

# FRUIT OF THE SPIRIT

SMALL GROUP PARTICIPANT GUIDE



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# Welcome

**HIGHER CHARACTER** — Living by the Spirit, is a small group Bible study exploring the Fruit of the Holy Spirit. In a world that often pulls us in every direction, this study is an opportunity to slow down, dive into God's Word, and discover how love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control can transform your daily life.







# Session 1

## VIDEO

In this week's video, Ps Mary Capper shares with us what is required to live a life that bears fruit, beginning with love.


## DISCUSSION

- Today's message emphasized that the Fruit of the Spirit is Spirit-produced but human partnered. What does this partnership look like in practical terms in your daily life?
- What would your spiritual garden look like if you let Him pull the weeds? What weeds in your life might be hindering the growth of spiritual fruit?
- The passage from 1 Corinthians 13:7-10 describes love in very specific ways. Which aspect of this description challenges you the most?
- How might cultivating that description of love change your relationships?

## KEY TAKEAWAYS

1. Spiritual fruit doesn't grow accidentally; it requires intentional cultivation.
2. We can't produce the Fruit of the Spirit through our own efforts alone; we need to partner with the Holy Spirit.
3. Love, as the first fruit mentioned, sets the foundation for all other spiritual fruits.
4. Abiding in Christ is essential for bearing lasting spiritual fruit.

## HOMEWORK

- Read and apply Practical Applications from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
- 



# Notes

# PRACTICAL APPLICATION

## DAILY ABIDING

Commit to spending 10-15 minutes each day this week in quiet reflection or prayer, focusing on "abiding" in Christ.

## INTENTIONAL SURRENDER

Identify one area of your life where you tend to rely on your own efforts rather than the Spirit's guidance. Practice surrendering this area to God daily.

## SCRIPTURE MEMORIZATION

Work on memorizing John 15:16-17 throughout the week. Share your memorization techniques with the group next time you meet.

## LOVE IN ACTION

Choose one aspect of love from 1 Corinthians 13 to intentionally practice each day. Keep a journal of your experiences and challenges.



# Homework

## KEY SCRIPTURE

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23 NIV



## QUESTIONS

Read Galatians 5:16-18. How do you experience the conflict between the flesh and the Spirit in your daily life?

Paul lists nine fruits of the Spirit in Galatians 5:22-23. Which of these do you find most challenging to cultivate, and why?

Jesus says in John 15:16 that He chose and appointed us to bear fruit that remains. What do you think it means for spiritual fruit to 'remain', and how can we ensure our impact lasts?



# Devotional Section

DAY 1



**CULTIVATING THE FRUIT OF LOVE**

**| READING: JOHN 15:1-17**

Just as a gardener tenderly cares for their plants, God desires to cultivate love within us. In John 15, Jesus uses the metaphor of a vine and branches to illustrate our relationship with Him. When we remain connected to Jesus, the true vine, His love flows through us naturally. Today, reflect on areas of your life where you may have become disconnected from God's love. Are there relationships or situations where you struggle to show Christ-like love? Ask the Holy Spirit to prune away anything hindering your connection to the vine and to nourish the roots of love in your heart. Remember, you didn't choose God, but He chose you to bear fruit that will last.

## REFLECTION





# Devotional Section

DAY 2



**WALKING BY THE SPIRIT**

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**READING: GALATIANS 5:16-26**

Paul presents a stark contrast between living by the flesh and walking by the Spirit. The internal conflict he describes is one we all face daily. When we try to produce spiritual fruit through our own efforts, we often end up frustrated and exhausted. Today, pay attention to moments when you feel pulled between your natural inclinations and the Spirit's leading. Instead of relying on willpower, practice surrendering each decision to God. Ask Him to empower you to choose patience over irritation, kindness over indifference, and self-control over indulgence. As you yield to the Spirit's guidance, watch how He begins to produce His fruit in your life effortlessly.

## REFLECTION





# Devotional Section

DAY 3



**LOVE THAT TRANSFORMS**

**| READING: 1 CORINTHIANS 13:1-13**

The love described in 1 Corinthians 13 seems almost superhuman – and that's because it is. This kind of love can only come from God Himself working through us. As you read this passage, allow its words to search your heart. Which aspects of love do you find most challenging? Perhaps it's not keeping a record of wrongs, or always protecting and persevering. Bring these areas before God in prayer. Ask Him to heal any wounds or fears that may be hindering you from loving fully. Remember, we love because He first loved us. Meditate on God's unconditional love for you, and let it overflow to others today.

## REFLECTION





# Devotional Section

DAY 4



**BEARING FRUIT IN EVERY SEASON**

**| READING: PSALM 1:1-6 &**

**JEREMIAH 17:7-8**

These passages paint a beautiful picture of a person whose life is deeply rooted in God – like a tree planted by streams of water, bearing fruit in every season. Even in times of drought, their leaves remain green. Consider the seasons of your own life. Have there been times when you felt spiritually dry or unproductive?

Remember that fruit-bearing is a process that requires patience and trust. Today, focus on deepening your roots through prayer, Scripture meditation, and worship. Trust that as you remain connected to the living water of God's presence, He will produce fruit in His perfect timing – fruit that nourishes others and glorifies Him.

## REFLECTION





# Devotional Section

DAY 5



**FROM CHOSEN TO FRUITFUL**

| **READING: EPHESIANS 1:3-14 &**

**COLOSSIANS 1:9-14**

These passages remind us of our identity in Christ – chosen, adopted, redeemed, and sealed by the Holy Spirit. This is the foundation from which all spiritual fruit grows. When we truly grasp the depth of God's love and the richness of our inheritance in Him, it transforms how we live. Today, let these truths sink deep into your soul. You are not striving to earn God's favor; you already have it in Christ. From this place of security, ask God to fill you with the knowledge of His will. Pray for spiritual wisdom to understand how He wants to bear fruit through your unique gifts and circumstances. As you go about your day, look for opportunities to let His love, joy, peace, and other fruits of the Spirit flow through you to bless others.

## REFLECTION





# Session 2

## VIDEO

In this week's video, Isaac Pyo shares how Christian joy is not based on circumstances but on our relationship with Christ.


## DISCUSSION

- How would you define joy? How does the sermon's definition of Christian joy differ from the world's understanding of joy?
- Share a time when you experienced joy during a difficult circumstance. How did your faith play a role in that experience?
- How does the promise of heaven as our true home affect the way we live our lives on earth? Does it change our priorities or perspectives?
- In light of the message on joy, how can we as Christians better demonstrate and share this joy with others in our daily lives and interactions?

## KEY TAKEAWAYS

1. Christian joy is not based on circumstances but on our relationship with Christ.
2. True joy is produced by the Holy Spirit, not by our own efforts.
3. Our identity as sons of God gives us privileges and an inheritance in Christ.
4. The promise of heaven provides hope and perspective for our earthly lives.

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
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# Notes



# PRACTICAL APPLICATION

## DAILY REFLECTION

Spend time each day meditating on your identity in Christ and the promises of heaven. How might this practice influence your joy?

## JOY JOURNAL

Start a journal where you record moments of joy, big or small. Reflect on how these moments relate to your faith and relationship with God.

## HOLY SPIRIT AWARENESS

This week, intentionally pause throughout your day to invite the Holy Spirit to produce more joy in your life. Be attentive to His promptings and guidance.

## SCRIPTURE MEMORIZATION

Commit to memorizing Philippians 4:4 this week. Recite it when facing challenges or negative emotions.

# Homework

## KEY SCRIPTURE

Rejoice in the Lord always; again I will say, rejoice.  
Philippians 4:4 (NKJV)



## QUESTIONS

How does the concept of Christian joy as 'a deep delight in the soul' differ from worldly happiness? In what ways have you experienced this type of joy in your own life?

Reflect on Paul's command to 'Rejoice in the Lord always'. What practical steps can we take to obey this instruction, especially during difficult times?

What role does the Holy Spirit play in producing joy in our lives? How can we be more open to His work?

A large, empty white rectangular box with rounded corners, intended for writing answers to the questions.



# Devotional Section

DAY 1



**THE SOURCE OF TRUE JOY**

**| READING: GALATIANS 5:22-23 &**

**JOHN 15:9-11**

As we begin this journey exploring Christian joy, let's reflect on its true source. The apostle Paul lists joy as a fruit of the Spirit, indicating that it's not something we can manufacture on our own, but rather a divine gift. Jesus himself speaks of joy as something that comes from abiding in His love. Today, consider the difference between fleeting happiness based on circumstances and the deep, abiding joy that comes from a relationship with Christ. How might your perspective shift if you viewed joy not as an emotion to chase, but as a natural outflow of walking closely with God? Take time to pray, asking the Holy Spirit to cultivate this fruit in your life.

## REFLECTION







# Devotional Section

DAY 2



**ADOPTED INTO GOD'S FAMILY  
& ROMANS 8:14-17**

**READING: GALATIANS 4:4-7**

Today we focus on our identity as adopted children of God. This incredible truth is at the heart of Christian joy. Reflect on the lengths God went to in order to make you His child - sending His own Son to redeem you. Consider the privileges this adoption brings: intimacy with God as Father, freedom from slavery to sin, and status as an heir to His kingdom. How does knowing you are God's beloved child impact your daily life? Are there areas where you still live as if you were a slave rather than a son or daughter? Take a moment to thank God for your adoption, and ask Him to help you live fully in the freedom and joy of your new identity.

## REFLECTION



# Devotional Section

DAY 3



**JOY IN THE MIDST OF SUFFERING** | **READING: HEBREWS 12:1-3  
& JAMES 1:2-4**

One of the most powerful aspects of Christian joy is its ability to coexist with sorrow and pain. Today's readings remind us that even Jesus endured the cross "for the joy set before him." This doesn't mean we ignore or minimize our suffering, but rather that we can find deep joy even in difficult circumstances because of our hope in Christ. Reflect on a challenging situation in your life right now. How might viewing it through the lens of joy change your perspective? Ask God to strengthen your faith and help you see beyond your current struggles to the joy that awaits.

## REFLECTION





# Devotional Section

DAY 4



**BEARING FRUIT IN EVERY SEASON**

| **READING: PSALM 1:1-6 &**

**JEREMIAH 17:7-8**

These passages paint a beautiful picture of a person whose life is deeply rooted in God – like a tree planted by streams of water, bearing fruit in every season. Even in times of drought, their leaves remain green. Consider the seasons of your own life. Have there been times when you felt spiritually dry or unproductive?

Remember that fruit-bearing is a process that requires patience and trust. Today, focus on deepening your roots through prayer, Scripture meditation, and worship. Trust that as you remain connected to the living water of God's presence, He will produce fruit in His perfect timing – fruit that nourishes others and glorifies Him.

## REFLECTION





# Devotional Section

DAY 5



**FROM CHOSEN TO FRUITFUL**

**| READING: EPHESIANS 1:3-14 &**

**COLOSSIANS 1:9-14**

These passages remind us of our identity in Christ – chosen, adopted, redeemed, and sealed by the Holy Spirit. This is the foundation from which all spiritual fruit grows. When we truly grasp the depth of God's love and the richness of our inheritance in Him, it transforms how we live. Today, let these truths sink deep into your soul. You are not striving to earn God's favor; you already have it in Christ. From this place of security, ask God to fill you with the knowledge of His will. Pray for spiritual wisdom to understand how He wants to bear fruit through your unique gifts and circumstances. As you go about your day, look for opportunities to let His love, joy, peace, and other fruits of the Spirit flow through you to bless others.

## REFLECTION





# Session 3

## VIDEO

In this week's video, Patrick Lander shares how to live peace filled in a chaotic world.


## DISCUSSION

- How does the idea that peace is a fruit of the Spirit, rather than something we create ourselves, change your perspective on finding peace?
- The message distinguishes between being peaceful and being peace-filled. How do you see these two aspects of peace playing out in your own life?
- Can you share an experience where you felt peace despite challenging circumstances? What helped you maintain that peace?
- How might our peace serve as a testimony to others, especially in difficult situations?

## KEY TAKEAWAYS

1. Peace is a fruit of the Spirit, not something we can manufacture on our own.
2. There's a difference between being peaceful (external) and peace-filled (internal).
3. Peace with God is the foundation for being peace-filled and peaceful with others.
4. Being peace-filled is possible even in difficult circumstances.
5. Peace is not the absence of trouble, but our state within the circumstances.

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
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# Notes

# PRACTICAL APPLICATION

## PEACE AUDIT

Take some time this week to evaluate areas in your life where you lack peace. Bring these before God in prayer, asking for His peace to fill those areas.

## PEACE-FILLED RESPONSE

Identify one relationship or situation where you struggle to be peaceful. Pray for God's help to respond with peace, and take a specific action to bring peace to that situation.

## GRATITUDE JOURNAL

Start a daily practice of writing down three things you're thankful for, focusing on God's presence and work in your life. This can help cultivate a peace-filled perspective.

## MEMORIZATION CHALLENGE

Commit to memorizing Philippians 4:4-7 this week. Share it with the group next time you meet.



# Homework

## KEY SCRIPTURE

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7 (NIV)



## QUESTIONS

How might your perspective on troubles and conflicts change if you truly embraced Jesus' words in John 16:33 that 'In this world you will have trouble'?

How does Paul's example of finding peace amid extreme hardships challenge or inspire your own approach to difficulties?

What does it mean for you personally to experience 'the peace of God, which transcends all understanding' (Philippians 4:7), and how might this impact your daily life?



# Devotional Section

DAY 1



## FINDING PEACE IN GOD'S PRESENCE | READING: PHILIPPIANS 4:4-7

In a world filled with chaos and uncertainty, God offers us a peace that surpasses all understanding. Today's passage reminds us that true peace isn't found in perfect circumstances, but in the perfect presence of God. As you read, reflect on areas of your life where anxiety or worry has taken root. How might bringing these concerns to God in prayer, with thanksgiving, change your perspective? Remember, the Lord is near, even in your most turbulent moments. Practice centering your thoughts on His presence today, allowing His peace to guard your heart and mind in Christ Jesus.

### REFLECTION



# Devotional Section

DAY 2



GRACE THAT LEADS TO PEACE

| READING: GALATIANS 1:3-5

Paul often opened his letters with a greeting of "grace and peace." This wasn't just a polite salutation, but a profound theological statement. Grace - God's unmerited favor - is the foundation for the peace we experience in our relationship with Him. As you meditate on today's passage, consider how Jesus' sacrifice has "rescued us from the present evil age." How does this grace impact your daily life? In what ways can you extend this grace-filled peace to others, especially in situations of conflict or tension? Let the reality of God's grace transform your interactions today, fostering peace in your relationships.

## REFLECTION





# Devotional Section

DAY 3



PEACE AMIDST SUFFERING



READING: ROMANS 5:1-5

One of the most counterintuitive aspects of Christian faith is finding peace - even joy - in the midst of suffering. Today's reading challenges us to see our trials through the lens of spiritual growth. Reflect on a current struggle in your life. How might God be using this difficulty to produce perseverance, character, and hope in you? Remember, this hope doesn't disappoint because it's grounded in God's love, poured into our hearts through the Holy Spirit. Ask God to help you maintain His peace even as you navigate life's challenges, trusting that He is working all things for your good.

## REFLECTION





# Devotional Section

DAY 4



THE FRUIT OF PEACE

| READING: GALATIANS 5:22-23

Peace is listed among the fruit of the Spirit - evidence of God's work in our lives. Unlike worldly peace, which is often dependent on external factors, the peace of the Spirit flows from within. As you ponder this passage, consider how peace relates to the other fruits mentioned. How might love lead to peace? How does self-control contribute to a peaceful life? Ask the Holy Spirit to cultivate His peace in your heart today. Look for opportunities to be a peacemaker in your interactions with others, allowing God's peace to flow through you into the world around you.

## REFLECTION





# Devotional Section

DAY 5



**FIXING OUR EYES ON JESUS | READING: HEBREWS 12:1-3**

Our sermon emphasized the importance of keeping our focus on Jesus, especially when life feels chaotic. Today's passage echoes this, urging us to "fix our eyes on Jesus, the pioneer and perfecter of faith." Visualize yourself running the race of faith, with Jesus as your focal point. What "weights" or distractions are slowing you down? How can you more intentionally center your life on Christ? Remember Jesus' endurance in the face of opposition and draw strength from His example. As you navigate your day, practice turning your gaze to Jesus in moments of stress or uncertainty, allowing His peace to permeate your spirit.

## REFLECTION



# Session 4

## VIDEO

In this week's video, Nathan Rainey shares how to cultivate patience, the fruit of spiritual endurance.


## DISCUSSION

- In what ways can trials and testing produce perseverance in our lives? Can you share a personal experience where a challenge led to spiritual growth?
- Reflecting on Saul's impatience, what are the consequences of acting hastily instead of waiting on God's timing in our own lives?
- In what ways does humbling ourselves under God's hand relate to developing patience? How might pride hinder our ability to wait on God?
- How does the hope of Christ's return influence our patience in daily life? In what areas do you find it challenging to maintain this perspective?

## KEY TAKEAWAYS

1. Biblical patience involves long-suffering and perseverance.
2. God's patience extends grace and withholds judgment, setting an example for us.
3. Enduring trials can make us more like Christ.
4. Patience requires humbling ourselves to God's timing and maintaining hope in Christ's return.
5. Impatience can lead to missed blessings and opportunities in our spiritual lives.

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
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# Notes



# PRACTICAL APPLICATION

## PAUSE & PRAY

Practice the "Hold your horses" principle this week. When you feel impatient, pause and pray before reacting.

## PATIENCE JOURNAL

Keep a "patience journal" for one week, noting situations where you practiced patience and the outcomes.

## PATIENCE AUDIT

Identify an area in your life where you struggle with patience. Create a specific plan to work on it (e.g., setting reminders, accountability partner).

## MEMORIZATION CHALLENGE

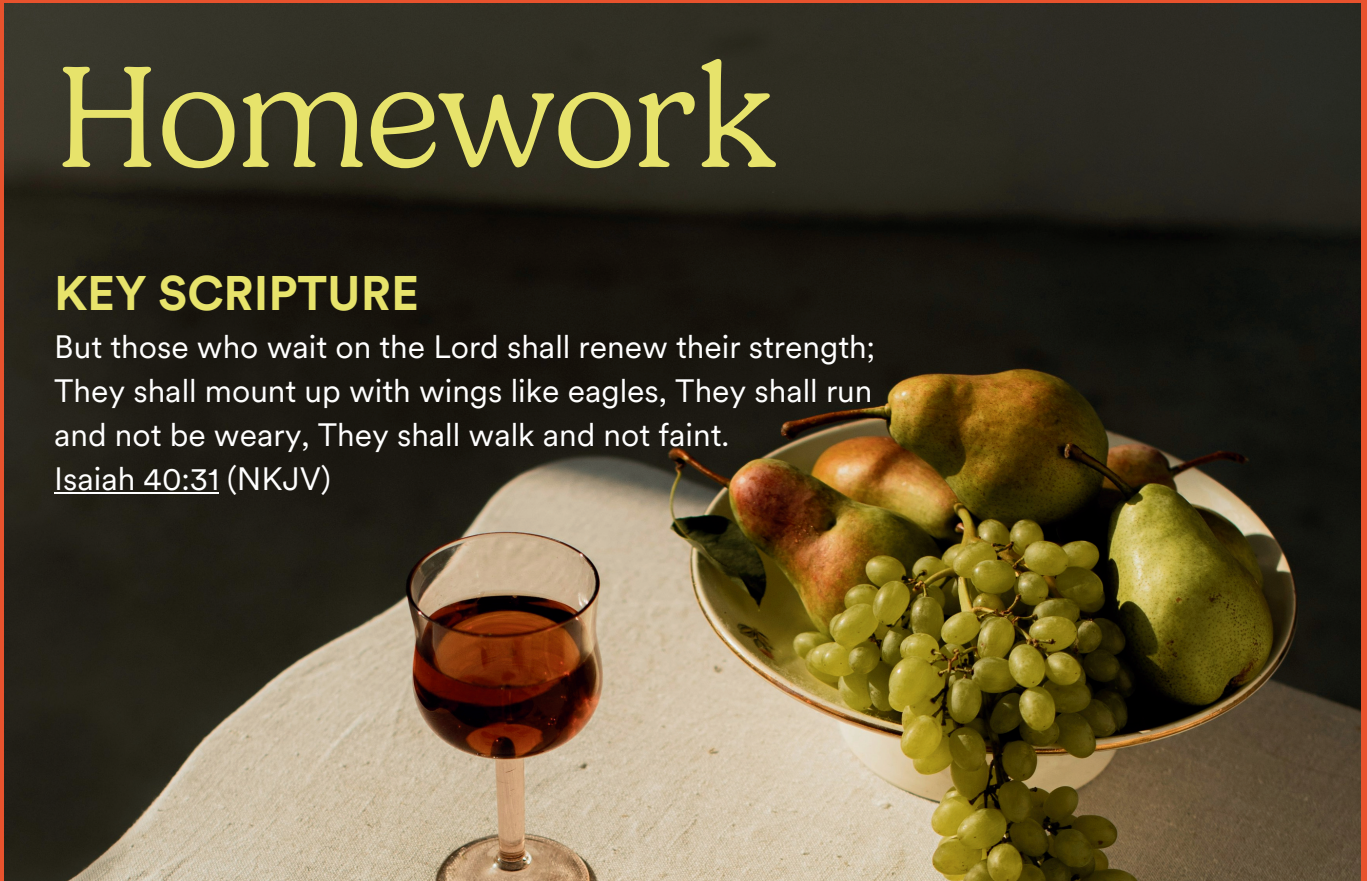
Commit to memorizing Isaiah 40:31 this week. Share it with the group next time you meet.

# Homework

## KEY SCRIPTURE

But those who wait on the Lord shall renew their strength;  
They shall mount up with wings like eagles, They shall run  
and not be weary, They shall walk and not faint.

Isaiah 40:31 (NKJV)



## QUESTIONS

Read Exodus 34:6. How does God's patience (long-suffering) impact your view of His character?

Read James 1:2-4. How can trials produce perseverance in our lives?

How does humbling ourselves before God relate to patience? (1 Peter 5:6-7)

Read the story of Saul's impatience in 1 Samuel 13. What lessons can we learn from his mistake?



# Devotional Section

DAY 1



THE NATURE OF GOD'S PATIENCE | READING: EXODUS 34:1-7

Today, we focus on God's patience as described in Exodus 34:6. The Lord proclaims Himself as "longsuffering," revealing a core aspect of His character. This divine patience isn't mere passive waiting, but an active, loving restraint. God's patience gives us time to repent, grow, and align ourselves with His will. Reflect on how God has been patient with you. How can you mirror this patience in your relationships with others? Remember, just as God is slow to anger with us, we too are called to be "slow to become angry" (James 1:19). Today, practice intentional patience in a situation where you'd normally react quickly.

## REFLECTION





# Devotional Section

DAY 2



PATIENCE IN TRIALS



READING: JAMES 1:2-8

James encourages us to view trials as opportunities for growth. Patience isn't just about waiting; it's about persevering with the right attitude. When we face challenges, our natural response might be frustration or despair. However, James invites us to consider it "pure joy." This counterintuitive approach recognizes that trials, when endured patiently, produce spiritual maturity. Today, identify a current challenge in your life. How might God be using this to develop patience in you? Ask for the strength to persevere and the wisdom to see your trial from God's perspective.

## REFLECTION



# Devotional Section

DAY 3



**THE DANGER OF IMPATIENCE**

**| READING: SAMUEL 13:1-14**

Saul's story serves as a cautionary tale about the consequences of impatience. In his haste, Saul took matters into his own hands rather than waiting for Samuel as instructed. This act of impatience cost him his kingdom. Often, our impatience stems from a lack of trust in God's timing. We may feel pressured to act, fearing that delay means loss. But God's delays are not denials. His timing is perfect, even when we don't understand it. Reflect on a time when you rushed ahead of God's timing. What were the consequences? How can you cultivate a spirit of patient trust in God's perfect timing?

## REFLECTION







# Devotional Section

DAY 4



**PATIENCE IN SPEECH**

|

**READING: PROVERBS 10:19, JAMES 3:1-**

**12**

Our words have immense power, and patience plays a crucial role in how we use them. Proverbs reminds us that restraining our speech can prevent sin. James vividly illustrates the difficulty of controlling the tongue, comparing it to a small flame that can set a great forest ablaze. Patience in speech involves careful consideration before speaking, especially in heated moments. Today, practice the art of listening more and speaking less. Before responding in conversations, especially difficult ones, pause and consider your words carefully. How might patient speech improve your relationships and witness?

## REFLECTION

# Devotional Section

DAY 5

**WAITING ON THE LORD | READING: ISAIAH 40:27-31**

Isaiah offers a beautiful promise to those who wait on the Lord. This waiting isn't passive; it's an active, expectant hope. The image of soaring on wings like eagles paints a picture of strength renewed and perspective gained. When we patiently wait on God, trusting His timing and purposes, we tap into a source of strength beyond our own. This patience is fueled by hope in God's faithfulness. Today, meditate on an area of your life where you need renewed strength. Spend time in prayer, actively waiting on the Lord. Trust that as you wait, He is working, and your strength will be renewed. Remember, "Those who wait for the Lord shall renew their strength."

## REFLECTION



# Session 5

## VIDEO

In this week's video, Abby Lee shares how God's kindness should lead us to action.


## DISCUSSION

- What stood out to you most from the sermon on kindness?
- Reflect on a time when someone showed you unexpected kindness. How did it impact you?
- What are some barriers that prevent us from showing radical kindness in our daily lives?
- In what areas of your life do you find it easiest to show kindness, and where do you struggle the most? How can you grow in showing kindness in those challenging areas?

## KEY TAKEAWAYS

1. The kindness of God leads us to repentance and should inspire our actions towards others.
2. True kindness involves compassion, action, and often radical generosity.
3. We must be vigilant not to become like the priest or Levite who passed by those in need.
4. Kindness in action is a powerful testimony of the Gospel.

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
- 

# Notes

# PRACTICAL APPLICATION

## SEE OPPORTUNITIES

This week, pray daily for God to open your eyes to see people as He sees them.

## KINDNESS AUDIT

Reflect on areas where you might be "walking past" opportunities to show kindness. Make a plan to address one of these areas.

## RADICAL GENEROSITY

Practice radical generosity this week, even in a small way, and share your experience with the group next time.

## MEMORIZATION CHALLENGE

Commit to memorizing Romans 2:4 this week. Share it with the group next time you meet.



# Homework

## KEY SCRIPTURE

Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?

Romans 2:4 (NASB)



## QUESTIONS

How has God's kindness led you to repentance ?

Read the story of the Good Samaritan found in Luke 10: 25-27. In what ways do you find yourself relating to the priest or Levite in the Good Samaritan parable? What obstacles prevent you from showing radical kindness in your daily life?

Can you think of a situation in your community where God might be calling you to step in with radical kindness? What's holding you back, and how can you overcome those barriers?



# Devotional Section

DAY 1



**THE KINDNESS OF GOD | READING: ROMANS 2:1-11**

God's kindness is not just a pleasant attribute—it's a transformative force. As we read in Romans 2:4, it's God's kindness that leads us to repentance. Today, reflect on how God's kindness has impacted your life. Have you ever experienced a moment where God's gentleness broke through your defenses? Consider how this divine kindness contrasts with the world's harshness. How might you extend this same kindness to others, even those who may not seem to deserve it? Remember, we are all recipients of undeserved kindness through Christ. Let this realization fuel your interactions today, seeking opportunities to demonstrate God's kindness to those around you.

## REFLECTION



# Devotional Section

DAY 2



COMPASSION IN ACTION

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READING: LUKE 10:25-37

The parable of the Good Samaritan challenges our notion of neighborliness and compassion. It's easy to feel compassion, but acting on it often requires sacrifice and inconvenience. Today, meditate on times when you've "passed by on the other side" like the priest and Levite. What held you back? Fear? Inconvenience? Pride? Now, consider moments when others have shown you unexpected kindness. How did it make you feel? Ask God to give you eyes to see the needs around you and the courage to act. Look for one opportunity today to show "deep, gut-level compassion" to someone in need, remembering that this is how Christ looks upon us.

## REFLECTION





# Devotional Section

DAY 3



**GENEROSITY AS A SPIRITUAL FRUIT | READING: 2 CORINTHIANS  
9:6-15**

True generosity flows from a heart transformed by God's grace. The story of Carmen, giving sacrificially despite her own needs, exemplifies this spiritual fruit. Today's passage reminds us that God loves a cheerful giver and can make all grace abound to us. Reflect on your own attitude towards giving. Do you give out of obligation or joy? Consider areas in your life where you could be more generous—not just with money, but with time, forgiveness, or encouragement. Ask God to cultivate a spirit of abundance in your heart, trusting that He will supply all your needs according to His riches in glory.

## REFLECTION





# Devotional Section

DAY 4



OVERCOMING APATHY AND FEAR | READING: ISAIAH 41:8-13

Often, what holds us back from kindness and compassion is fear or apathy. We might think, "What difference can I make?" or "What if I'm rejected?" Today's reading reminds us that God strengthens and upholds us. He calls us His servant, His chosen one, His friend. From this place of security in God's love, we can reach out to others without fear. Today, identify one area in your life where fear or apathy has prevented you from showing kindness. Pray for God's strength to overcome this barrier. Remember, even small acts of kindness can have ripple effects in God's kingdom.

## REFLECTION





# Devotional Section

DAY 5



**LIVING BY THE SPIRIT | READING: GALATIANS 5:16-26**

As we conclude this week's focus on kindness, we return to the fruit of the Spirit. Kindness doesn't exist in isolation—it's part of a transformed life led by the Spirit. As you read today's passage, consider how the different aspects of the fruit of the Spirit interconnect. How does love fuel kindness? How does patience support it? Reflect on areas where you've seen growth in your life and areas where you still struggle. Remember, this fruit is not something we produce through sheer willpower, but through yielding to the Spirit's work in us. Today, consciously invite the Holy Spirit to lead you in every interaction, and watch for opportunities to display not just kindness, but the full spectrum of spiritual fruit in your life.

## REFLECTION



# Session 6

## VIDEO

In this week's video, Ashley Self shares how to cultivate the fruit of goodness.


## DISCUSSION

- What comes to mind when you hear the word "goodness"? How has your understanding of goodness changed after today's message?
- How might our pursuit of 'greatness' sometimes hinder our development of true 'goodness' as defined by God?
- The message suggests that goodness is cultivated in relationships. How have your relationships helped or hindered the development of goodness in your life?
- How might our church community better demonstrate goodness to 'outsiders' in a way that wins their respect and points them to God?

## KEY TAKEAWAYS

1. Goodness is based on God's standard - moral excellence, uprightness, perfect honesty, and perfect justice.
2. Only God is truly good, but through the Holy Spirit, we can cultivate and grow goodness in our lives.
3. Developing goodness requires giving up sin and control, growing in spiritual maturity, and actively doing good for others.

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
- 

# Notes



# PRACTICAL APPLICATION

## GIVE UP

This week, identify one area of sin or control you need to surrender to God. Share with the group and pray for each other in these areas.

## GROW UP

Commit to a daily practice that will help you "grow roots" in your faith (e.g., Bible study, prayer, meditation on Scripture).

## GO

Brainstorm as a group some ways you can actively demonstrate goodness in your community this week. Choose one action and commit to doing it.

## MEMORIZATION CHALLENGE

Commit to memorizing Ephesians 2:10 this week. Share it with the group next time you meet.

# Homework

## KEY SCRIPTURE

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:10 (ESV)



## QUESTIONS

In what ways can you distinguish between actions that merely appear good and those that truly reflect God's goodness through you?

Read Ephesians 2:10, how does the idea of being 'created for good works' impact your view of your purpose and daily activities?

The message emphasizes maturity in the Spirit. What practical steps can we take to grow in spiritual maturity and produce more consistent 'fruit'?



# Devotional Section

DAY 1



**CULTIVATING GOODNESS**

**| READING: GALATIANS 5:22-23,**

**EPHESIANS 2:8-10**

As we begin this journey, let's reflect on the fruit of the Spirit, particularly goodness. God's standard of goodness is perfect, far beyond what we can achieve on our own. Yet, through Christ and the indwelling of the Holy Spirit, we are empowered to cultivate this divine quality. Today, consider how you've experienced God's goodness in your life. How can you allow the Holy Spirit to develop this fruit within you? Remember, you are God's handiwork, created for good works that He has prepared in advance. Pray for openness to His transforming power, enabling you to reflect His goodness to others.

## REFLECTION





# Devotional Section

DAY 2



**SURRENDERING TO GOD'S WILL**

**| READING: ROMANS 12:1-2,**

**HEBREWS 12:1-3**

Surrender is key to spiritual growth. Today's readings remind us to offer ourselves as living sacrifices and to "throw off everything that hinders." What might you need to surrender to God? It could be a sin, a habit, or even good things that distract you from God's best. Reflect on areas where you're trying to maintain control rather than yielding to God's Spirit. Ask the Lord to renew your mind, transforming you from the inside out. As you surrender, you create space for God's goodness to flourish in your life.

## REFLECTION



# Devotional Section

DAY 3



**ROOTED IN CHRIST**

**| READING: PSALM 1:1-3, COLOSSIANS**

**2:6-7**

The image of a deeply rooted tree reminds us of the importance of spiritual foundation. Just as the Chinese bamboo tree develops an extensive root system before visible growth, our spiritual lives require deep roots in Christ. How are you nurturing your relationship with God? Consider your practices of prayer, Bible study, and fellowship. Are they helping you grow deeper roots? Meditate on how being "rooted and built up in him" enables you to withstand life's challenges and bear fruit in season. Ask God to strengthen your spiritual roots today.

## REFLECTION







# Devotional Section

DAY 4



**FROM GIFTS TO FRUIT**

**| READING: 1 CORINTHIANS 12:4-11,**

**JOHN 15:1-8**

While spiritual gifts are important, today we focus on spiritual fruit. Gifts are given, but fruit is cultivated over time through our connection to Christ, the true vine. Reflect on the difference between showcasing your abilities and demonstrating Christ-like character. How might prioritizing the fruit of the Spirit over personal achievement change your approach to life and ministry? Ask the Holy Spirit to help you abide in Christ, allowing His life to flow through you and produce lasting fruit.

## REFLECTION

# Devotional Section

DAY 5

**KNOWN BY OUR FRUIT | READING: MATTHEW 7:15-20, JAMES 2:14-17**

As we conclude this week, consider how your life reflects God's goodness to others. Jesus teaches that we will be known by our fruit. This isn't about perfection, but about a life gradually transformed by God's grace. Think about recent interactions: did they demonstrate the fruit of the Spirit, particularly goodness? Reflect on opportunities to "go" and actively show God's goodness, especially to those who might not expect it. Pray for God's power to work through you, making His goodness tangible in your words and actions. Remember, it's not about achieving greatness, but consistently reflecting God's goodness in both small and significant ways.

## REFLECTION



# Session 7

## VIDEO

In this week's video, Adriane Brown shares how to cultivate the fruit of faithfulness in our lives.


## DISCUSSION

- The message mentions that faithfulness is rooted in God's character. Can you share an example from your life where you've experienced God's faithfulness?
- How do you typically respond when you don't see your prayers being answered or when God seems silent? What challenges do you face in remaining faithful during these times?
- The speaker shared personal examples of choosing faithfulness in difficult situations (e.g., business challenges, financial debt). Can you share a time when you had to choose faithfulness despite challenging circumstances?
- How does the Holy Spirit help us develop faithfulness? What role do we play in cultivating this fruit?

## KEY TAKEAWAYS

1. Faithfulness is a fruit of the Spirit, cultivated through our relationship with God and willingness to be led by the Holy Spirit.
2. True faithfulness involves trusting God even when we don't see immediate results or understand His plan.
3. Choosing faithfulness often means going against worldly wisdom and relying on God's promises.
4. Our faithfulness can be a powerful testimony to others, just like the examples in Hebrews 11.

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
- 

# Notes

# PRACTICAL APPLICATION

## **PRAYER**

Commit to developing a more consistent prayer life this week. Try setting specific times for prayer or using prayer prompts throughout your day.

## **SPEECH CONTROL**

Pay attention to your words this week. When you catch yourself speaking negatively or unfaithfully, pause and rephrase your statement in a way that aligns with God's truth.

## **HABIT FORMATION**

Identify one habit in your life that may be hindering your spiritual growth. Create a plan to replace it with a habit that nurtures your faith.

## **MEMORIZATION CHALLENGE**

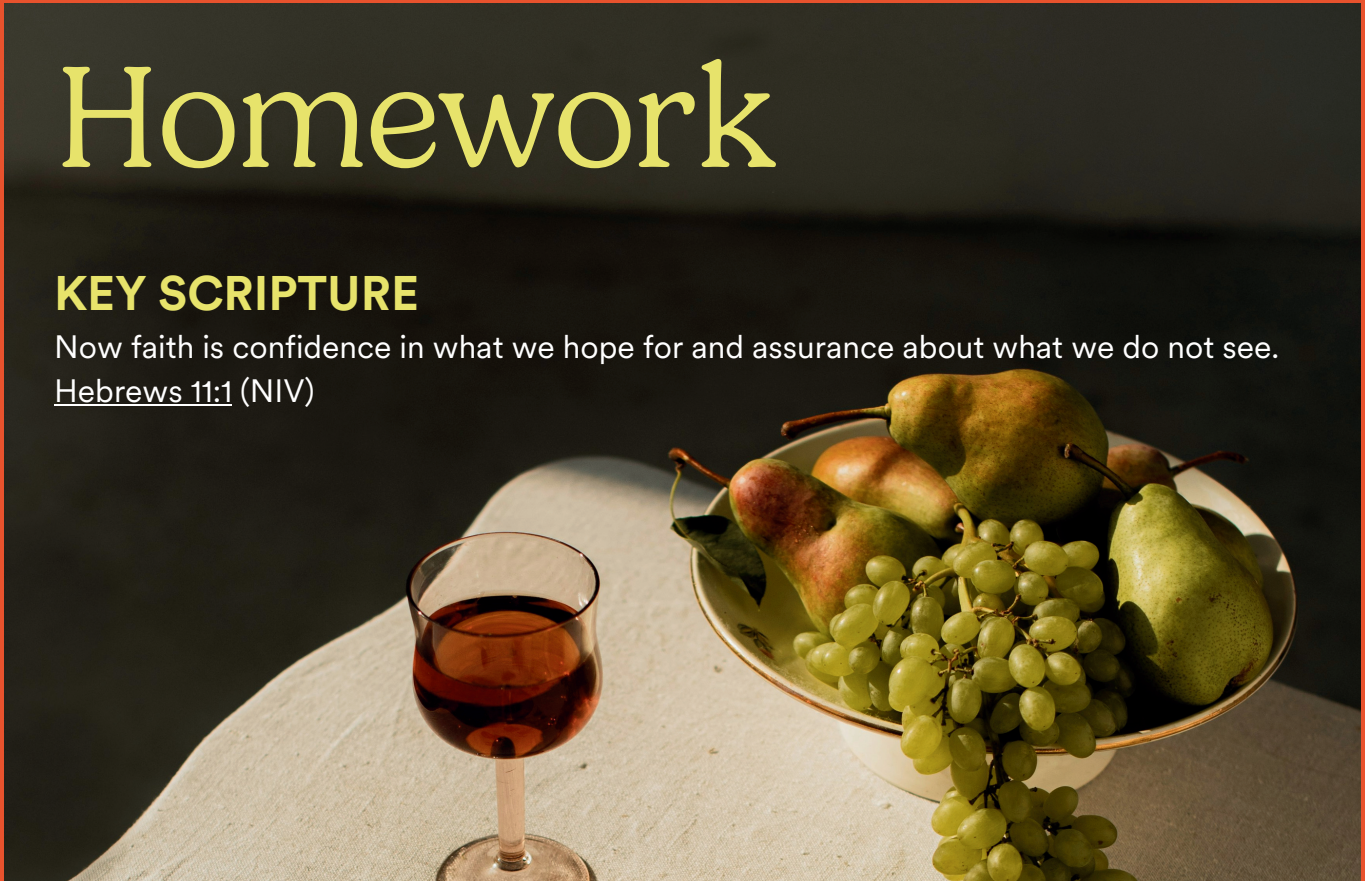
Commit to memorizing Hebrews 11:1 this week as a reminder of what faith looks like in action.



# Homework

## KEY SCRIPTURE

Now faith is confidence in what we hope for and assurance about what we do not see.  
Hebrews 11:1 (NIV)



## QUESTIONS

How does the concept of 'seeing it to believe it' conflict with the biblical definition of faith in Hebrews 11:1, and how can you overcome this worldly perspective?

How does the process of suffering producing perseverance, character, and hope (Romans 5:3-5) relate to developing faithfulness in your spiritual walk?

In what ways can your faithfulness serve as a witness to others, similar to the examples in the 'Faith Hall of Fame' in Hebrews 11?



# Devotional Section

DAY 1



**FOUNDATIONS OF FAITHFULNESS** | **READING: HEBREWS 11:1-6**

Faith is the bedrock of our relationship with God. Today's reading reminds us that "faith is confidence in what we hope for and assurance about what we do not see" (Hebrews 11:1). In a world that often demands tangible proof, God calls us to a deeper trust—one that goes beyond our physical senses. Reflect on areas in your life where you struggle to have faith. Are you waiting for visible signs before trusting God? Remember, it's through faith that we please God. Today, challenge yourself to step out in faith in one area of your life, trusting that God is working even when you can't see it.

## REFLECTION



# Devotional Section

DAY 2



**FRUIT OF THE SPIRIT - FAITHFULNESS** |  
**READING: GALATIANS 5:22-26**

Among the fruits of the Spirit listed in today's reading, faithfulness stands out as a quality that reflects God's own character. As believers, we're called to cultivate this fruit in our lives. Think about what faithfulness looks like in your daily walk. Is it evident in your relationships, your work, your commitments? Faithfulness isn't just about big moments; it's about consistently choosing to align with God's will in the small, everyday decisions. Today, focus on being faithful in the little things, knowing that this practice strengthens your overall faithfulness to God.

## REFLECTION





# Devotional Section

DAY 3



**PERSEVERANCE IN TRIALS | READING: ROMANS 5:1-5**

Suffering is an inevitable part of life, but as believers, we're called to view it differently. Today's passage teaches us that suffering produces perseverance, character, and hope. It's through life's challenges that God often does His deepest work in us. Reflect on a current struggle in your life. How might God be using this to develop your character? Instead of asking God to remove the trial, try asking Him to reveal what He wants you to learn through it. Remember, your current suffering is not the end of the story—it's a chapter in God's greater narrative of hope for your life.

## REFLECTION



# Devotional Section

DAY 4



TRUST IN GOD'S PROMISES

| READING: JEREMIAH 29:11-13

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." These words, spoken to exiles, remind us of God's faithfulness even in our darkest moments. When life doesn't go as planned, it's easy to question God's goodness. But this passage calls us to a deeper trust in His ultimate plan for our lives. Today, write down areas where you're struggling to trust God's plan. Pray over each one, surrendering your own desires and asking for the faith to trust in His greater purpose.

## REFLECTION





# Devotional Section

DAY 5



LIVING OUT OUR FAITH | READING: JAMES 2:14-26

Faith without works is dead—a challenging statement that calls us to examine the practical outworking of our beliefs. True faith isn't just about what we say we believe; it's about how those beliefs shape our actions. Reflect on how your faith influences your daily decisions and interactions. Are there areas where your actions don't align with your professed beliefs? Choose one practical way to "live out" your faith today, whether it's through an act of kindness, standing up for justice, or sacrificially giving of your time or resources. Remember, our faithfulness is meant to be a testament to God's faithfulness to us.

## REFLECTION



# Session 8

## VIDEO

In this week's video, Ps Ken DeHart shares about the quiet power of gentleness.


## DISCUSSION

- What's your initial reaction when you hear the word "gentleness"? Do you tend to view it as a strength or a weakness?
- The pastor mentioned that gentleness is linked to self-control. How have you seen this connection in your own life?
- Share a time when someone's gentleness made a significant impact on you. What made their approach effective?
- How might practicing gentleness serve as a witness to non-believers in our lives?

## KEY TAKEAWAYS

1. Gentleness is not weakness, but strength under control.
2. Gentleness is an overflow of love and a fruit of the Holy Spirit.
3. Gentleness reflects the nature of God and is attractive to others.
4. Developing gentleness takes time and maturity in our spiritual walk.

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
- 

# Notes

# PRACTICAL APPLICATION

## PRAYER

Identify a relationship or situation in your life where you struggle with gentleness. Commit to praying for God's love to grow in that area this week.

## PRACTICE

Practice being "quick to listen, slow to speak, and slow to get angry" (James 1:19) in your interactions this week. Share your experiences at the next meeting.

## GENTLENESS AUDIT

Reflect on areas where you might be using harshness to mask insecurity. Ask God to help you grow in security and gentleness.

## SCRIPTURE MEMORIZATION

Memorize Philippians 4:5 this week as a reminder that gentleness is to be evident in our lives.



# Homework

## KEY SCRIPTURE

Let your gentle spirit be known to all people.

The Lord is near.

Philippians 4:5 (NASB)



## QUESTIONS

How does the idea of gentleness as 'strength under control' challenge your previous understanding of this trait? In what areas of your life might you need to cultivate this kind of controlled strength?

Read Matthew 11:29.  
How does Jesus describe himself?  
How can we cultivate these qualities in our own lives?

How does understanding gentleness as part of God's nature impact your view of Him and your relationship with Him? Has this changed your perception of how God relates to you?

Reflecting on Proverbs 15:1 and 15:4, how might practicing gentleness in your speech transform your relationships and conflicts? Can you share an experience where gentle words made a significant difference?





# Devotional Section

DAY 1



**THE POWER OF GENTLENESS | READING: GALATIANS 5:22-23,  
MATTHEW 11:28-30**

In a world that often equates strength with aggression, God's Word reminds us of the power of gentleness. As we read about the fruits of the Spirit, we see gentleness listed alongside other powerful attributes like love and self-control. Jesus Himself invites us to learn from His gentle and humble heart. Today, reflect on areas in your life where you might be relying on forceful methods rather than gentle strength. How might embracing gentleness change your approach to challenges or relationships? Ask the Holy Spirit to cultivate this fruit in your life, remembering that true strength often lies in controlled, purposeful gentleness.

## REFLECTION





# Devotional Section

DAY 2



**LOVE AS THE FOUNDATION**  
**13:4-7, 1 JOHN 4:7-12**

**READING: 1 CORINTHIANS**

At the core of gentleness lies love. As we explore these passages about love's characteristics and origin, consider how a deeper understanding of God's love can transform your interactions with others. Love is patient and kind - hallmarks of gentleness. When we truly grasp how much God loves us, it becomes easier to extend that love to others, even in difficult situations. Today, focus on a relationship or situation where you struggle to show gentleness. Ask God to fill you with His love, allowing it to overflow into gentleness towards others.

## REFLECTION



# Devotional Section

DAY 3



**STRENGTH UNDER CONTROL** |

**READING: PROVERBS 15:1-4,**

**JAMES 1:19-21**

True gentleness is not weakness, but strength under control. These proverbs highlight how a gentle answer can defuse anger and how gentle words bring life. James urges us to be quick to listen and slow to speak or become angry - all aspects of gentleness. This kind of self-control requires great inner strength. Reflect on a recent conflict or tense situation. How might the outcome have been different if you had approached it with more gentleness? Ask God for the wisdom and strength to respond gently, especially when faced with anger or criticism.

## REFLECTION





# Devotional Section

DAY 4



**REFLECTING GOD'S NATURE**  
**COLOSSIANS 3:12-15**

**READING: PHILIPPIANS 4:4-7,**

As believers, we are called to clothe ourselves with compassion, kindness, humility, gentleness, and patience - attributes that reflect God's own nature. Paul encourages us to let our gentleness be evident to all, knowing that the Lord is near. This reminder of God's presence should inspire us to embody His character. Today, consciously try to "put on" gentleness in your interactions. How does viewing gentleness as a reflection of God's nature change your perspective on its importance? Pray for opportunities to display God's gentle nature to those around you.

## REFLECTION

# Devotional Section

DAY 5

**GENTLENESS AS A BLESSING**

|

**READING: 2 SAMUEL 9:1-13,**

**MATTHEW 5:5**

The story of David's kindness to Mephibosheth beautifully illustrates how gentleness can be a powerful blessing - both to others and to us. David could have seen Mephibosheth as a threat but instead chose to show kindness. Jesus teaches that the meek (or gentle) will inherit the earth. Consider how choosing gentleness, even when you have the power to do otherwise, can be a transformative act. Is there someone in your life towards whom you can show unexpected gentleness? Reflect on how cultivating gentleness might not only bless others but also bring peace and fulfillment to your own life. Ask God to help you see opportunities to bless others through gentleness today.

## REFLECTION





# Session 9

## VIDEO

In this week's video, Jeremy Self shares about cultivating self-control and aligning with God's purpose.


## DISCUSSION

- What's your initial reaction to the topic of self-control? Do you tend to see it as restrictive or freeing?
- The speaker mentioned that self-control isn't about being "in control" but being "under control." How does this perspective change your understanding of self-control?
- The speaker shared a personal example about family road trips. What situations in your life tend to challenge your self-control the most?
- How have you seen a lack of self-control impact relationships, purpose, or your representation of Christ to others

## KEY TAKEAWAYS

1. Self-control keeps us aligned with God's purpose.
2. Self-control is about the Holy Spirit being in control of us, not us being in control.
3. Self-control is a fruit of the Spirit and a sign of spiritual maturity.
4. Lack of self-control can be destructive in various aspects of life.
5. Growing in self-control requires daily surrender, slowing down to listen, and staying connected to God

## HOMEWORK

- Read and apply "Practical Applications" from this week's lesson
  - Answer questions for homework
  - Meditate this week on the lesson's key verse
- 

# Notes

# PRACTICAL APPLICATION

## MORNING SURRENDER

Commit to starting each day this week with the prayer, "Holy Spirit, lead me today." Share with the group how this impacts your day.

## PAUSE & LISTEN

In moments of pressure or conflict this week, practice pausing to ask, "What would Jesus do if He were me right now?" Be prepared to share an experience at the next meeting.

## ABIDE

Spend 10 minutes each day this week in silent reflection or prayer, focusing on "abiding" in Christ. Journal any insights or changes you notice in your self-control.

## SCRIPTURE MEMORIZATION

Commit to memorizing Titus 2:11-12 this week as a reminder self-control keeps us aligned with God's purpose.



# Homework

## KEY SCRIPTURE

For the grace of God has appeared that offers salvation to all people. <sup>12</sup> It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in this present age, Titus 2:11-12 (NIV)



## QUESTIONS

In what area of your life do you most need to 'surrender daily' to the Holy Spirit's guidance, and what might that look like practically?

Read Galatians 5:22-23. How does seeing self-control as a fruit of the Spirit, rather than a personal achievement, impact your approach to growing in this area?

Considering the closing challenge, what specific area of your life feels 'out of control' right now, and how can you invite the Holy Spirit to bring alignment with God's purpose in that area?



# Devotional Section

DAY 1



**EMPOWERED BY GRACE** | **READING: TITUS 2:11-14**

Grace is more than just forgiveness; it's a transformative power in our lives. As we read in Titus, God's grace teaches us to say "no" to ungodliness and "yes" to a life of purpose. Today, reflect on how God's grace has not only saved you but is actively shaping you. Where do you see grace at work in your life? How is it empowering you to live with greater self-control and alignment with God's purposes?

Remember, self-control isn't about white-knuckling through life, but about surrendering to the Holy Spirit's guidance. Ask God to show you areas where you need to lean more fully into His grace, trusting that His power is sufficient to transform your impulses and align your heart with His will.

## REFLECTION





# Devotional Section

DAY 2



**FRUIT OF THE SPIRIT: SELF-CONTROL** |  
**READING: GALATIANS 5:22-23**

Self-control is listed as a fruit of the Spirit, alongside love, joy, peace, and other virtues. This reminds us that true self-control is not achieved through sheer willpower, but through the work of the Holy Spirit in our lives. As you meditate on this passage, consider how self-control relates to the other fruits mentioned. How might growing in love enhance your self-control? How does joy strengthen your ability to resist temptation?

Today, focus on "abiding in the vine" as Jesus taught in John 15. Make a conscious effort to stay connected to Christ throughout your day, whether through prayer, worship, or simply acknowledging His presence. Ask the Holy Spirit to produce His fruit in your life, especially in areas where you struggle with self-control.

## REFLECTION





# Devotional Section

DAY 3



**MATURITY IN CHRIST | READING: 2 PETER 1:5-8**

Peter outlines a progression of spiritual growth, with self-control as a crucial step. This passage reminds us that spiritual maturity isn't just about knowledge, but about how we respond to life's challenges. Reflect on your own spiritual journey. Where have you seen growth in self-control? Where do you still struggle? Consider how self-control might be the key to unlocking other areas of spiritual growth in your life. How might increased self-control in your thoughts lead to greater kindness in your actions? How could self-control in your words deepen your faith and love for others? Ask God to show you one specific area where growing in self-control could have a ripple effect in your spiritual life.

## REFLECTION



# Devotional Section

DAY 4



**A CITY WITH BROKEN WALLS**

**| READING: PROVERBS 25:28**

The image of a city with broken walls vividly illustrates the vulnerability that comes from a lack of self-control. In ancient times, city walls were essential for protection. Similarly, self-control acts as a spiritual defense system, guarding our hearts and minds against destructive influences.

Reflect on areas in your life where you feel vulnerable. Are there "broken walls" in your thought life, your habits, or your relationships? How might a lack of self-control be leaving you exposed to spiritual attack or leading you away from God's purpose for your life? Ask the Holy Spirit to reveal any areas where you need to rebuild your "walls" of self-control and commit to taking one practical step towards strengthening that area today.

## REFLECTION





# Devotional Section

DAY 5



## **SURRENDERED CONTROL | READING: JAMES 4:7-10**

True self-control paradoxically comes through surrender to God. James encourages us to submit to God, resist the devil, and draw near to Him. This passage reminds us that our ultimate goal isn't to be "in control," but to be "under God's control."

Today, practice intentional surrender. Start your day by praying, "Holy Spirit, lead me today." When you face decisions or challenges, pause and ask, "What would Jesus do if He were me right now?" Remember, self-control isn't about rigid rules, but about staying rooted in Christ and aligned with His purposes.

As you conclude this devotional series, commit to making surrender a daily practice. Ask God to grow the fruit of self-control in your life, not through striving, but through abiding in Him. May your life increasingly reflect Jesus as you learn to live under His loving control.

### **REFLECTION**

