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## INTRODUCTION

## Part 1 - Fruit of the Spirit

What are we, as Christians, supposed to be like? What qualities should be evident in our lives?

The Apostle Paul, in Galatians 5, listed nine amazing Christ-like attributes that are called, “the fruit of the Spirit.”

This series, Nine, will explore these attributes and will answer the question, How do we get them in our lives?

## DISCUSSION QUESTIONS

1. Why is it important that we continue to change and grow as Christians? In what areas have you struggled the most to change? Why do you think it is so difficult to change sometimes?
2. What are some areas of your life you'd personally like to grow? What “tools” has God given us to help us grow?
3. Read Galatians 5:16-25. What do you think it means to “walk in the Spirit?” Do you think you walking in the Spirit is the same as being “led by the Spirit?” Explain your answer. Can you think of an example where God led you to do something?
4. Can you relate to the battle between the flesh and the Spirit depicted in these verses? How can we make sure the Spirit is victorious in our lives?
5. Read Galatians 5:22-23 again. Why are the qualities in these verses called, “fruit?” How are “works” and “fruit” different in the phrases “works of the flesh” and “fruit of the Spirit?”
6. How is the “fruit of the Spirit” different from the “gifts of the Spirit?” How are the two similar?
7. If the Spirit provides “the fruit” for our lives, what role do we have in our own spiritual development?
8. What is something you can do to help you walk in the Spirit more consistently?

## APPLICATION

Bad habits, struggles, frustrations, and negative tendencies are all a part of human nature. It can be something you deal with on a daily basis, or only on certain occasions. You may face multiple battles or only a couple. Regardless of what it is and how often it occurs, every person deals with some type of issue, and each tries to manage those specific behaviors and thoughts the best they are able to.

These struggles can seem overwhelming, aggravating, or impossible to deal with at times, and you wonder how you can change. Why can't you control this? How do you get better? How do you stop these bad habits?

You may think if you try hard enough, you can do it alone. However, if you only depend on your own efforts, while it may sustain you for a short period of time, you'll quickly run out of strength. To be able to grow and change, you need to rely on the strength of God. His love works within you, and guides you to become a better version of yourself. It's not about trying to change yourself; it's about relying on the Spirit to help change you.

## KEY VERSES

Galatians 5:16-25