



YOUTH

session page

Free to Love

Galatians 1:1-12 | Session 8.22

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Listen to the FaithElement podcast for this session.
- Prepare in advance some index cards labeled with the "Fruits of The Spirit" (see Closure activity).
- Use the social media prompts on this session's webpage to help youth begin engaging the session ahead of their gathering.

Intro

Play the [Pharrell Williams Video](#) and ask:

- What images did you like from this video and why?
- What immediately comes to your mind when you hear the word "freedom" and why?

Context

Have everyone stand in the middle of the room and ask them to move to the left or the right depending on their preference, as you read from a list. Give people time to move and share their reasoning for their preference as you read the following list (or a preferences list of your own):

- Coke vs. Pepsi
- Hamburgers vs. Chicken
- Star Wars vs. Avengers
- Nike vs. Under Armor
- Fruit vs. Vegetables
- Flip Flops vs Open Toed Sandals
- Early Bird vs. Sleeping In
- History vs. Science
- iPhone vs. Android
- Brownies vs Cookies

After the activity, ask the group:

- How did you determine what your preference for each would be?
- Which choices were toughest and why?
- When you need to make an important decision, what do you usually do and why?
- How do you feel when someone else makes a decision for you and why?
- What role do you think God has in your freedom?

Content

Read [Galatians 5:1, 13-25](#), then watch the Bible Background Video.

Ask your group:

- Describe the freedom verse one is talking about: What “slavery” is that verse referring to as the other option?
- In what ways are living by the Spirit and living by your own human desires at war with each other?
- At what points do you think that one wins over the other and why?
- What do you think that it means to be “guided by The Spirit” and why?

Closure

On index cards, list each of the fruits of the spirit (one per card) and lay them out in front of your group. (Optional: Get 9 pieces of fruit and label each one

of the fruits of the Spirit, listed here.) If you have a large group, you may need several sets.

Tell the group:

I am going to read a list of scenarios, after each one, as a group you must decide which fruit best describes the way you should handle the scenario.

Have someone hold up your fruit and explain how it is used. Use scenarios like these or some of your own:

- Someone says something bad about you behind your back.
- A family member passes away.
- Someone wants you to help them cheat on a test.
- You don't want to read your Bible anymore.
- Someone else needs your help.
- You get into a heated argument.
- You don't know what decision to make about your future.
- You know you are in an unhealthy dating relationship.
- You have hurt someone else's feelings.
- You catch yourself in the middle of a bad attitude.

Ask:

- What happens to your relationships when you choose to live this way and why?
- In what ways does living like this help you not to be worried about any law?
- What things make it most difficult for you to exhibit the best fruit when it would be most helpful?
- How might you respond to people who feel that faith requires people to follow too many impossible rules and that many people who claim to follow such rules overlook their own failures to do so?

Close with a prayer. If you have time, close with a silent prayer while playing ["More Like falling in Love"](#).

Writer: Don Breeden