

—SOPHRON STUDIES—

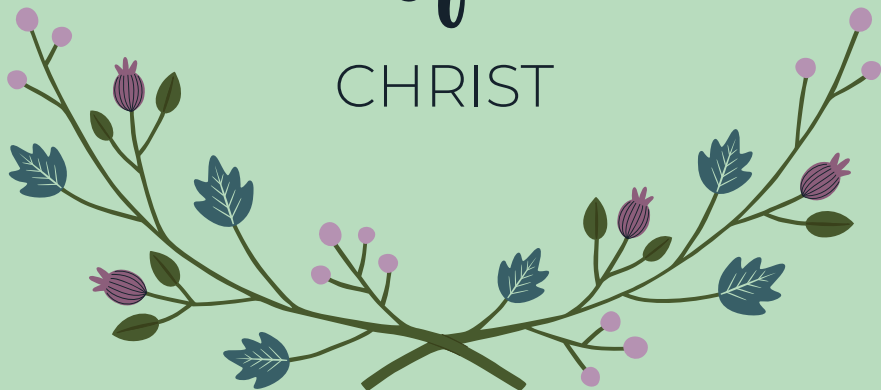
Keri Folmar, Series Editor

# *Galatians*

REDEEMING GRACE  
AND THE CROSS

*of*

CHRIST



MELISSA MCPHAIL  
LISA MENCHINGER



# *Galatians*

Redeeming Grace and the Cross of Christ

*Sophron Studies*

Sound Doctrine...Sound Thinking...Sound Living

Keri Folmar, Series Editor

MELISSA MCPHAIL  
LISA MENCHINGER

**CruciformPress**

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“I know Melissa and Lisa personally and commend them for their love for the word of God and their commitment to equipping women with the truth of Scripture. They are also excellent students and teachers of the Bible. These studies are full of good insight, good wisdom, and good questions. They will serve the church well.”

**Kevin DeYoung**, Senior Pastor, Christ Covenant Church (Matthews, NC), Assistant Professor of Systematic Theology, Reformed Theological Seminary (Charlotte)

“*Galatians: Redeeming Grace and the Cross of Christ* engages the mind and heart of a woman. Its inductive method provides accessible questions and tools that help equip women not only to think biblically about the freedom that Christ offers us in this New Testament epistle, but also the encouragement to live these truths out in the context of community.”

**Karen Hodge**, Coordinator of Women’s Ministries for the Presbyterian Church in America, and author of *Life-Giving Leadership* and *Transformed: Life-Taker to Life-Giver*

“This is a great inductive study through the book of Galatians. It takes you deep into Scripture as you explore the transformative power of the gospel in Paul’s life and his parental affection for the Galatian church. Paul’s ministry reminds us to consider whose approval we are seeking... that of man or God? Through this study you will grow in your understanding of God and his work of justification and sanctification, as well as our adoption into a glorious relationship with him. I commend to you this rich study of the book of Galatians.”

**Teresa Caldwell**, Director of Women’s Ministries at Christ Covenant Church (Matthews, NC)

“The stated goal of *Galatians: Redeeming Grace and the Cross of Christ* is to enable the Bible student to understand sound doctrine which leads to sound thinking, inevitably producing sound living. Thus, the authors intend not so much to teach Scripture as to teach how to study Scripture. In so doing, they help the student develop a reasonable method for understanding the meaning of Scripture. The authors encourage students of the Bible to discover that God’s Word when rightly understood will infallibly lead to the One who is the Way, the Truth, and the Life. In doing this they echo Isaiah’s refrain, ‘this is the way, walk ye in it.’ (Isaiah 30:21)”

**Rev. Michael A. Braun**, Th.M.

# Welcome!

We're so glad you're starting this study of Galatians! This is an inductive study. If this method is unfamiliar to you, don't worry. This book will provide you with simple directions at every step.

This study is ideal for use in a group setting but can also be helpful for personal Bible study. You will study one portion of Scripture at a time, beginning with the first verse of Paul's letter to the Galatians and continuing to the end. The Sophron Series approach to Bible study ensures proper context, so in the pages that follow you will not merely study Galatians, you will also see how it fits into other key sections of Scripture.

What will you get out of this study? Much of that depends on you. The Bible is first and foremost about God, and he gave us the Bible so we could know him. Therefore, the proper goal of Bible study is not merely to gain more Bible knowledge. Rather, by that knowledge and the empowering of the Holy Spirit, we come to better know God himself!

So think of your participation in this study as triggering a sowing-and-reaping principle. As we sow the Word of God into our hearts and minds, we advance in *sound doctrine*, *sound thinking*, and *sound living*. We reap a greater knowledge and closer experience of God himself, rejoicing in our hope of eternal life (Titus 1:2) and growing in the grace and knowledge of our Lord and Savior Jesus Christ (2 Peter 3:14).

It is our prayer that through this study your roots will begin to grow deep into God's love and his Word. For roots to grow deep, there must be cultivation—the hard work of tilling, sowing, pruning, and watchfulness. Deep spiritual roots take time, effort, and dependence on Almighty God! Be patient and enjoy your time with the Lord as you interact with Jesus Christ, the Word.

We would love to hear from you as you learn to study inductively and come to better know our Lord through Galatians. Visit our website at [www.sophronstudies.com](http://www.sophronstudies.com) and send us an email! Now, enjoy *Galatians: Redeeming Grace and the Cross of Christ*.

– Melissa McPhail and Lisa Menchinger

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Melissa McPhail and Lisa Menchinger, longtime members of Christ Covenant Church in Matthews NC, are the founders and authors of the Sophron Series.

Lisa has been a Children's Ministry Director, a Board Member of a Pregnancy Resource Center, and currently serves on the women's leadership team at Christ Covenant. She has been studying Scripture and teaching women for more than 25 years. She and her husband have three young-adult children and a son-in-law.

Melissa is a women's Bible study teacher, mentor, and leader for women's ministries. She is married to John and they have four sons. She has been a stay-at-home mom for 19 years.

This is the first Sophron Study to be published by Cruciform Press.

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*Galatians: Redeeming Grace and the Cross of Christ*

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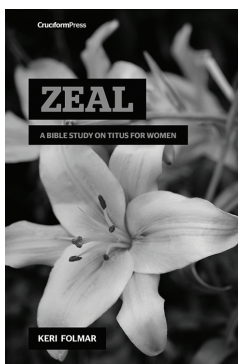
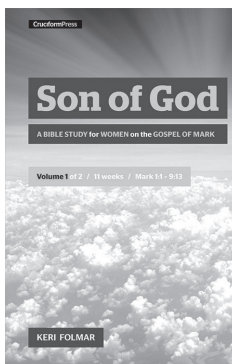
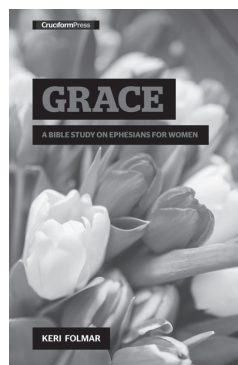
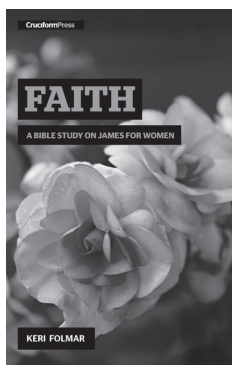
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# Delight in the Word

*Don't miss these fully inductive Bible studies for women from Keri Folmar!*

Endorsed by Kristi Anyabwile, Connie Dever, Gloria Furman, Kathleen Nielson, and Diane Schreiner, the *Delight in the Word* series currently consists of six volumes covering Philippians, James, Ephesians, the Gospel of Mark (two-volume set), and Titus.

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# Sophron Studies

Sound Doctrine...Sound Thinking...Sound Living

Sophron Studies is a Reformed, inductive, in-depth approach to the study of God's Word. *Sophron* (pronounced so-frone) is the Greek word for a sound mind. It is curbing one's desires and impulses with self-control and temperance. As believers, we need to be women who study and delight in God and his Word, women who train to have a mind centered on God and renewed by truth (Romans 12:1-2).

A *sophron* mind is God's design for every believer. A *sophron* woman has a wise and sound mind and uses sound judgment; she cultivates prudence and exercises restraint over all her thoughts, whims, plans, passions, and pursuits of desire. A *sophron* woman trains to conform her mind to Jesus Christ: she is single-minded.

A woman who is not *sophron* could indulge impure and irrational thoughts; she may allow her mind to wander without caution. The mindless woman becomes a forgetful hearer (James 1:25), is sluggish in her walk (Hebrews 6:12), and one who moves away from the hope of the gospel of our Lord Jesus Christ (Colossians 1:23).

Who is the *sophron* woman? Who is the woman who is not? If we are not training our thinking to be captivated with our Savior, we end up divided in our thinking, unstable, and fearful. The sober-minded woman can become unrestrained in her mind when she is angered or fearful.

The *sophron* woman and the un-*sophron* woman could indeed be the same woman.

Sophron Studies is designed to encourage you to stay focused on our only hope, Jesus Christ! Make it a habit to set your mind on the things above (Colossians 3:1-2). Study diligently to know him through his Word, to be a woman of a sound *sophron* mind.

## The Process of Study

### S — Survey

Read prayerfully, with purpose. Read to survey, or gain an overview—to lay the contextual foundation (per the lesson's instruction). There are guided surveys throughout the study to aid your overview.

### O — Observation

Observe only the basic facts by looking at specific questions in the lessons. Questions will guide you to consider: What is the context? Who is it about? Why? When did this happen? How?

### P — Particulars

Study the details of a given section of Scripture through interpretation by way of cross-references, lists, charts, and defining words in the original Greek or Hebrew language. (The Appendix, "Guide to Word Studies," provides additional guidance.)

### H — Harmonization

Begin to better understand the harmony or context of the passage as the author intended. Begin also to connect parts of Scripture to see the Bible as a whole. Context is crucial to understanding!

### R — Reiteration

This is an important exercise that requires you to summarize what you have learned. To rewrite, recap, and recount what you have learned—to own the section of Scripture you have studied.

### O — Obedience

How does what you have learned affect you? Agree and accept God's Word as truth. How will you apply that truth to your life? How will the biblical author's message enable you to have a higher view of God? Sound doctrine will lead to sound thinking, which will be evidenced in sound living. Obedience is application, and application is obedience.

### N — Nourishment

The Word of God is the milk that we are to long for (1 Peter 2:2), and it is solid food for the mature who, because of practice, have their senses

trained to discern good and evil (Hebrews 5:14). God's Word nourishes your soul and progressively makes you more like Jesus Christ as you practice his Word.

## **Before You Begin: How to Use This Book**

Throughout the sixteen lessons of *Galatians: Redeeming Grace and the Cross of Christ* there will be instructions directing you to annotate, color-code, and mark the text of Galatians. Therefore, having your own printed copy of Galatians will aid in a more effective study as you respond to and interact with the Word of God.

Please visit [www.blueletterbible.org](http://www.blueletterbible.org) or [www.biblegateway.com](http://www.biblegateway.com) to print your own copy of the Galatians text (chapters one through six) in the ESV for your personal use. However, if you prefer, you may simply use your Bible and mark as you feel comfortable.

When using this book in a group context, complete each lesson individually, prior to attending your group time. We suggest that your group meet weekly and that there be an appointed facilitator to guide your group as you review together what you have seen in Scripture. The *For Further Study* sections included for some lessons are optional and intended to advance your understanding of the passages just studied.

## **Recommended Materials**

There are many modern-day translations of the Bible. Which one most accurately conveys the true meaning? It's best to choose a more-literal translation rather than one that tends to paraphrase Scripture. We very much prefer, for example, the English Standard Version (ESV) as opposed to paraphrases such as the New Living Translation (NLT) or The Message.

Your study of Galatians will be greatly enhanced by the use of sound, reliable study aids. We strongly encourage you to have the following resources and tools available to you as you work through this book.

## Online

- [www.blueletterbible.org](http://www.blueletterbible.org) (extensive Bible-study resources for free)
- *optional* — [www.biblestudytools.com](http://www.biblestudytools.com)
- *optional* — [www.biblegateway.com](http://www.biblegateway.com)

## One or More of These Commentaries on Galatians

- *Galatians For You*, by Timothy Keller
- *The MacArthur New Testament Commentary on Galatians*, by John MacArthur
- *The Message of Galatians*, by John Stott

## One or More of These Study Bibles

- *The Reformed Study Bible* (our favorite)
- *ESV Study Bible*
- *MacArthur Study Bible*

## Supplemental Books (*optional*)

- Bible atlas
- Bible dictionary
- Interlinear Bible

## Marking Tools

Pens or highlighters in six colors (we recommend red, orange, yellow, green, and two shades of blue)

# Book Survey

## Lesson One: Galatians 1:1 – 6:18

### Part One: First Impressions

This week's lesson is about observing the facts written in the letter to the Galatians. This is a *survey* to get an overview of the entire book. Begin with prayer, asking the Holy Spirit to teach you. Read through the six chapters of Galatians (using your own printed copy). Answer the following questions.

1. What are your first impressions?
2. What words are repeated?
3. What are the themes in the book?
4. Who is the author?
5. Who are the recipients?

## Part Two: God

Read through Galatians again.

1. What do you learn about God from each chapter?

Chapter One	Chapter Two	Chapter Three

2. Review the chart above. Circle the fact that stands out to you the most.

Chapter Four	Chapter Five	Chapter Six

### **Part Three: Author**

Read through Galatians. Look for information about the author.

1. List brief facts about the author (i.e., where he is, what he is doing, and why) to get a general idea of who wrote to the Galatians.
  
  
  
  
  
  
  
  
  
  
2. Does the author have pastoral qualities? Which ones do you recognize? Why do they seem important?

### **Part Four: Recipients**

Read Galatians again.

1. What is going on with the Galatians? Where are they? Think about their culture: what are they doing, how are they doing it, and why?
  
  
  
  
  
  
  
  
  
  
2. What information is told about the churches of Galatia? Do some research on the web or in a Bible resource book for information about the region of Galatia.

### **Part Five: Purpose**

Read through Galatians to discover Paul's purpose(s) for writing. Look for language such as *as for this reason, so that, in order to, for, because, therefore, nevertheless, indeed, so*.



1. Why did Paul write this letter?

2. Prayerfully think through the purpose of this letter and the issue of adding to faith in Jesus Christ. Why would anyone feel compelled to add to what he did?

3. Consult a commentary, reading only the introduction to Galatians. Please do not read further than the introduction as we do not want to spoil our study in the days ahead. When was this letter written? What other background information did you find that aids in your understanding of Galatians.

---

### For Further Study

## The Galatians Heard the Good News

*But now that you have come to know God,  
or rather to be known by God.  
—Galatians 4:9*

Read Acts 14:1–28.

1. What did Paul and Barnabas do in the Galatian region?

2. Before Paul went to the Galatian region, he was doing ministry work nearby. Why did Paul and Barnabas leave Iconium?
  
3. How did God use persecution and resistance to advance the gospel for his glory?
  
4. What happened at Lystra (Acts 14:8–18)?
  
5. What did Paul do as he recovered from being stoned nearly to death (Acts 14:20)?
  
6. What did Paul do in Derbe (Acts 14:21)?
  
7. How does Paul describe the qualifications for church leadership in Titus 1:6–9?
  
8. Where did Barnabas and Paul go before they set sail for Antioch of Syria (Acts 14:24–28)?
  
9. What does Luke conclude about Paul's first missionary journey (Acts 14:16, 27–28)?
  
10. Is the apostle Paul certain the Galatians clearly heard and understood the gospel?

# The Gospel of Christ

## Lesson Two: Galatians 1

### Part One: Survey

Prayerfully read Galatians chapter one.

1. What words are repeated in chapter one?
2. Read chapter one and mark in red every reference to God (Father, Jesus Christ, Holy Spirit). Fill in the chart with facts about God from this chapter.

Father	Son	Holy Spirit
<i>Father</i>  <i>Raised Jesus Christ from the dead</i>	<i>Jesus Christ</i>  <i>Was raised from the dead/resurrected. Lord.</i>	

3. Based on the facts in the chart above, describe God. Who is he?
  
  
  
  
  
  
  
  
  
  
4. What information does Paul tell us about himself? Note every time Paul is mentioned in chapter one and color-code his name and any reference to his name (pronouns) in light blue. Record below all that he wanted the Galatians to know about him.
  
  
  
  
  
  
  
  
  
  
5. Note every time the author says *you/your* or any other reference to the recipients (i.e., brothers). Color any reference to the recipients in orange. What information does Paul reveal about the recipients?
  
  
  
  
  
  
  
  
  
  
6. What information is presented about false teachers in chapter one?
  
  
  
  
  
  
  
  
  
  
7. What is the main verse that best summarizes this chapter? How would you title chapter one?

## Part Two: God

Read Galatians chapter one.

1. What stands out to you about God? What did you learn about God that you did not know before?
2. How does Paul describe Jesus to the recipients of his letter (1:1-5)?
3. Have you ever introduced someone to Jesus Christ in this way? How do we typically present Christ to someone?
4. Why do you think Paul began the letter with Christ's resurrection?  
Read Acts 2:24.
5. Spend some time meditating on these truths of God. How will you praise him?

## Part Three: Author

Read Galatians chapter one.

1. How does Paul identify himself? Why do you think he begins the letter this way?

2. Define *apostle* 652. (This is your first word study! Please note, if these are new to you and it seems challenging at first, see “Guide to Word Studies,” at the end of the workbook. Word studies get easier with practice!)

3. How does Paul explain how he became an apostle? How did he *not* become an apostle? How does this compare with Mark 3:14-19?

4. What is significant about Paul being an apostle? If Paul was not recognized as an apostle among the Galatians, what would that indicate about his message?

5. What is Paul preaching? What facts does Paul present to the Galatians about the gospel?

## **Part Four: Recipients**

1. You have read chapter one multiple times now. Are you beginning to understand what was going on with the recipients? Why was Paul challenging them, even rebuking them?

2. What was Paul's sense of urgency in writing this letter? Do you think his concern was for his own reputation?

3. Paul was challenging his readers with the gospel. Why would these believers still need to be confronted with the gospel?

4. Why do you need to be continuously confronted with the gospel?

5. Read Acts 14:1-7. What areas make up the Galatian region?

## **Part Five: Greeting and Worship**

1. Does this letter have the same typical greeting and introduction as Paul's other letters? Choose a few of these introductions to read to see how Galatians compares: Romans 1:1-2, 1 Corinthians 1:1-3, 2 Corinthians 1:1-2, Ephesians 1:1-2, Philippians 1:1-2, Colossians 1:1-2, 1 Thessalonians 1:1-2, and 2 Thessalonians 1:1.

2. What can we conclude about why Paul began the letter to the Galatians this way?

3. You've been studying this letter for two weeks. How do you feel about the foundation built by surveying the facts about the churches in Galatia? What questions come to mind concerning Paul, the Judaizers, or the Galatians?

4. In what way do you relate to the Galatians?

5. We study to know God, ascribing to God his "Worth-ship." Spend time meditating and praying for what God has done and what he is still doing.



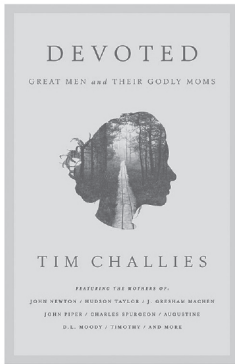
# Paul Preaches Christ

## Lesson Three: Galatians 1:1–10

### Part One: Introductions

Read Galatians 1:1–10.

1. Why did Jesus give himself for our sins?
  - a. Define *deliver* 1807.
  - b. Who is glorified because you were delivered?
2. From what have Christians been delivered? See Matthew 6:13, Colossians 1:13–14, and 1 Thessalonians 1:10.
3. What were the Galatians doing to astonish Paul (cross-reference 4:9–10, 20–21)?



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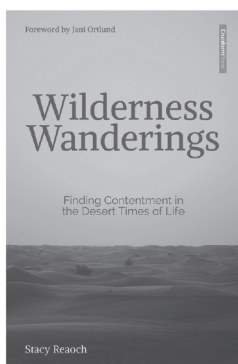
**Kimberly Wagner, author, *Fierce Women***

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**Gloria Furman, author, *Missional Motherhood* and *Treasuring Christ When Your Hands Are Full***



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**Bruce and Jodi Ware**, Southern Seminary

“Consider this delightful devotional your must-have guide for any season of wandering.”

**Erin Davis**, author and blogger

“Stacy Reaoch is a gifted guide for real joy in hard places.”

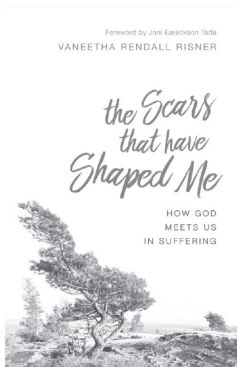
**David Mathis**, executive editor, *desiringGod.org*; pastor; author

“A tonic for the soul....biblically faithful, spiritually challenging, and encouraging. A wonderful resource for both personal reading and for group discussion.”

**Tom and Diane Schreiner**, Southern Seminary

“A guidebook through these barren and difficult paths, and a drink of cool water for the weary traveler.”

**Megan Hill**, author; editorial board member, *Christianity Today*



## **The Scars That Have Shaped Me** *How God Meets Us in Suffering*

Vaneetha Rendall Risner  
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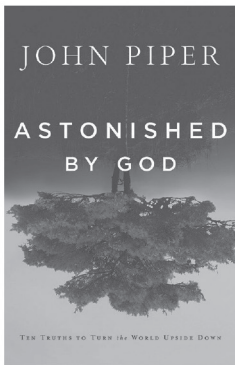
“Raw, transparent, terrifying, and yet amazingly hopeful!”  
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**John Piper, author of *Desiring God* and many other books**

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**Paul Tripp, pastor, author, international conference speaker**

““I could not put this book down, except to wipe my tears. Vaneetha’s testimony of God’s kindness to her in pain was exactly what I needed; no doubt, many others will feel the same. It has helped me process my own grief and loss, and given me renewed hope to care for those in my life who suffer in various ways.”  
**Gloria Furman, author, *Missional Motherhood; Alive in Him***

“Vaneetha Risner’s credibility makes us willing to lean in and listen. Her writing is built on her experience of deep pain, and in the midst of that her rugged determination to hold on to Christ.”  
**Nancy Guthrie, author, *Hearing Jesus Speak into Your Sorrow***

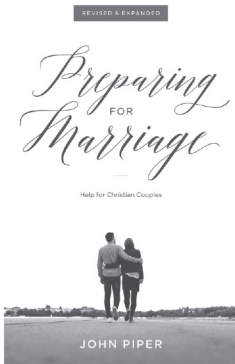


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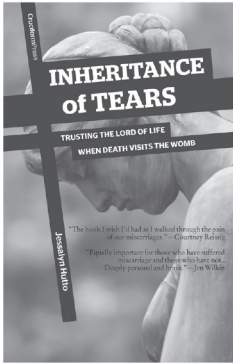


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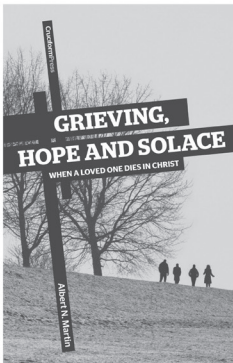


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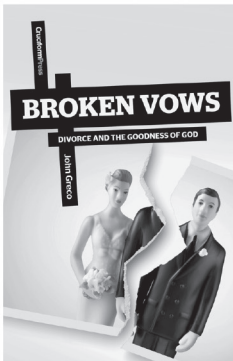


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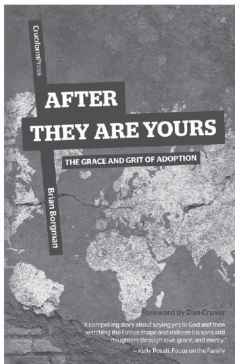


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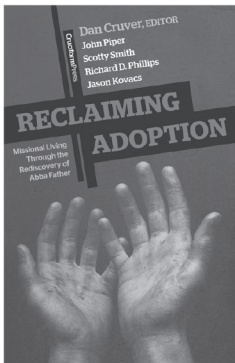


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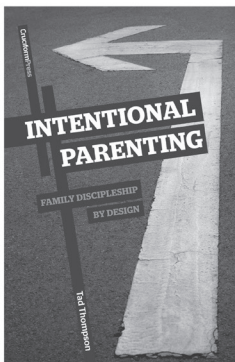


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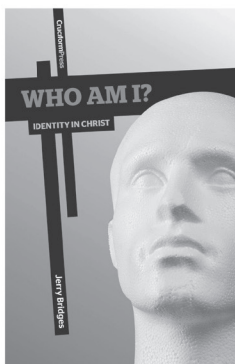


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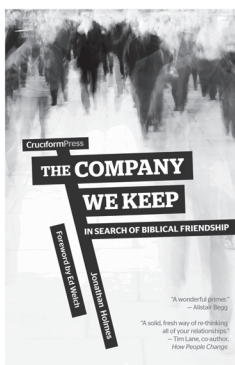


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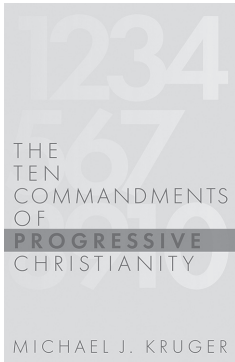
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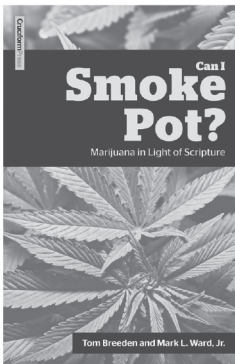


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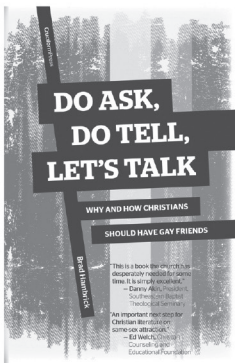


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