

## Week 16 – Galatians, Ephesians, Philippians

- Introductions (it would be a good idea to serve fruit as a snack this week...)
- Prayer
- Game – Swedish Handshakes
- Explain you will be looking at Galatians, Ephesians and Philippians
- Handout the relevant pages of the 'Bible Overview – NT' and briefly go through, so they can see what was (and was not) in those books.
- Choose one or two parts to focus on.
  - Either in pairs, or as a whole group, go round and for each person decide at least one thing you (the group) like about them. Ideally, this is NOT what they are good at, but rather something about their personality you like. (If necessary, think about this when you are preparing the session). Then read to them Galatians 5. 16-25. Note that if we have God's Spirit in us, we should gradually be getting less like the bad stuff and showing more of the fruits. (Maybe show a video of fruit growing, e.g. <https://www.youtube.com/watch?v=sNbxkiDIWho> ) You could then get the group to think, either individually, in small groups or as a whole, what fruits they might already be developing – remembering that this takes time! You could also pray for each other, to grow fruit.
  - Make/borrow some armour (if you are making it, cardboard is fine!). You will need a belt, breastplate, shoes, shield, helmet and sword. Dress up a volunteer in each piece of armour, referring to Ephesians 6. 10-17. Explain each piece of armour – once as a physical thing and then again as a spiritual thing – involve the group in this, get them thinking what that might look like/how they would use the spiritual armour.
  - Look at Ephesians 6. 12 – the idea of still standing AFTER you have done everything. You could use pictures of videos of soldiers after battle (see WW1 Soldiers handout). What would this look like spiritually? You might have stories to share about this – discuss how we get through spiritual battles and stay standing (stay a Christian?) on the other side.
  - Do some kind of race – obstacle course, races outside, whatever might be appropriate for the group. Note that the Bible often refers to the Christian life as being like a race. In these 3 books this is mentioned in Galatians 5. 7 (something preventing them from finishing the race) and Philippians 3. 12-14 (pressing on towards the goal and not letting anything stop us

getting there). You could do further races where you create obstacles or other things that might prevent people finishing. Discuss – what things in life might prevent them from completing the race God has for them? How could they overcome this? Again, stories, advice and prayer would be good here!

- Close in prayer