



# ANTHEM TRIBE TALKSHEET

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## YOU GROW WHAT YOU SOW

### SCRIPTURE:

Galatians 6:8-19

Galatians 5:13

### MAIN POINTS:

- Everything you do is an investment
- God can't grow what you don't sow
- Spiritual disciplines put us in a place to receive the blessing God wants to give you
- Spiritual disciplines lead to intimacy and intimacy leads to growth

## DISCUSSION QUESTIONS

- What does the metaphor of sowing and reaping signify in our spiritual lives? How does it relate to our actions and choices?
- Explain the concept of sowing into the flesh versus sowing into the Spirit. How do these choices influence the outcomes and fruit in our lives? Share examples if possible.
- How does the idea of freedom in Christ come with both opportunity and responsibility? Discuss the balance between using our freedom for self-gratification versus serving others in love.
- How do spiritual disciplines contribute to our growth and transformation in Christ? What are some specific spiritual disciplines mentioned in the sermon, and how can we practice them in our lives?
- Reflect on the statement "relationships take discipline". How can the principles of sowing and reaping, spiritual disciplines be applied to cultivating a deeper and more fruitful relationship with God?
- Based on what we've discussed about sowing and reaping, what are some specific areas in our lives where we can make changes in what we sow? What action steps can we take to sow into the Spirit and cultivate a life that pleases God?