

Bible Study Buddy: Galatians

Katie



The Sunday
School Lady

Thanks for downloading *Bible Study Buddy: Galatians* from Katie the Sunday School Lady. Created using the WEB translation (because it's free Public Domain), this study contains the entire book of Galatians along with guided highlights for parts of the passage that may be hard to understand and activities to apply the truth to your life. It also points out verses to memorize, people of the Bible, cross references, and cultural nuances that a new Bible reader may not know. Many chapters also contain a "Try This!" section to help make the main point of the chapter stick.

The deepest desire of my heart is to get children to dive into the Word of God, and I pray this resource helps them on that journey!

Thanks for downloading!

© Katelin Chew, June 2025

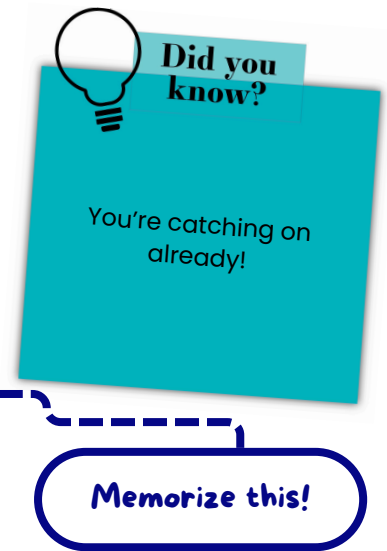
This product was created in Canva. All maps and pictures were drawn by my own hand.

This product may never be sold but may be downloaded and reproduced in home and church settings.

Using This Study Buddy

Hey there!

Here are a few pointers into how to use this as you're getting started. In this Study Buddy, there are several sticky notes. Each sticky note will correspond to a word from the text of the Bible and it will be underlined and highlighted so you know which note you're looking for. There are also application sections and activities. If supplies are necessary, those will be listed. I try to keep it simple with basic stuff you may have, but I get excited sometimes. Finally, there are verses to memorize that are simply highlighted with blue font. All of my sources are cited with footnotes. This may be a little confusing because the verse numbers are contained in the Biblical text, but those are subscript, while my notes are outside of the Biblical text and superscript.



There are several different ways you can use this Study Buddy. If your kids are old enough, you can simply have them read and work through it on their own. You can also use it as a family read aloud for your devotion time. If you think it would be more helpful to read in a translation you're familiar with, you can simply keep this Study Buddy open, and use the notes, application, and activities.

When it comes to breaking up the readings, it is a bit difficult with the WEB translation. There are no stops or breaks because those weren't in the original text. You might consider stopping after an application section or activity if a chapter is too long.

When in doubt, my personal recommendation is to keep lessons short. It's always music to my ears when kids beg to hear what happens next in the Bible rather than ask if it's done yet. And please, always feel free to color, highlight, and interact with the text!

At the end of the day, I pray this encourages you and your children to read the Bible. It is incredible what God can do with people committed to his Kingdom, his cause, and his Word. May this be a small help on your journey. And may he pour out his wisdom upon you as you seek him.

Blessings,
-Katie

Galatians Intro

Before reading any book of the Bible, it's important to ask the questions any good investigative reporter would ask: who, what, where, when, and why.

Who wrote it? ¹ Apostle Paul

Paul was a persecutor of the early Christian church until he was blinded on the road to Damascus and spoken to by Jesus. He became a follower and wrote much of the New Testament, including Galatians.

Who did he write it to? The church in Galatia.

What is Galatians?

Galatians is a letter (like many of the "books" of the New Testament). Galatians focuses on freedom in Christ alone. ²

Where is Galatia?

Galatia is in modern-day Turkey. Though some suggest northern Galatia, most scholars believe Paul was writing to the southern part of Galatia, including the churches in cities like Antioch, Pisidia, and Iconium. ³

Why did Paul write the letter?

To encourage the church of Galatia in the truth and speak against false prophets that were leading others astray. ⁴

When was the letter written?

If this letter was written to the southern part of Galatia, as most assume, then it was probably Paul's first surviving letter and likely written 48-49 AD. ⁵



Galatians 1

Chapter 1 of Galatians finds Paul greeting the church, calling them back to the true gospel they have deserted, and reminding them of his rights as an Apostle.

Who's Who?

God the Father

Christians serve a Triune God, meaning he is three-in-one. God is one but exists in three persons: God the Father, God the Son, and God the Holy Spirit. God the Father is Spirit, all-knowing, all-powerful, and eternal.¹

Paul, an apostle—not from men, nor through man, but through Jesus Christ, and God the Father, who raised him from the dead—² and all the brothers who are with me, to the assemblies of Galatia: [³Grace to you and peace from God the Father and our Lord Jesus Christ, ⁴who gave himself for our sins, that he might deliver us out of this present evil age, according to the will of our God and Father—⁵to whom be the glory forever and ever. Amen.]-----

Who's Who?

Jesus Christ

The Messiah (or anointed one), Jesus was fully God and fully man. He came to earth, lived a perfect life and died a criminal's death on the cross.² In doing so, he took upon himself the punishment we deserved and satisfied the wrath of God, offering forgiveness to all who believe in him as Lord. This is the message that Paul preached to the world.

Memorize This!

Galatians 1:3-5

I marvel that you are so quickly deserting him who called you in the grace of Christ to a different “good news,”⁷ but there isn't another “good news.” Only there are some who trouble you and want to pervert the Good News of Christ.⁸ But even though we, or an angel from heaven, should preach to you any “good news” other than that which we preached to you, let him be cursed.⁹ As we have said before, so I now say again: if any man preaches to you any “good news” other than that which you received, let him be cursed.

Did you know?

Other “Good News”

Many students of Galatians believe these men to be “Judaizers.” They spoke a message that rivaled the true gospel, claiming that people needed to be circumcised to be saved.³

¹⁰For am I now seeking the favor of men, or of God? Or am I striving to please men? For if I were still pleasing men, I wouldn't be a servant of Christ.

Say What!?

Good News:

Other translations say “gospel” and good news is exactly what that means. The gospel is the good news that we can be saved from our sins and live eternally with Jesus when we seek his forgiveness and follow him as our Lord.

Apply This!

This is a great question to ask yourself: Am I seeking the favor of God or men? Our allegiance is to Christ, not people.

¹¹But I make known to you, brothers, concerning the Good News which was preached by me, that it is not according to man. ¹²For I didn't receive it from man, nor was I taught it, but it came to me through revelation of Jesus Christ. ¹³For you have heard of my way of living in time past in the Jews' religion, how that beyond measure I persecuted the assembly of God and ravaged it. ¹⁴I advanced in the Jews' religion beyond many of my own age among my countrymen, being more exceedingly **zealous** for the traditions of my fathers. ¹⁵But when it was the good pleasure of God, who separated me from my mother's womb and called me through his grace, ¹⁶to reveal his Son in me, that I might preach him among the **Gentiles**, I didn't immediately confer with flesh and blood, ¹⁷nor did I go up to Jerusalem to those who were apostles before me, but I went away into Arabia. Then I returned to Damascus.

Did you know?

You can read the conversion story of Paul—how he went from persecuting the church to planting churches—in Acts 9.

Say What!?

Zealous:
Filled with enthusiastic and diligent devotion.⁴

Gentiles

These are people not of the Jewish nation or faith.⁵ Paul had a special mission from God for the gentiles, because the gospel is for all nations.

Where in the World?



Jerusalem

Jerusalem was the capital of Israel where the Temple of the Lord was. This was an important city to Jews, where they worshipped and where their festivals took place. Jesus died outside its city gates.

Arabia

"This was the kingdom of the Nabatean Arabs, extending from Damascus to the Red Sea, including parts of modern Syria, Jordan, Israel, and Saudi Arabia."⁶

Damascus

Still in the same location as the city of Damascus today, this ancient city was a major stop along a common trade route between Jerusalem and Mesopotamia. This was one of the cities of the Decapolis (ten gentile cities).⁷ Mark notes a man saved by Jesus from demon possession preached the gospel here (Mark 5).



Who's Who?



Peter:

Peter was a disciple (or follower of Jesus) who walked with him during his time on the earth. A fisherman from Galilee, Peter was a pillar in the early church. He wrote the books of 1 and 2 Peter,⁸ and many believe that his first-hand account of the life of Jesus is recorded in the book of Mark.⁸ He is known for denying Jesus, but also repenting and leading the early church.

James

The half-brother of Jesus (because Jesus did not have an earthly father) was another pillar in the early church. He became the leader of the church in Jerusalem and likely wrote the book of James.¹⁰

Did you know?

Judea, Galilee, Phoenicia, Syria, Arabia, and Cilicia are all regions. Similar to counties or Parishes in America.

¹⁸Then after three years I went up to Jerusalem to visit Peter, and stayed with him fifteen days. ¹⁹But of the other apostles I saw no one except James, the Lord's brother. ²⁰Now about the things which I write to you, behold, before God, I'm not lying. ²¹Then I came to the regions of Syria and Cilicia. ²²I was still unknown by face to the assemblies of Judea which were in Christ, ²³but they only heard, "He who once persecuted us now preaches the faith that he once tried to destroy." ²⁴So they glorified God in me.

Where in the World?



Syria

This is the broader region containing Damascus, mentioned in a previous note.

Cilicia

Paul was from Tarsus, which was a city in the province of Cilicia. This is in modern-day Turkey.¹¹



Apply This!

Paul couldn't bear that the people of Galatia were deserting the true Gospel to which they had been called. They were running after false teachings and being led astray by people who were claiming they knew the truth. Has this ever occurred in your life?

Our day and age bombards us with messages through social media, influencers, celebrities, and people in our social circles. Some of these messages might be great and uplifting, but many of them aren't. As children of God, we are called to weigh everything against God's Word. Only his Word is true and only his Word can guide us along the path that he has for us. All those other voices and thoughts? They need to be checked. All those other mentors and influencers? Don't let them speak into your life unless you know they are in agreement with the Word of God.

The best way to do this is to know your Bible. Study his Word and know it inside and out. Then, when those voices get loud, you can drown them out with the whisper of Truth.

Try This!

Create your own "Can You Spot the Difference?" picture. Draw one picture and then trace it to make another just like it. On the second, however, leave some stuff out or add something different. See if your friends or siblings can spot the changes.

This was what was happening to the gospel Paul had originally preached: Judaizers were coming in and adding to it the laws of the Old Testament. It takes a keen eye and an understanding of the Bible to spot the difference!

Galatians 2

Chapter 2 of Galatians continues to show that Paul has authority to speak. He was given the revelation of the gospel by God, and he shares about how he was accepted by the other apostles in his mission to the gentiles.

Who's Who?

Barnabas

His name means "Son of Encouragement." Barnabas was known for laying his belongings at the feet of the apostles (Acts 4:36). He was also the first to believe Paul had truly come to follow Jesus. When others were afraid of Paul, he introduced him to the other apostles (Acts 9:27).¹ He is Paul's co-worker in Galatia.

Titus

A Greek man and likely an early convert of Paul (Titus 1:4), Paul probably brought Titus along to show he was a Gentile saved by his faith in Jesus, not by the act of circumcision.²

Say What!?

Circumcised

This was a "physical, visible mark that identified those who bore it as members of Israel, God's chosen people."³

¹Then after a period of fourteen years I went up again to Jerusalem with Barnabas, taking Titus also with me. ²I went up by revelation, and I laid before them the Good News which I preach among the Gentiles, but privately before those who were respected, for fear that I might be running, or had run, in vain. ³But not even Titus, who was with me, being a Greek, was compelled to be circumcised.

⁴This was because of the false brothers secretly brought in, who stole in to spy out our liberty which we have in Christ Jesus, that they might bring us into bondage, ⁵to whom we gave no place in the way of subjection, not for an hour, that the truth of the Good News might continue with you.

⁶But from those who were reputed to be important—whatever they were, it makes no difference to me; God doesn't show partiality to man—they, I say, who were respected imparted nothing to me, ⁷but to the contrary, when they saw that I had been entrusted with the Good News for the uncircumcised, even as Peter with the Good News for the circumcised— ⁸for he who worked through Peter in the apostleship with the circumcised also worked through me with the Gentiles— ⁹and when they perceived the grace that was given to me, James and Cephas and John, those who were reputed to be pillars, gave to Barnabas and me the right hand of fellowship, that we should go to the Gentiles, and they to the circumcision. ¹⁰They only asked us to remember the poor—which very thing I was also zealous to do.

Where in the World?



Antioch

This was the largest city in the province of Syria, and an important hub for the early church.⁴ Here, followers of Jesus were first called Christians (Acts 11:26).



Say What!?

Condemned

To express disapproval of or to judge guilty.⁵

Hypocrisy (hypocrite)

The term used to refer to actors on a stage. These actors wore masks to represent different characters.⁶ Peter showed hypocrisy by acting one way, while believing another, so Paul opposed him.

Sinners

When Paul calls the people "Gentile sinners" he is stating the general attitude Jews had toward Gentiles in this time.⁷ The reality Paul explains is that all are sinners—meaning we "miss the mark," break the boundaries of God's perfect law, or misuse God's good gifts for evil.⁸



Did You Know?

The Law was laid out for Jewish people in the first five books of the Bible, called the Torah. There are 613 laws to be followed, along with instruction on the sacrifices required when one breaks the law.



Say What!?

Faith

Hebrews 11:1 defines faith as "the assurance of this hoped for, proof of things not seen."

Memorize This!

Galatians 2:20

¹¹ But when Peter came to Antioch, I resisted him to his face, because he stood condemned. ¹² For before some people came from James, he ate with the Gentiles. But when they came, he drew back and separated himself, fearing those who were of the circumcision. ¹³ And the rest of the Jews joined him in his hypocrisy, so that even Barnabas was carried away with their hypocrisy. ¹⁴ But when I saw that they didn't walk uprightly according to the truth of the Good News, I said to Peter before them all, "If you, being a Jew, live as the Gentiles do, and not as the Jews do, why do you compel the Gentiles to live as the Jews do?"

¹⁵ "We, being Jews by nature and not Gentile sinners, ¹⁶ yet knowing that a man is not justified by the works of the law but through faith in Jesus Christ, even we believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law, because no flesh will be justified by the works of the law. ¹⁷ But if while we sought to be justified in Christ, we ourselves also were found sinners, is Christ a servant of sin? Certainly not! ¹⁸ For if I build up again those things which I destroyed, I prove myself a law-breaker. ¹⁹ For I through the law died to the law, that I might live to God. **[²⁰ I have been crucified with Christ, and it is no longer I who live, but Christ lives in me. That life which I now live in the flesh, I live by faith in the Son of God, who loved me and gave himself up for me.]** ²¹ I don't reject the grace of God. For if righteousness is through the law, then Christ died for nothing!"

Justified

To free man of the guilt and penalty attached to sin. ⁹ This is an act done by God alone, through Jesus' work on the cross.



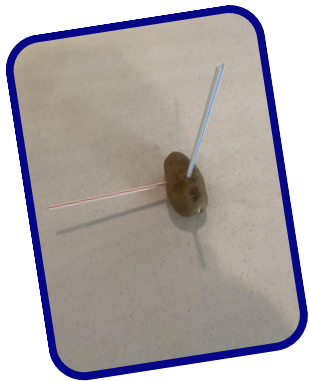
Did you know?

Flesh in this sense doesn't mean skin, but the sinful nature that we are governed by apart from Christ. ¹⁰

Apply This!

Paul is getting to the main part of his argument to the Galatian church: if our works and following the law could save us, then Jesus didn't need to die! You see, the law shows us that we are sinful. It is an impossible task for us to fulfill. Try, just for a day, to not sin. Try not to have a bad thought, a jealous thought, an angry word, a gossipy conversation. Try to obey your parents perfectly or always do the right thing. It won't take the whole day to realize this is impossible. That's why we need a Savior. Our sins deserve death. But Jesus paid the price of our sins when he died on the cross. Since he did this, we are no longer bound by the law. Rather, we are called to live according to the Spirit- the way Jesus teaches us to live.

This is the point of the gospel, dear friends. We cannot earn our salvation by anything we do. If we could, our salvation would be dependent upon us. Instead, we are dependent upon Jesus to be saved. Take rest in that today. You aren't good enough- you can't be. You can't fulfill the law, you can't be perfect. But Jesus is. And he came to rescue us and pay the price of sin on our behalf. Believe in him today, repent and die to your flesh and live to life by the Spirit, and taste salvation.



Try This!

As a way to remember that fulfilling the law would be an impossible task for us, do some "impossible" experiments.

Supplies:

Potato, plastic drinking straw, hard-boiled egg out of its shell, empty Gatorade bottle, lighter, construction paper, print out of the next page, and a parent to supervise.

Impossible Task 1:

Fill out your hypothesis on the printout provided on the next page. Then, attempt to stick the straw into the potato.

Now try it again, but this time, cover the end of the straw with your thumb, and press the other end into the potato. Did it work?

Impossible Task 2:

Get the hard-boiled egg into the Gatorade bottle.

Impossible, right? Now, with a parent to supervise, light the construction paper on fire and quickly place it in the bottle.

Quickly place the egg on the top of the bottle, sealing the opening. Observe what happens.

Intentionally left blank for double-sided printing.

Experiment Notes

Impossible Task 1: Insert a straw into a potato

Hypothesis (What do you think will happen when you try to stick the straw into the potato?):

Observed Result (What actually happened?): :

Attempt two, with your finger over the hole of the straw

Hypothesis:

Observed Result:

Explanation

When you place your finger over the hole in the straw, it traps the air inside the straw. The trapped air makes the straw stiffer, and able to puncture the potato.

Experiment Notes

Impossible Task 2: Get the egg into the bottle

Ideas: Can you think of any ways to make this work? List your ideas, then try them and list your results.

Ideas:

Results:

Experiment:

Now use the instructions listed on the page above to get the egg into the bottle.
Record your observations.

Explanation

The heat trapped in the bottle changes the air pressure, allowing the egg to be sucked into the bottle.

Galatians 3

Into chapter three, Paul gives his reasoning of why justification comes through faith rather than the law. His arguments relies on God's promise to one man. Check it out.

Who's Who?

Spirit

After Jesus' resurrection, he returned to heaven. But he told the disciples to wait for the gift he would send them: the Holy Spirit (Acts 1-2). The Spirit is the third person of the Trinity. He empowers believers (Romans 15:13), he convicts the world (John 16:8), teaches (John 14:26), and so much more.

Abraham

Originally named Abram, he came from Ur in obedience to God. One of the most important historical figures of the Jewish people, Abraham was promised land and descendants as numerous as the stars in the sky (Genesis 15). God also gave him the covenant of circumcision (Genesis 17).

References

- vs 6:** Genesis 15:6
- vs 8:** Genesis 12:3
- vs 10:** Deuteronomy 27:26
- vs 11:** Habakkuk 2:4
- vs 12:** Deuteronomy 21:23

Did you know?

Often in the Bible you'll see "For it is written." When you see this, the writer is referencing another passage in the Bible, often from the Old Testament. I'll highlight their references in a bubble so you can check them out!

Foolish Galatians, who has bewitched you not to obey the truth, before whose eyes Jesus Christ was openly portrayed among you as crucified? ²I just want to learn this from you: Did you receive the Spirit by the works of the law, or by hearing of faith? ³Are you so foolish? Having begun in the Spirit, are you now completed in the flesh? ⁴Did you suffer so many things in vain, if it is indeed in vain? ⁵He therefore who supplies the **Spirit** to you and does miracles among you, does he do it by the works of the law, or by hearing of faith? ⁶Even so, **Abraham** "believed God, and it was counted to him for righteousness." ⁷Know therefore that those who are of faith are children of Abraham. ⁸The Scripture, foreseeing that God would justify the Gentiles by faith, preached the Good News beforehand to Abraham, saying, "In you all the nations will be blessed." ⁹So then, those who are of faith are blessed with the faithful Abraham.

¹⁰For as many as are of the works of the law are under a curse. **For it is written**, "Cursed is everyone who doesn't continue in all things that are written in the book of the law, to do them." ¹¹Now that no man is justified by the law before God is evident, for, "The righteous will live by faith." ¹²The law is not of faith, but, "The man who does them will live by them."

Apply This!

Take a deep breath. I know some of those words might have felt deep and confusing. So let me break it down for you. If you break the law in any way, you are guilty, right? If someone has \$100 and you steal \$1, you're still guilty of stealing, even though you didn't steal it all. If you sin, you're guilty of breaking the whole law, that's what Paul means in verse 10. Because we all break the law, following it can't save us.

Even Abraham, the father of the Jewish faith, didn't have to be circumcised to receive the promise from God, he simply had to have faith. Praise God that we don't have to earn his love but can receive it through grace in the death and resurrection of Jesus!

Say What!?

Redeem:

To recover ownership by paying a specific sum.¹ Jesus redeemed us with the highest cost: his blood on the cross.

Covenant

A covenant is a promise. This wasn't a casual pinky promise but was sworn on their life. If one side failed to honor the covenant, they could be punished with death.²

Mediator

A person who serves to reconcile differences between two parties.³ The mediator of the law was Moses. He was the "go between." He spoke to God on behalf of the Israelites and spoke to the Israelites on behalf of God. The promise to Abraham, however, had no mediator. It was God alone. Making the promise better than the law.³

¹³ Christ redeemed us from the curse of the law, having become a curse for us. For it is written, "Cursed is everyone who hangs on a tree," ¹⁴ that the blessing of Abraham might come on the Gentiles through Christ Jesus, that we might receive the promise of the Spirit through faith.

¹⁵ Brothers, speaking of human terms, though it is only a man's covenant, yet when it has been confirmed, no one makes it void or adds to it. ¹⁶ Now the promises were spoken to Abraham and to his offspring. He doesn't say, "To descendants", as of many, but as of one, "To your offspring", which is Christ. ¹⁷ Now I say this: A covenant confirmed beforehand by God in Christ, the law, which came four hundred thirty years after, does not annul, so as to make the promise of no effect. ¹⁸ For if the inheritance is of the law, it is no more of promise; but God has granted it to Abraham by promise.

¹⁹ Then why is there the law? It was added because of transgressions, until the offspring should come to whom the promise has been made. It was ordained through angels by the hand of a mediator. ²⁰ Now a mediator is not between one, but God is one.

²¹ Is the law then against the promises of God? Certainly not! For if there had been a law given which could make alive, most certainly righteousness would have been of the law. ²² But the Scripture imprisoned all things under sin, that the promise by faith in Jesus Christ might be given to those who believe.

Apply This!

Do you notice that Paul doesn't say the law is useless? In fact, in another letter, he explains that the law was necessary for us to have a knowledge of sin (Romans 3:20). You see, the law can't change us and make us righteous, it can only point out where we go wrong. Like road signs and speed limits can't make a person a good driver, but they can make it clear who drives well and who doesn't. The law is our road sign, one that tells us we don't measure up. Thankfully, we have the promise that comes through faith. Nothing you can do can earn the promise; it's a gift you receive from the mediator of the New Covenant. Jesus is the "go-between" who reconciles us to God- his sacrifice makes us right before God when we submit to him as Lord.

Have you been trying to work your way to heaven? Find peace in the truth that the work is already done by Jesus. Run to him, cling to him, and trust in his saving grace.



Did you know?

Tutor here was used in the Greek to mean a person that cared for a child until puberty. The tutor was to keep the child from physical and moral harm. The law is like this- a babysitter. One that can check us and teach us the rules but can't change our inward desires. Inward change only comes through Jesus.⁴



Say What!? Baptized

In the early church, baptism was the first step in the faith of a believer. It represents the believer's participation in the death and resurrection of Christ- dying to your old life and being raised to new life.⁵ This is still done today, by dunking the believer in water.

Heirs

One that inherits the estate of another.⁶ When we put on Christ, we are adopted by God, becoming his children, and are made his heirs- ones who will inherit the promise.⁷

Memorize This!

Galatians 3:29

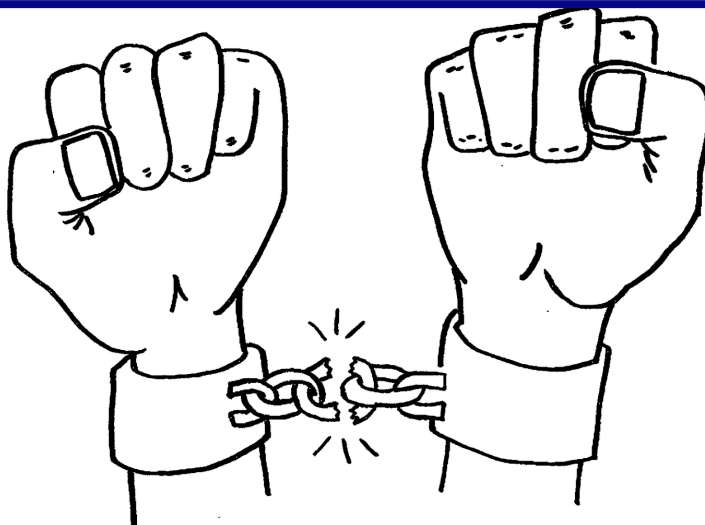
²³ But before faith came, we were kept in custody under the law, confined for the faith which should afterwards be revealed. ²⁴ So that the law has become our tutor to bring us to Christ, that we might be justified by faith. ²⁵ But now that faith has come, we are no longer under a tutor. ²⁶ For you are all children of God, through faith in Christ Jesus. ²⁷ For as many of you as were baptized into Christ have put on Christ. ²⁸ There is neither Jew nor Greek, there is neither slave nor free man, there is neither male nor female; for you are all one in Christ Jesus. [²⁹ If you are Christ's, then you are Abraham's offspring and heirs according to promise.]

Apply This!

So what does it mean to "put on" Christ? How do we have him as a mediator? Let's look to Paul's example- Abraham. Abraham believed God and that was what was credited to him as righteousness. He had faith. Abraham also spent time in the presence of the Lord. We are called to do the same. The more time we spend with God, the more we understand what he desires of us and what it looks like to "put on" Christ. Putting on Christ is living as Jesus did: it's loving enemies, it's showing forgiveness, it's walking in obedience to the Father, it's spending time with God, it's walking in the freedom of the forgiveness Christ offers. This is a lifelong growth. It takes time, but it bears fruit.

Try This!

Color this picture of chains breaking to help you remember that followers of Jesus are freed from the bondage of the law.



Galatians 4

In chapter four, Paul builds on his argument of freedom in Christ, rather than the bondage of the law. He uses both Greek family ideals and stories from Israel's history to defend his position.



Say
What!?

Bondservant

This is another word for a slave or someone who works without pay.¹



Did you
know?

Children had to wait until the proper time to inherit what belonged to them.²

The Savior needed to be fully human to break the curse, so Jesus was born to a woman. He also was born a Jew, meaning he³ was subject to the law.

But I say that so long as the heir is a child, he is no different from a bondservant, though he is lord of all,² but is under guardians and stewards until the day appointed by the father.³ So we also, when we were children, were held in bondage under the elemental principles of the world.⁴ But when the fullness of the time came, God sent out his Son, born to a woman, born under the law,⁵ that he might redeem those who were under the law, that we might receive the adoption as children.⁶ And because you are children, God sent out the Spirit of his Son into your hearts, crying, "Abba, Father!"⁷ So you are no longer a bondservant, but a son; and if a son, then an heir of God through Christ.

⁸ However at that time, not knowing God, you were in bondage to those who by nature are not gods. ⁹ But now that you have come to know God, or rather to be known by God, why do you turn back again to the weak and miserable elemental principles, to which you desire to be in bondage all over again? ¹⁰ You observe days, months, seasons, and years. ¹¹ I am afraid for you, that I might have wasted my labor for you.

Here, Paul is referring to Jewish feasts and festivals. Interestingly enough, Paul claims that these observances are like walking back into slavery.⁴

Paul's first trip to Galatia likely happened during his ministry travels of Acts 13-14. He went, not because he intended to plant a church there, but because he was sick.⁵

¹² I beg you, brothers, become as I am, for I also have become as you are. You did me no wrong,¹³ but you know that because of weakness in the flesh I preached the Good News to you the first time.¹⁴ That which was a temptation to you in my flesh, you didn't despise nor reject; but you received me as an angel of God, even as Christ Jesus.

¹⁵ What was the blessing you enjoyed? For I testify to you that, if possible, you would have plucked out your eyes and given them to me. ¹⁶ So then, have I become your enemy by telling you the truth? ¹⁷ They zealously seek you in no good way. No, they desire to alienate you, that you may seek them. ¹⁸ But it is always good to be zealous in a good cause, and not only when I am present with you.

¹⁹ My little children, of whom I am again in **travail** until Christ is formed in you— ²⁰ but I could wish to be present with you now, and to change my tone, for I am perplexed about you.

Say What!?
Travail
To feel the pains of childbirth. Paul is stating that he is striving with effort and anguish for the Galatians to understand the truth. ⁶

Who's Who?

Hagar

Hagar was Sarah's maidservant whom she gave to Abraham to have children for her. Sarah, however, eventually bore Isaac, the child of the promise. You can find her story in Genesis 16 and 21.

Where in the World?

Mount Sinai

A mountain in the Sinai Peninsula, Mount Sinai is where Moses received the law. ⁷

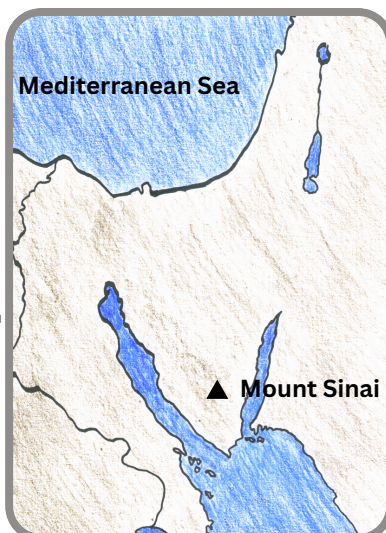
Did You Know?

This is the hope of heaven, also called the "New Jerusalem." ⁸

²¹ Tell me, you that desire to be under the law, don't you listen to the law? ²² For it is written that Abraham had two sons, one by the servant, and one by the free woman. ²³ However, the son by the servant was born according to the flesh, but the son by the free woman was born through promise. ²⁴ These things contain an allegory, for these are two covenants. One is from Mount Sinai, bearing children to bondage, which is **Hagar**. ²⁵ For this Hagar is **Mount Sinai** in Arabia, and answers to the Jerusalem that exists now, for she is in bondage with her children. ²⁶ But the Jerusalem that is **above** is free, which is the mother of us all. ²⁷ For it is written,

"Rejoice, you barren who don't bear.
Break out and shout, you who don't travail.

For the desolate women have more children than her who has a husband."



Reference:
Isaiah 54:1

Who's
Who?



Isaac

The promised child born to Abraham and Sarah, the family line of Israel comes through him.

He is known for almost being sacrificed by his dad (Genesis 22), and fathering Jacob (who would later be named Israel) and Esau (Genesis 25, 27).

²⁸ Now we, brothers, as Isaac was, are children of promise. ²⁹ But as then, he who was born according to the flesh persecuted him who was born according to the Spirit, so also it is now. ³⁰ However, what does the Scripture say? "Throw out the servant and her son, for the son of the servant will not inherit with the son of the free woman." ³¹ So then, brothers, we are not children of a servant, but of the free woman.

Reference:

Genesis 21:10

Apply This!

2 Corinthians 5:17 says, "Therefore if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new." You see, in Christ, you are made new, made free. We are free from the burden of the law, because it was never something we could fulfill. We are free from the penalty of death that our sins have cost us, because it was paid by Jesus. We are free from a life of bondage- not just to the law, but to sin itself, because Christ, by the power of his Holy Spirit, makes us new creations. Yes, you'll still fall short. Sometimes your flesh will win the tug of war. But we have a gracious Savior who is faithful and just to forgive us of our sins and cleanse us from unrighteousness when we confess our sins to him (1 John 1:9). You, dear children, are free!

Try This!

Coming to Jesus is truly the ultimate rags-to-riches story. We were slaves to our old ways, to our flesh and to sin, but we are made free in Christ. We go from slavery to heirs by his incredible sacrifice on the cross and his resurrection. We are adopted, not just by a king, but by the King of kings!

Supplies

Old rags or t-shirts, needle, thread.

Take old rags or t-shirts and quilt them together. Turn old, used things into something new- a beautiful creation!

Try This!
Adoption Card Game

If sewing isn't your thing, play a new version of "War."

Supplies:

Two decks of cards with different backs (I have a red deck and a blue deck for instruction purposes).

Instructions

- Using two decks of cards with different backs, choose one deck to play with. (Blue for me). With my blue deck, I will remove all the kings and replace them with Kings from the red deck. Red will represent my trump cards (they are the highest). Also set aside all Jacks and Queens from the red deck, they will be used during the game.
- Equally distribute the blues cards with red Kings between you and your opponent.
- Play war with your opponent according to the usual rules: both players flip a card, the highest card takes both and places them in their pile. If there is a match of cards, draw three cards and flip the final card. Highest card takes them all. In this game, Aces are ones.
- The twist is this: If a red card King is played by Player One and either a Jack or Queen is played by Player Two, Player One's King "adopts" Player Two's Jack or Queen, turning them into trump. If this happens, replace the Jack or Queen from the blue deck with the same Jack or Queen from the red deck. Player One will place both his king and his adopted heir into his pile. Now, he has more trump. Continue playing until one player has all the cards.

Galatians 5

In chapter 5, Paul speaks on what it means to live by the Spirit, because sometimes when we are faced with freedom after a life of bondage, we don't quite understand what to do with that freedom.

[Stand firm therefore in the liberty by which Christ has made us free, and don't be entangled again with a yoke of bondage.] -----

Memorize This!
Galatians 5:1

² Behold, I, Paul, tell you that if you receive circumcision, Christ will profit you nothing. ³ Yes, I testify again to every man who receives circumcision that he is a debtor to do the whole law. ⁴ You are alienated from Christ, you who desire to be justified by the law. You have fallen away from grace. ⁵ For we through the Spirit, by faith wait for the hope of righteousness. ⁶ For in Christ Jesus neither circumcision nor uncircumcision amounts to anything, but faith working through love.

⁷ You were running well! Who interfered with you that you should not obey the truth? ⁸ This persuasion is not from him who calls you. ⁹ A little yeast grows through the whole lump. ¹⁰ I have confidence toward you in the Lord that you will think no other way. But he who troubles you will bear his judgment, whoever he is.

Did you know?

Faith alone saves us, but it never leaves us the same, our faith is shown through our love.¹ See James 2:14-25 for more on this.

Apply This!

Jesus also mentioned yeast when referring to the Pharisees and Sadducees (teachers of the law) in Matthew 16:5-12. He wanted his disciples to be cautious of who and what they listened to. You see, we can easily be led astray and influenced. Sometimes these people will be well-meaning, other times they will desire to lead you astray from the truth. It can be easy to think, "Oh this show just has a few bad parts in it" or "This music is mostly good." But just as a false teaching was spreading through the Galatian church, messages contrary to God's Word are all around us. Put on your guard, good students! Ask for wisdom to see if there is any yeast interfering with obedience to the truth, then, toss that yeast out!

Did you know?

The idea of Jesus dying on a cross was a stumbling block for the Jews because of Deuteronomy 21:23, which Paul mentioned in chapter 3 to the Galatians.² Because the Jews couldn't see that Jesus took the curse upon himself, they struggled to believe in the grace and redemption offered by the cross.

¹¹ But I, brothers, if I still preach circumcision, why am I still persecuted? Then the stumbling block of the cross has been removed. ¹² I wish that those who disturb you would cut themselves off.

¹³ For you, brothers, were called for freedom. Only don't use your freedom as an opportunity for the flesh, but through love be servants to one another. ¹⁴ For the whole law is fulfilled in one word, in this: "You shall love your neighbor as yourself." ¹⁵ But if you bite and devour one another, be careful that you don't consume one another.

Reference:
Leviticus 19:18

Apply This!

Paul calls on the Galatians, and us, not to use our freedom as an opportunity for the flesh. Just because we are free from the burden of the law, doesn't mean that we should do whatever we want. Think of it this way: your parents sent you into the store with money to buy the fruits and vegetables you needed for dinner. But as you walk through the aisles, you see candy and other goodies. You think to yourself, "Well, they gave me the money. Why not do what I want with it?" What do you think your parents' reaction will be when you go back to them and only have candy to show? Our works cannot save us, but our love and thankfulness to Christ for what he has saved us from should result in a desire to please him. We are no longer slaves to the law, but slaves to Christ! And since he is the one who has freed us, we can trust that his commands are good and good for us, even if we don't always understand.

¹⁶ But I say, walk by the Spirit, and you won't fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, that you may not do the things that you desire. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the deeds of the flesh are obvious, which are: adultery, sexual immorality, uncleanness, lustfulness, ²⁰ idolatry, sorcery, hatred, strife, jealousies, outbursts of anger, rivalries, divisions, heresies, ²¹ envy, murders, drunkenness, orgies, and things like these; of which I forewarn you, even as I also forewarned you, that those who practice such things will not inherit God's Kingdom.

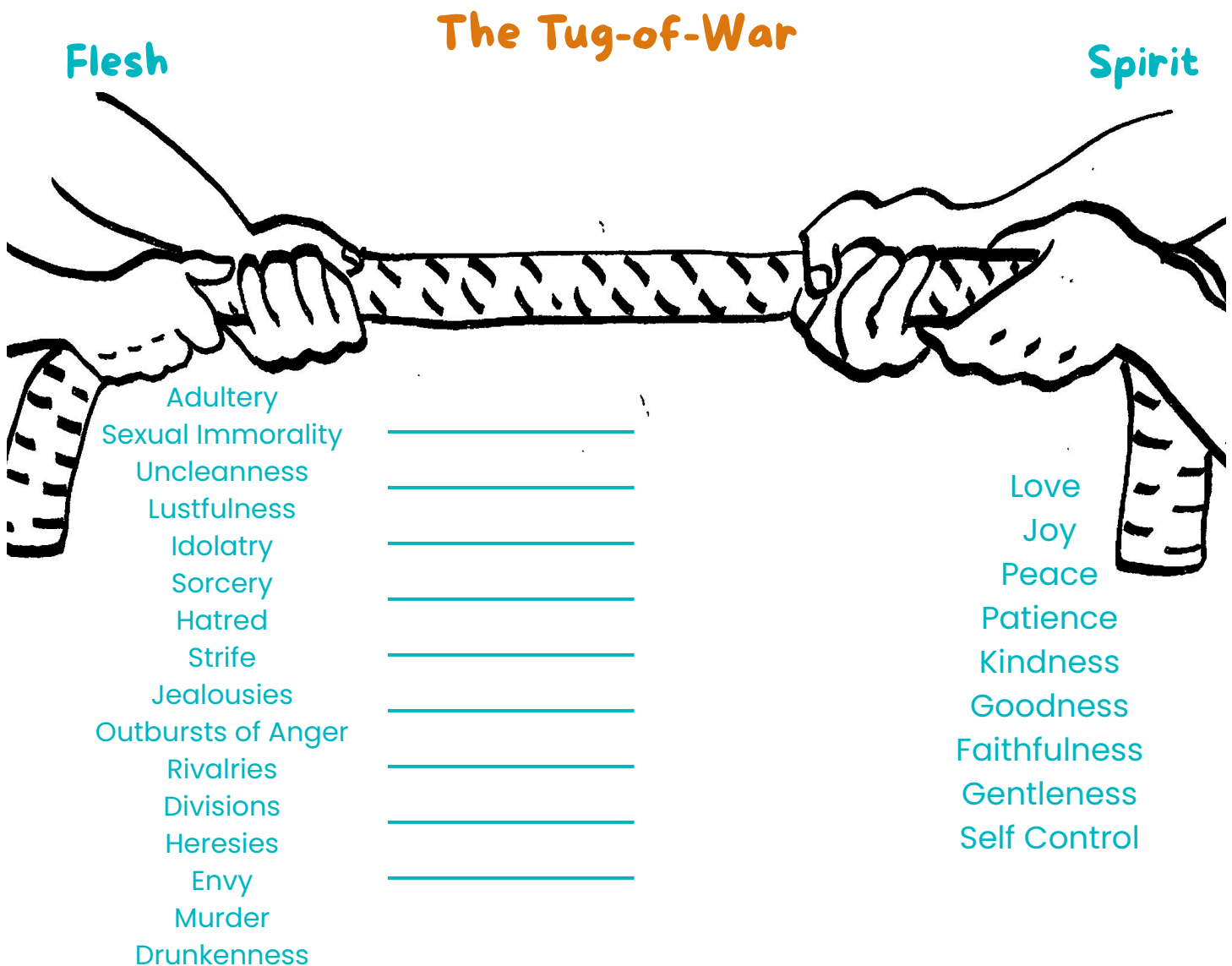
Memorize This!
Galatians 5:1

²² [But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith,^[a] ²³ gentleness, and self-control. Against such things there is no law.] ²⁴ Those who belong to Christ have crucified the flesh with its passions and lusts.

²⁵ If we live by the Spirit, let's also walk by the Spirit. ²⁶ Let's not become conceited, provoking one another, and envying one another.

Try This!

We have a great tug of war when we are believers in Christ. Part of us wants to live our old way, and part of us wants to live the new way- for Christ. We are torn between the flesh and the Spirit. The good news is, the more we submit our lives to the Spirit, the more the desires of our flesh die off. Through the power of the Holy Spirit, we can grow, pray, understand God's Word, seek other Christians to hold us accountable, and kill off our flesh. These are Paul's list of "flesh" desires. Which would you add that you struggle with? Ask God for help in overcoming those today!



Galatians 6

Paul closes his letter with final warnings and instructions to the Galatians, calling us to live a life of the Spirit in love.

Say What!?

The law of Christ most likely refers to the law of love, where we are called to love our neighbor as ourselves (Gal. 5:14). Jesus said the law was summed up in loving God and loving our neighbors (Matt. 22:39).¹

Brothers, even if a man is caught in some fault, you who are spiritual must restore such a one in a spirit of gentleness, looking to yourself so that you also aren't tempted. ² Bear one another's burdens, and so fulfill the law of Christ. ³ For if a man thinks himself to be something when he is nothing, he deceives himself. ⁴ But let each man examine his own work, and then he will have reason to boast in himself, and not in someone else. ⁵ For each man will bear his own burden.

Apply This!

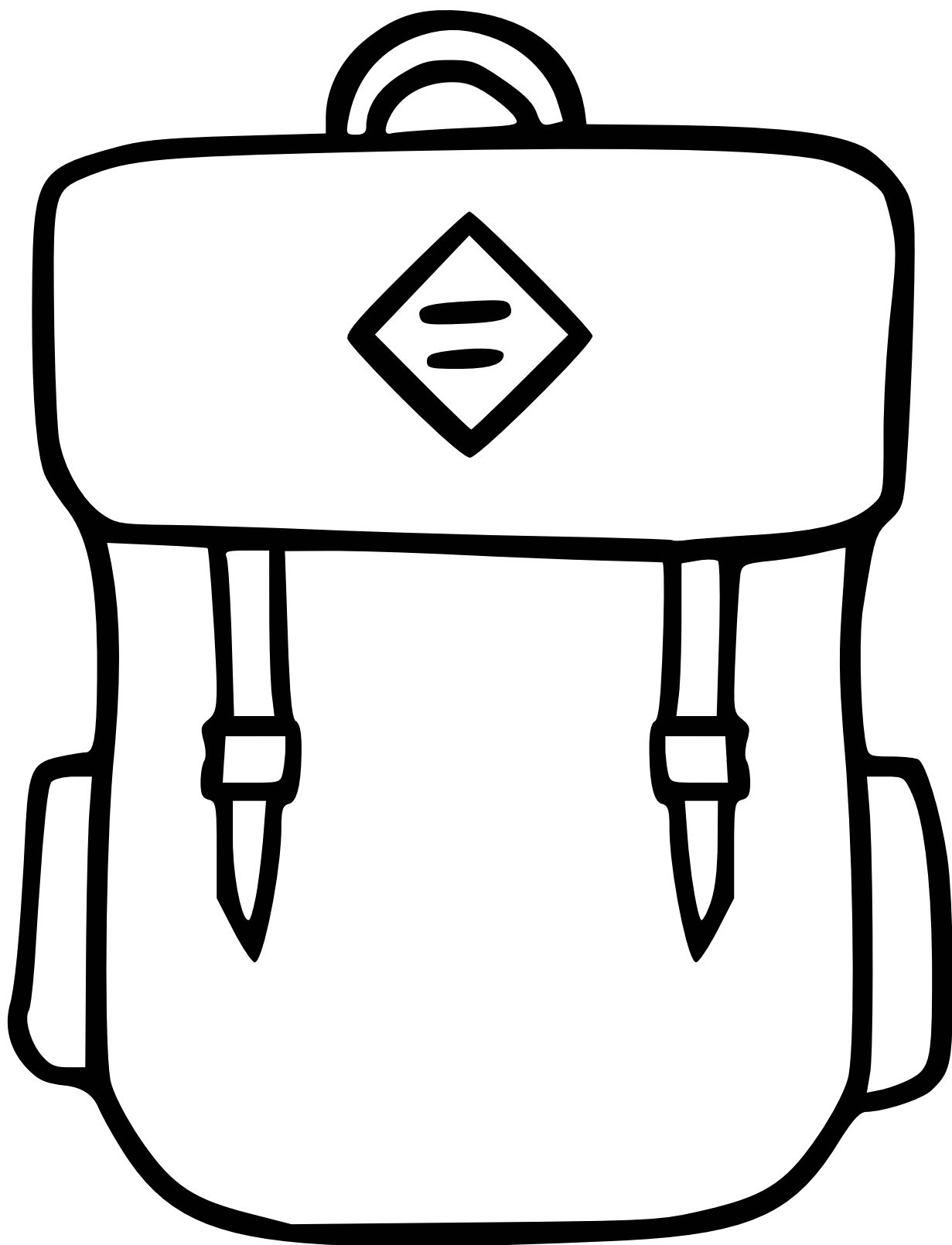
Verse 2 and verse 5 both use the word burden. However, the Greek words (the New Testament was originally written in Greek) are two separate words. The first where we are called to bear other's burdens is a word that means beyond a normal capacity to bear. This is a heavy burden, and we are meant to share the burdens of others. The second burden, where we should bear our own, is more like a soldier's pack. Some scholars argue Paul was trying to encourage the Galatians to fulfill their duties as soldiers of Christ, rather than comparing themselves to others and falling into pride.²

Try This:

If you are a follower of Christ, you are also a soldier for Christ. To this day, service members bring packs to training exercises and deployments. These packs are formed by a list given from command, which tells them what to bring and how much. Make your own soldier pack list, but for your Christian walk. What would you need to put in it? What needs to be left out? What should you bring to help you on your mission for Christ? You can either make a physical pack, or use the printout on the next page to draw what you would put in your pack.

Intentionally left blank for double-sided printing.

Soldier Pack



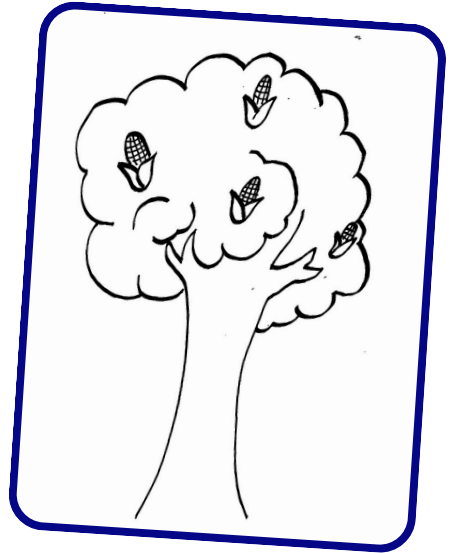
Intentionally left blank for double-sided printing.

⁶ But let him who is taught in the word share all good things with him who teaches.

⁷ Don't be deceived. God is not mocked, for whatever a man sows, that he will also reap. ⁸ For he who sows to his own flesh will from the flesh reap corruption. But he who sows to the Spirit will from the Spirit reap eternal life. ⁹ Let's not be weary in doing good, for we will reap in due season if we don't give up. ¹⁰ So then, as we have opportunity, let's do what is good toward all men, and especially toward those who are of the household of the faith.

Apply This!

You would never expect a tree to grow corn, would you?! No! That would be crazy! You reap what you sow! Paul wants us to know if we sow in the flesh, we reap corruption. Great fruit doesn't just appear. But when we sow in the Spirit, we reap eternal life. So what is your life sowing? What seeds are you scattering and watering?



Say What!?

Persecuted:

To be oppressed or harassed with ill-treatment. Christians throughout history have undergone all kinds of persecution, from unkind words to even death.

¹¹ See with what large letters I write to you with my own hand. ¹² As many as desire to make a good impression in the flesh compel you to be circumcised, just so they may not be persecuted for the cross of Christ. ¹³ For even they who receive circumcision don't keep the law themselves, but they desire to have you circumcised, so that they may boast in your flesh. ¹⁴ But far be it from me to boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. ¹⁵ For in Christ Jesus neither is circumcision anything, nor uncircumcision, but a new creation. ¹⁶ As many as walk by this rule, peace and mercy be on them, and on God's Israel.



Did you know?

In the ancient world, scars could sometimes be seen as marks of loyalty. We learn a little about some of the persecutions and sufferings that Paul endured in his mission to spread the gospel in 2 Corinthians 11:16–33.⁴

¹⁷ From now on, let no one cause me any trouble, for I bear the marks of the Lord Jesus branded on my body.

¹⁸ The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.

Works Cited

Introduction

1. Radmacher, 1514–1515
2. Arnold, Volume 3, 265
3. Arnold, Volume 3, 266
4. Radmacher, 1514
5. Arnold, Volume 3, 267

Chapter 1

1. Connelly & Manser, 59–60
2. Connelly & Manser, 17–30
3. Arnold, Volume 3, 267–268
4. “zealous,” AHD, 1405
5. “gentile” AHD, 554
6. Radmacher, 1518
7. Arnold, Volume 2, 290
8. ASB, 2011
9. ASB, 1620
10. Radmacher, 1662
11. Map Book, 59

Chapter 2

1. Arnold, Volume 2, 251
2. McKnight, 83
3. Thielman, 167
4. Radmacher, 1520
5. “condemned” AHD, 306
6. Radmacher, 1221
7. Arnold, Volume 3, 279
8. Connelly & Manser, 112–113
9. “Justify,” AHD, 695
10. Arnold, Volume 3, 39–40

Chapter 3

1. “redeemed,” AHD, 1036
 2. Ross, 312–313
 3. “mediator,” AHD, 781
 4. Radmacher, 1522
 5. McKnight, 198
 6. “Heir,” AHD, 603
- Arnold, Volume 3, 284

Chapter 4

1. “bondservant,” AHD, 195
2. Radmacher, 1523
3. Radmacher 1523
4. Fung 192
5. Arnold, Volume 3, 285–286
6. “travail,” Blue Letter Bible
7. Radmacher, 1525
8. Radmacher, 1525

Chapter 5

1. Arnold, Volume 3, 289
2. Arnold, Volume 3, 290

Chapter 6

1. Radmacher, 1528
2. Arnold, Volume 3, 293
3. “persecuted,” AHD, 925
4. Arnold, Volume 3, 295

Bibliography

All Bible passages are from the W.E.B. Translation, a free, public domain translation.

Clinton E., et al. *Zondervan Illustrated Bible Backgrounds Commentary: Volume 2 John and Acts*. Grand Rapids, Michigan. Zondervan, 2002. Print. Cited as "Arnold, Volume 2" for clarification purposes.

Clinton E., et al. *Zondervan Illustrated Bible Backgrounds Commentary: Volume 3 Romans to Philemon*. Grand Rapids, Michigan. Zondervan, 2002. Print. Cited as "Arnold, Volume 3" for clarification purposes.

Connelly, Douglas, and Martin Manser. *Christianity for Blockheads: A User-Friendly Look at What Christians Believe*. Zondervan, 2009.

Fung, Ronald Y. K. *New International Commentary on the New Testament: Epistle to the Galatians*. Grand Rapids, Michigan. Wm. B. Eerdmans Publishing Co., 1988. Print.

"G5605 - Ὠδινῶ - Strong's Greek Lexicon (KJV)." Blue Letter Bible, www.blueletterbible.org/lexicon/g5605/kjv/tr/0-1/. Accessed 19 June 2025.

McKnight, Scot. *NIV Application Commentary: Galatians*. Grand Rapids, Michigan. Zondervan, 1995. Print.

NIV Archaeological Study Bible: An Illustrated Walk Through Biblical History and Culture: New International Version. Zondervan, 2005. Abbreviated ASB for citation purposes.

Radmacher, Earl D., et al. *Nelson's New Illustrated Bible Commentary*. T. Nelson Publishers, 1999.

Rose Publishing. *Deluxe Then and Now Bible Maps: New and Expanded Edition*. Rose Pub INC, 2021.

Ross, Allen P. *Creation and Blessing: A Guide to the Study and Exposition of Genesis*. Baker Books, 2000. Print.

The American Heritage Dictionary, Second Edition. Boston, MA., Houghton Mifflin Company, 1982. Print.. Abbreviated AHD for citation purposes.

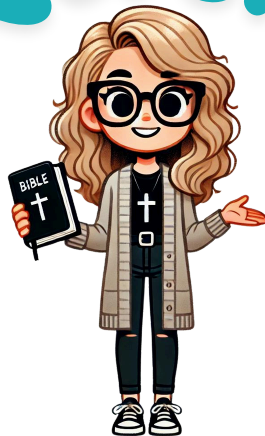
Thielman, Frank. *NIV Application Commentary: Philippians*. Grand Rapids, Michigan. Zondervan, 1995. Print.

Thanks for downloading!

I hope you enjoyed this Bible Study Buddy. I
will be working on more in the coming
weeks and months!

For other free Bible resources and
Sunday School Lesson plans, visit
KatieTheSundaySchoolLady.com

Katie



The Sunday
School Lady