

SEEDS

What You Sow is What You Reap

NOV. 9, 2025

WORSHIP (15 MINS)

Venue: Home gatherings

Sing one or two songs or play a song from You Tube.

Venue: Public place (school, café, park, etc.) or Via Online,

Testimonies: "What is your "high" or "your "low" this past week?"

Ask someone to do the opening prayer.

WELCOME (10 MINS)

Welcome guests/first-time visitors.

Ice-breaker: During a given week, what occupies your free time the most?

How do you spend an 8 hour open schedule?

WORD(30-45 MINS)

Main Text: Read Galatians 6:1-10 NIV

Intro: Paul's teaching on the principle of sowing and reaping is a truth every believer must understand. God guarantees that a harvest will come according to what we sow. Paul was not talking about money here. Sadly, this principle has often been misused by many for manipulation. In Galatians, Paul is talking about life, the Christian life under the New Covenant on how we live, what we invest our time and hearts in, and what kind of fruit we will ultimately reap.

As Christians, every day, we sow seeds into the field of life and into the lives of those around us. And what we sow will cause us to reap a corresponding harvest. As Christians, every day, we sow seeds into the field of life and into the lives of those around us. And what we sow will cause us to reap a corresponding harvest. We can either:

1. Sow to please the flesh - Sowing to please the flesh is indulging or gratifying the desires of our sinful/selfish nature. Read Galatians 5:13

Before we came to know Christ, our lives were shaped by the pattern of selfish living. From our fallen human nature to the influence of the world around us, self was at the center. Our selfish desires, self-gratification, and self-importance ruled our decisions. Even after we become followers of Jesus, those old thoughts and feelings don't disappear. The difference now is that, through the Holy Spirit, we have the choice whether to give in to those desires or to resist them.

When we choose to gratify the flesh, sinful actions naturally follow. That's why Paul refers to them as the "acts" or "works of the flesh."

Q: How do habits like binge-watching, shopping, or constant social media scrolling feed the flesh rather than the Spirit?

Q: When you face stress (school deadlines, work pressure, relationship drama), **what's your default coping mechanism** (ex. eating fast food, binge-watching a TV series, shopping, etc.) **and does it draw you closer to God or rather to self-indulgence?**

2. Sow to please the Holy Spirit - The Holy Spirit, who now dwells within every believer, empowers and guides us to sow thoughts and actions that bring delight to God (according to His Word). Every prayer lifted to God, every meditation on God's Word, and every act of obedience done with the right motive with hunger for God, dependence on Him, and a desire to honor Him will always produce a harvest that He Himself will give.

For example, when we draw near to God with sincere longing and dependence, He promises to draw near to us. **Read James 4:8**

When our prayers, our Bible reading, our going to church, attending a life group are joined with obedience and genuine love for others, loving as Christ loved us will produce in us the ever-growing fruit of the Spirit, shaping us into the very character of Christ. **Read Galatians 5:22-23**

Q: What practical ways can sow to the Spirit in your weekly routine (ex. praying for someone, helping a friend, practicing gratitude?, etc.)?

Q: How can you use your talents and gifts (creativity, leadership, hospitality, music, cooking skills, etc.) to bless others and reflect the fruit of the Spirit?

Q: If someone would look at your life right now, what fruit of the Spirit do you think would they see most clearly?

Reflection: When we sow thoughts and actions that please ourselves, we end up causing harm to others and to ourselves. But when we sow to please God, we become builders of others' lives and, in turn, experience love, encouragement, and blessing from both people and God Himself.

Q: What's one intentional shift you can make this week to live more Spirit-led, even in ordinary moments like studying, working, or hanging out with friends?

Q: How can our life group become intentional this week (or next month) in touching and sowing in other people and eventually lead them to Christ?

Conclusion: The truth is, because the Holy Spirit now lives within us, we have no excuse to fail morally or to neglect loving and serving others. Every decision we make, whether to plant seeds that satisfy the flesh or seeds that honor the Spirit, will bring a harvest. We will always reap the results of what we choose to sow. Why not use our freedom from the law not to serve ourselves but to serve God and others so we will see and enjoy the transformative power of God in our lives and those around us.

v.7- "Do not be deceived: God cannot be mocked. A man reaps what he sows."

WORK(15 MINS)

Application

1. Find a partner. Ask what you can pray for him/her then pray for each other.

2. Pray and prepare a Hit List (max. of 5-10 names of family, relatives, friends, schoolmates, workmates, neighbors, etc.) of possible people you desire to invite in the next life group gathering.

What is your take-away from this lesson? Closing Prayer