**Life Group Study Guide: Loved what you heard on Sunday? Want to go deeper? The life group study guide will help you unpack what you heard on Sunday, while diving deeper into God's word.**

**Connect:**

* *Do you tend to be a follower or a leader? Where do you feel most comfortable? How do your circumstances dictate when you choose to lead, or when you choose to follow?*

**Dig Deeper:**

**Read Galatians 5:14-24**

* *According to Galatians 5:16-17, what is going on inside every Christian? What causes the Christian’s inner moral conflict? How would you describe the difference between being led by the spirit vs. following after the flesh?*
* *The word “desires” in Galatians 5:16-17 literally means “over-desires,” or when we feel that we must have something. It is an all-controlling emotional drive or longing for something. It is treating a good thing as though it is a god thing. What does this tell us about how our sinful nature works?*
* *Look at the manifestations of the flesh in Galatians 5:19-20. Pick out two or three. How are these the consequences of “over-desire?”*
* *Which of the works of the flesh are most common and most acceptable in our culture? In contrast to that, which aspects of the fruit of the Spirit are least noticed and celebrated within the church at large?*
* *Think through the fruit of the Spirit in Galatians 5:22-23. According to   
  verse 18, 22, and 25, what is our part in producing these qualities?   
  What is the Spirit’s part?*

**Make It Personal:**

* *Verse 24 tells us those that belong to Christ will crucify the flesh. How do we do that practically?*
* *How can you see the fruit of the Spirit growing in your life? Do you have natural characteristics which could be confused with the fruit of the Spirit? How can you tell the difference? Which fruit of the Spirit do you chronically lack?*

**Upcoming at Wave**

**DIAPER AND DETERGENT DRIVE | Feb.**

We are partnering with Caleb Hardy, who is organizing a community service project at his school, to provide diapers and laundry detergent to Door of Faith Orphanage. We invite you to join us in this effort and help serve the children of Door of Faith with **boxes of diapers** (all sizes except newborn), and **any type of laundry detergent**. Please   
bring your donations to church any Sunday in February.

**STARTING POINT | Feb. 10th**

Starting Point is our “You Are Here” sign at Wave, and the next   
one will be on Feb. 10th, right after church! Starting point is an informal “Introduction to Wave” lunch where you will meet other newcomers to Wave, our pastors and staff, and hear about the story and heart of   
our church. Lunch is provided for the whole family!

**ROMANIA MISSIONS | Summer**

Have you ever considered serving others by going on a missions trip?   
If you are interested in joining our Romania Missions Team, or would like more information for you or your family, please contact   
Steven Perez at steven@wavechurchsd.com.

**CONNECT SUNDAY | Feb. 24th**

Hey, Wave, let’s get together for some fellowship and tacos!   
Join us right after service for a chance to connect with our Wave family,   
get to know someone new, and enjoy a meal together.

**WAVE WEEKLY NEWSLETTER**

Want to keep up with all that is going on at Wave? Simply fill   
out your communication card and write ***‘Newsletter’*** to get   
a weekly email update from Wave!

**HOME IMPROVEMENT | A SPIRIT-FILLED HOME**

**WAVE CHURCH SD | FEB. 3, 2019**

YOU CANNOT BE EMOTIONALLY IMMATURE AND SPIRITUALLY MATURE AT THE SAME TIME.

A SPIRIT-FILLED HOME IS AN EMOTIONALLY HEALTHY HOME.

**Galatians 5:16-24 (ESV)** *16But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18But if you are led by the Spirit, you are not under the law. 19Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23gentleness, self-control; against such things there is no law. 24And those who belong to Christ Jesus have crucified the flesh with its passions and desires.*

IDENTIFY THE EMOTION AND GIVE IT A NAME

**Mark 10:46-52 (ESV)** *46And they came to Jericho. And as he was leaving Jericho with his disciples and a great crowd, Bartimaeus, a blind beggar, the son of Timaeus, was sitting by the roadside. 47And when he heard that it was Jesus of Nazareth, he began to cry out and say, “Jesus, Son of David, have mercy on me!” 48And many rebuked him, telling him to be silent. But he cried out all the more, “Son of David, have mercy on me!” 49And Jesus stopped and said, “Call him.” And they called the blind man, saying to him, “Take heart. Get up; he is calling you.” 50And throwing off his cloak, he sprang up and came to Jesus. 51And Jesus said to him, “What do you want me to do for you?” And the blind man said to him, “Rabbi, let me recover my sight.” 52And Jesus said to him, “Go your way; your faith has made you well.” And immediately he recovered his sight and followed him on the way.*

THREE STEPS TO EMOTIONAL HEALTH

1. CHOOSE THE BEST PLACE | Mark 10:46-47

* IT IS IMPOSSIBLE TO LIVE LIFE RIGHT WHEN YOU ARE IN THE WRONG PLACE.

**John 15:4-5 (ESV)** *4Abide in me, and I in you. As the branch   
cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit,   
for apart from me you can do nothing.*

1. CHOOSE THE BEST PERSPECTIVE | Mark 10:47-48

* WHERE WE SIT DETERMINES WHAT WE WILL SEE.

**Colossians 3:1-4 (ESV)** *If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2Set your minds on things that are above, not on things that are on earth. 3For you have died, and your life is hidden with Christ in God. 4When Christ who is your life appears, then you also will appear with him in glory.*

1. CHOOSE THE BEST PRIORITIES | Mark 10:49-52

* WE DON’T HAVE AN EMOTION PROBLEM, WE HAVE A PRIORITY PROBLEM.

**Matthew 6:24 (ESV)** *“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.*