trusting in the righteousness of Jesus and repentance

**Prepare:** Listen to the sermon (if you haven't already), read Galatians 3, and spend a few minutes praying for your group.

**Connect:** Are you more of a rule breaker or rule follower?

**Discuss:**

### HEAD: WHAT DOES THE BIBLE SAY?

1. What stood out to you about this week's sermon?

2. Read Galatians 3:10-12 and James 2:10 aloud as a group. Why does relying on the law or good works place someone under a curse? How have you experienced this?

3. Read Galatians 3:13-14 aloud as a group. What did Christ accomplish on the cross in regards to the law and the curse? Why is this good news for us?

### HEART: HOW DOES THIS CHANGE MY ATTITUDES AND AFFECTIONS?

1. How does having righteousness credited to us change the way we see ourselves? How does it change the way we see our Christian life? How does it change the way we see and know Jesus?

2. Why does trusting Jesus in the day to day feel harder than trusting Him initially for salvation?

3. What has been your experience with repentance? What anxieties or fears do you have for repentance to become a regular discipline of your Christian life?