# Discovering Freedom: An In-Depth Study of Galatians



Explore the Book of Galatians in seven days to understand grace, faith, and Christian freedom through Paul's powerful letter.





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#### Introduction

The **Book of Galatians** is a deeply personal and emphatic letter written by the Apostle Paul to the churches in Galatia. In it, Paul addresses vital themes such as *freedom in Christ, justification by faith, and the role of the law*. This letter is foundational for understanding the gospel's power and the true essence of Christian liberty.

Galatians stands out among Paul's letters because of its urgent tone and clear call to reject legalism. Paul wrote to confront the rise of Judaizers who sought to bind believers to the Mosaic Law, insisting that faith in Jesus alone was sufficient for salvation. Through passionate argumentation and scriptural insight, Paul reveals how Christ sets us free from the bondage of the law.

In this seven-day study, you will journey through the heart of Galatians. Each day focuses on key passages and themes, guiding you to a deeper appreciation of grace and the Spirit's work in the believer's life. You will reflect on your own faith, experience God's freedom anew, and be equipped to stand firm against false teachings.

Prepare your heart to be challenged and encouraged. As you meditate on Paul's powerful messages, may you grasp the profound truth that **in Christ, we are justified by faith, called to live in freedom, and empowered by the Spirit** to walk in love and obedience.









# Day 1: W Freedom Through Faith









Day 1: W Freedom Through Faith

#### Your Verse

Galatians 1:1–10 – "I am astonished that you are so quickly deserting the one who called you by the grace of Christ..."

#### **Supporting Scriptures**

- Romans 3:28 "For we maintain that a person is justified by faith apart from the works of the law."
- Ephesians 2:8 "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."







Day 1: W Freedom Through Faith

#### Devotional: Standing Firm in Grace, Not Legalism

Galatians 1:1–10 opens with Paul's shock over the Galatians turning away from the true gospel. He insists that salvation comes through *faith in Christ alone, not works of the law.* This sets the tone for the entire letter. Paul's urgency reminds us to examine our own faith—is it grounded in grace or performance?

Paul defends his apostolic authority and the gospel he preaches, because a different message threatens the believers' freedom. He warns against those who distort the gospel, enticing people to add legalistic requirements to God's gift of grace.

As followers of Jesus today, we also face pressures to earn God's favor through effort or rituals. Yet, the essence of the gospel is simple and triumphant: Christ died for our sins and rose so that we might live freely by faith. This liberation calls us to stand firm and reject any teaching that dilutes this truth.

Take time to reflect on your relationship with God. Have you allowed grace to fully transform your life? Or do you find yourself trying to earn God's approval? Paul's charge is still relevant—cling to the gospel of grace and live in the freedom it offers.







Day 1: 🖏 Freedom Through Faith

## Reflect and Apply

1.	What aspects of your faith might be influenced by legalism rather than grace?
2.	How do you respond when you encounter teachings that add requirements to the gospel?
3.	In what ways can you embrace freedom in Christ more fully this week?







Day 1: 🖏 Freedom Through Faith

## **Journaling Prompts**

1.	Write about a time you experienced God's grace freeing you from guilt or obligation.
	List the "legalistic" pressures you feel in your spiritual walk and how you might overcome them.
3.	How does Paul's urgency challenge or encourage your faith journey?







Day 1: 🐯 Freedom Through Faith

#### Prayer for Today

**Lord,** thank You for the grace that brings freedom from trying to earn Your love. Help me to embrace faith in Christ alone and reject anything that adds to Your finished work. Strengthen me to stand firm when false teachings tempt me to stray. Teach me to live every day by Your Spirit's power, truly free and joyful.











Day 2: 6 Called by Grace









Day 2: 6 Called by Grace

#### Your Verse

Galatians 1:11-24 - "...I did not receive it from any man, nor was I taught it; rather, I received it by revelation from Jesus Christ."

#### **Supporting Scriptures**

- Acts 9:15 "...He is my chosen instrument to carry my name before the Gentiles..."
- 2 Corinthians 12:7b–10 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 2: 6 Called by Grace

#### Devotional: Embracing God's Divine Call

Paul's testimony in **Galatians 1:11-24** highlights the divine origin of his gospel message. It was not taught by humans but revealed by Jesus Himself. This emphasizes that the gospel is not a human invention but a truth from God.

Paul's transformation from persecutor to apostle serves as a powerful example of grace at work. Despite his past, God called him to a new life and mission. This should encourage us that no matter our background, God's grace can redeem and use us mightily.

Paul's unwavering confidence in his message also challenges us to recognize God's hand in our own calling and faith journey. Are we listening for His voice? Are we willing to step into the calling He gives, even if it's unexpected or difficult?

Reflect on the ways God has revealed Himself to you personally and how He might be shaping you for Kingdom purposes today.







Day 2: 🖰 Called by Grace

# Reflect and Apply

1.	How has God revealed Himself to you uniquely in your life?
2.	What doubts or fears do you have about your calling or purpose?
3.	In what ways can Paul's transformation inspire your spiritual journey?







Day 2: 🖰 Called by Grace

## **Journaling Prompts**

1.	Write about a moment when you sensed God's clear direction or calling.
	Describe how God's grace has changed your past or present circumstances.
	Identify one step you can take this week to respond to God's calling more fully.







Day 2: 6 Called by Grace

#### Prayer for Today

**Father,** thank You for calling me by Your grace and revealing Your truth to my heart. Help me to trust Your guidance, even when the path seems unclear. Fill me with courage to follow Your will and live boldly for Your Kingdom. May Your grace be sufficient for every weakness I face.











# Day 3: • Justified by Faith









Day 3: 💯 Justified by Faith

#### Your Verse

Galatians 2:15-21 - "...a person is not justified by the works of the law, but by faith in Jesus Christ."

#### **Supporting Scriptures**

- Romans 5:1 "Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ."
- Philippians 3:9 "...not having a righteousness of my own that comes from the law, but that which is through faith in Christ..."







Day 3: • Justified by Faith

#### Devotional: Righteousness Through Faith Alone

In **Galatians 2:15–21**, Paul clearly states the gospel's core: *justification is by faith in Jesus Christ, not by works of the law.* This truth frees believers from the impossible burden of trying to earn righteousness through their own efforts.

Paul's bold declaration reminds us that as Christians, our identity before God depends solely on Christ's sacrifice and righteousness imputed to us. It's not about our deeds but about trusting Jesus completely.

How freeing it is to know that we stand accepted by God because of what Christ has done, not because of what we accomplish! This foundation inspires gratitude, humility, and a desire to live in the Spirit.

Consider where you might still rely on your own efforts for acceptance and how you can rest in Christ's finished work.







Day 3: 🐠 Justified by Faith

## Reflect and Apply

1.	Do you struggle with feeling 'good enough' before God? Why or why not?
	How does the truth of justification by faith change your relationship with God?
3.	What practical steps can help deepen your trust in Christ's righteousness?







Day 3: 🐠 Justified by Faith

## **Journaling Prompts**

1.	Describe your understanding of being justified by faith versus works.
2.	Write about a time you tried to earn God's favor and how it made you feel.
3.	List ways you can remind yourself daily of your identity in Christ.







Day 3: 💯 Justified by Faith

#### Prayer for Today

**Jesus,** thank You for the gift of righteousness through faith. Help me to rest fully in Your finished work and not in my own efforts. Teach me to live by grace, reflecting Your love and truth in all I do. May Your Spirit guide me to walk confidently as Your justified child.



















#### Your Verse

Galatians 5:16-26 - "Walk by the Spirit, and you will not gratify the desires of the flesh."

#### **Supporting Scriptures**

- Romans 8:5 "Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires."
- Ephesians 5:18 "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."







#### Devotional: Living by the Spirit's Power

**Galatians 5:16–26** contrasts life in the flesh with life in the Spirit. Paul calls believers to "walk by the Spirit," producing the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

This passage challenges believers to daily surrender and dependence on the Holy Spirit. When we follow the Spirit, our lives begin to reflect Christ's character instead of selfish desires.

Walking in the Spirit is not a one-time event but a continual choice to yield. It enables freedom—not license—and prompts us to overcome sinful tendencies through divine power.

Ask yourself how often you rely on your own strength versus the Spirit's guidance. What areas of your life need the fruit of the Spirit to blossom?







## Reflect and Apply

1.	In what ways is the fruit of the Spirit evident in your life?
2.	What specific "desires of the flesh" do you need help overcoming?
3.	How can you cultivate a more consistent walk with the Holy Spirit?







## **Journaling Prompts**

1.	Identify which fruit of the Spirit you most want to grow and why.
	Reflect on a recent situation where following the Spirit changed your response.
3.	Write a prayer inviting the Spirit to empower your daily walk.







#### Prayer for Today

**Holy Spirit,** fill me today with Your presence and power. Help me to choose Your guidance over my fleshly desires every moment. Cultivate in me the fruit that reflects Christ's love and character. Empower me to live freely and lovingly for Your glory.



















#### Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

#### **Supporting Scriptures**

- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."
- John 8:36 "So if the Son sets you free, you will be free indeed."







#### Devotional: Remain Steadfast in Christ's Liberty

Paul's command in **Galatians 5:1** is both a promise and a challenge: Christ's freedom is genuine, but believers must stand firm to resist returning to slavery under legalism or sin.

This firmness involves vigilance and intentionality. Freedom in Christ is precious, but it's also easily compromised by old habits, cultural pressures, or false doctrines.

Yet the freedom Paul describes isn't a freedom to do anything we want; it is freedom to live by the Spirit in loving obedience. It empowers us to serve others without fear or bondage.

Consider your own spiritual journey. Are there "yokes" or burdens from which you need to fully break free? How can you remain steadfast in the liberty Christ offers?







# Reflect and Apply

1.	What are some 'yokes' that threaten your spiritual freedom?
2.	How do you distinguish between true freedom in Christ and license to sin?
3.	What spiritual disciplines help you stand firm in your faith?







## **Journaling Prompts**

	Describe a time when you felt truly free in Christ and what contributed to that experience.
2.	List areas where you struggle to fully embrace your freedom and why.
3.	Write a commitment statement to stand firm in your freedom this week.







#### Prayer for Today

**Jesus,** thank You for the freedom You have won for me. Help me to stand firm and never return to the burdens of legalism or sin. Strengthen my resolve, renew my mind, and keep me rooted in Your truth. May I live in the liberty that honors and glorifies You.

















#### Your Verse

Galatians 5:13-15 - "Serve one another humbly in love... The entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'"

#### **Supporting Scriptures**

- Romans 13:10 "Love does no harm to a neighbor. Therefore love is the fulfillment of the law."
- 1 John 4:7 "Dear friends, let us love one another, for love comes from God."







# Devotional: Freedom Expressed Through Loving Service

Paul shifts the focus in **Galatians 5:13–15** from law to love. Christians are called not to use freedom as an excuse for selfishness but to serve each other in genuine humility and love.

Love fulfills the law perfectly because it reflects God's heart and intentions. When we love others selflessly, we keep all commandments through one simple but profound action: loving our neighbor as ourselves.

This challenges us to re-examine our relationships and motivations. Are we walking in selfishness or love? Serving others in Christ's name often requires sacrifice and humility but results in true freedom and joy.

Reflect on your own attitudes toward those around you. How does love motivate and shape your actions today?







## Reflect and Apply

	How do you understand the connection between freedom and serving others?
2.	What barriers might prevent you from loving your neighbors fully?
3.	In what ways can you practice humility and selfless love this week?







## **Journaling Prompts**

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#### Prayer for Today

**Lord,** teach me to serve others with humble love as an expression of my freedom in You. Help me break selfish habits and open my heart to those in need. Fill me with Your love that overflows and blesses everyone I encounter. May I live to love as You have loved me.











# Day 7: 🗱 Living by Promise









Day 7: 🎇 Living by Promise

#### Your Verse

Galatians 6:7-10 - "...let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

#### **Supporting Scriptures**

- Hebrews 12:1 "...let us run with perseverance the race marked out for us."
- 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."







Day 7: 🎇 Living by Promise

#### Devotional: Persevering in Goodness and Faith

The final chapter of **Galatians** encourages perseverance and planting seeds of righteousness. Paul reminds believers that God sees all and that doing good will yield a harvest in due time.

Christian freedom is not a short sprint but a lifelong race requiring endurance and faithfulness. We are called to sow kindness, support one another, and resist temptation, confident that God's promises are trustworthy.

This passage invites believers to look beyond present struggles and focus on the eternal reward. Our daily choices build toward a future of spiritual abundance, growth, and reward.

Consider your current challenges and victories. How can you keep going with renewed hope and perseverance according to God's promises?







Day 7: 🗱 Living by Promise

# Reflect and Apply

1.	What keeps you from growing weary in your spiritual walk?
2.	How do you maintain hope when results seem delayed or unseen?
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<b>3</b> .	In what ways can you encourage others to persevere in doing good?







Day 7: 🗱 Living by Promise

## **Journaling Prompts**

	Write about a time you experienced God's faithfulness after persistent effort.
2.	List spiritual habits that help sustain your endurance in faith.
3.	Pray for strength to keep pursuing good, even when it is difficult.







Day 7: 🎇 Living by Promise

#### Prayer for Today

**Heavenly Father,** thank You for Your faithful promises and the harvest You prepare for those who do not give up. Renew my strength and resolve to persevere in doing good. Help me to encourage others and live with eternal hope. May my life glorify You in every season.









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