



## **Staying Healthy**

### **Galatians 5.13–26**

### **Pandemic Life**

A. Practical advice—rest, diet, exercise, quiet

B. Prayer (Philippians 4.4–8)

C. Spirit (Galatians 5.13–26)

Have you experienced *being in step with the Spirit*?

What *fruit of the Spirit* is God teaching you?

## Notes:

### For further study:

- Monday:** Read Philippians 4.4–8. How does prayer help? How important are our thoughts?
- Tuesday:** Read John 14.25–29. How important is the Spirit’s role in our peace?
- Wednesday:** Read Galatians 5.23–25. How do we receive the *fruit of the Spirit*?
- Thursday:** Read Romans 8.5–11. What is the relationship between the flesh and Spirit?
- Friday:** Read Romans 8.12–17. How are we “led by the Spirit?”
- Saturday:** Read Romans 8.26–30. What does the Spirit do for Christians?