

# A FRUIT-FULL LIFE



*Chapel Young Adults*

# WELCOME!

Whether you're just beginning your walk with Jesus or have followed Him for years, *A Fruit-Full Life* is an invitation to become more like Him from the inside out.

In Galatians, Paul calls it “the fruit of the Spirit,” not “fruits.” It’s singular — one Christlike life the Spirit grows in us. The fruit isn’t a checklist of virtues to achieve but the character of Jesus formed within those who belong to Him.

This isn’t about trying harder; it’s about staying connected to the Source. When we stay rooted in Jesus, the Spirit produces His life in us over time: love that gives, joy that endures, peace that steadies, patience that waits, and strength that serves.

Each session begins with Scripture and a moment from Jesus’ life, showing how His character takes shape in real situations. Together, we’ll learn to hear God’s voice, trust His timing, and join His renewing work in the world.

As we abide in Christ, the fruit of the Spirit brings beauty and nourishment to the world around us!

**“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit.” — John 15:5**

**“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” — Galatians 5:22–23**



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## DISCUSSION GUIDELINES

**COME REGULARLY:** Building a strong relationship with Jesus and others in your group begins with showing up consistently. Your presence matters—not just for you, but for the entire group. *Be present, not perfect—come as you are and be open to learning, growing, and encouraging one another along the way.*

**PARTICIPATE:** Your story and experiences reflect the character of God. Sharing what He is doing in your life helps others grow in their faith and deepens relationships within the group. *Listen actively and seek to understand before responding. Honor differences and recognize that everyone brings a unique perspective to the conversation.*

**KEEP IT SAFE:** We are all responsible for creating a space where everyone feels heard and loved. Give room for others to share by listening well and responding with kindness. Avoid quick answers or judgments and focus on offering support and encouragement. *Let's be patient and gracious, understanding that spiritual growth takes time and everyone is on their own journey.*

**CONFIDENTIALITY:** What's shared in the group stays in the group. Protecting each other's honesty and vulnerability fosters trust and growth. *Respect and honor one another's stories with care and discretion.*

**KNOW & BE KNOWN:** Take time to listen and truly know one another. As you do, you'll have opportunities to pray, encourage, and see God's Kingdom advance in each others' lives. *Commit to praying for your group members throughout the week, trusting that God is at work in every season of life.*

**Note for Group Leaders:** *If a serious concern arises—such as harm to a person or a need for further pastoral care—encourage the individual to seek support from a pastor or bring it to a pastor's attention yourself. Ensuring safety and care is a priority for our community.*

# HOW TO USE THIS STUDY

Each session in *A Fruit-Full Life* is designed to help you encounter God, not just talk about Him. The goal isn't more information — it's transformation as we learn to walk in step with the Spirit together.

## KEY TRUTH:

Every session begins with a key truth: a simple, memorable statement about the fruit of the Spirit.

## READ:

Open Scripture together. Read slowly and expectantly, noticing words or phrases that stand out. Ask, "*What might the Spirit be highlighting for me today?*" If something resonates, underline it, note it, or share it with your group. God's Word is living — let it speak personally and powerfully.

## REFLECT:

Each session's reflection unpacks the passage and connects it to the life of Jesus. Discuss honestly: *How does this truth meet me where I am right now? What might the Spirit want to grow in me through it?* Reflection is where formation begins — where truth starts taking root in real stories.

## RESPOND:

Use the discussion questions to bring the truth into your everyday life. Be open about what's easy, what's hard, and where you sense God inviting change. This isn't about having perfect answers; it's about shared discovery and honest faith in community.

## BREAKTHROUGH (Let's Pray Together):

We don't just want to study God's Word — we want to experience His presence. Breakthrough is where heaven touches earth: God's peace where there's anxiety, His freedom where there's bondage, His encouragement where there's despair.

## NEXT FAITHFUL STEP:

Every session ends with tangible practices — small steps that make formation real. Choose one to live out this week. Next time your group gathers, share what you noticed or learned. This isn't for pressure or performance — it's for encouragement, accountability, and celebration of what God is growing in you.

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**PERSONAL REFLECTION FOR THIS WEEK:**

- Where in your life do you sense dryness, a place that needs the Spirit's "water" of grace again?
- What truth or "light" from God's Word do you need to hold onto in this season?
- How might you give the Spirit time to do His slow, steady work in you this week?
- Who around you could experience the fruit of your growth — your peace, patience, or kindness?

**We're launching this new series together!**

**As your group begins:**

- ♦ Show up ready to be honest about your life and faith.
- ♦ Listen for how God is inviting you (and others) to grow.
- ♦ Encourage one another: small steps are real steps.

Growth doesn't happen through pressure — it happens through presence. Stay rooted in Jesus, and the Spirit will grow His life in you — slowly, deeply, beautifully.

**Growth happens best when we walk  
with Jesus and with each other.**



# SESSION ONE

## SELF-CONTROL

### READ :

**Galatians 5:22–23; Luke 4:1–13**

### REFLECT:

The Spirit led Jesus into the wilderness, not to prove His strength but to reveal His trust. Before temptation came, He had already received His Father's voice: *"You are My beloved Son."* That affirmation became His anchor when every lie offered another identity.

Self-control (*enkrateia* in the Bible's original language ) means "strength from within." It's the Spirit's gift that allows us to master our desires instead of being mastered by them. It's the Spirit's power to align our desires with God's will.

In the wilderness, Jesus shows that true power is the ability to say 'no' to what tempts us away from God's best. He resists temptation not through willpower or repression but through trust and dependence — relying on the Father's word and timing. Jesus models keeping in step with the Spirit; His 'no' is empowered by a deeper 'yes' to the Father.

When the Spirit fills us, He realigns our loves so that obedience becomes joy, not duty. He transforms our instincts, replacing self-centered impulses with self-giving love.

### Jesus' Invitation:

Jesus invites us into the freedom of dependence; to discover life that isn't ruled by appetite but by love. Self-control grows from hearing God's voice as the Spirit shapes our desires into joyful obedience.

*"Man shall not live on bread alone, but on every word that comes from the mouth of God."* — Matthew 4:4

### Our Practice:

Self-control grows **before** the wilderness — in daily rhythms of hearing and trusting God's voice. These short practices open space for the Spirit to shape desire.

#### 1. We practice hearing God's Voice (Matthew 3:17)

Begin with Scripture before screens each morning.

Read slowly until a word or phrase stands out. Let the Spirit remind you who you are — God's beloved.

#### 2. We Pray God's Words (Luke 4:4)

When stress, distraction, or desire pulls, we speak truth out loud: *"Father, help me to live by Your word today."* Let Scripture reshape your inner dialogue.

### Key Truth:

Self-control isn't willpower;  
Self-control starts with hearing  
God's voice and ends in  
joyful obedience.

### 3. We Rest in God's Presence (Psalm 46:10)

Spend five quiet minutes a day simply being with God. We don't strive or analyze — let His love become the loudest voice in our hearts.

#### RESPOND (Discussion):

1. What voices or desires most often compete with God's voice in your daily life?
2. How does knowing that Jesus' self-control flowed from the Father's love, not from raw willpower, change the way you think about obedience?
3. Of the three practices (hearing God's voice, praying His words, and resting in His presence) which one feels most needed in your life right now, and when will you make space for it?

#### BREAKTHROUGH (Let's Pray Together):

We don't overcome temptation by trying harder but by depending more deeply on the Spirit. This is a moment to surrender — to invite God's strength where your own runs out.

- ♦ Take a few quiet moments to identify where you most need the Spirit's help this week.
- ♦ Hold that situation before God and pray: *"Holy Spirit, be our strength where we are weak. Teach us to depend on Your power, not our own effort."*
- ♦ Listen for what the Spirit might be saying to you — a word, a verse, a reminder of truth. If you feel led, speak that encouragement or Scripture over someone else in the group.

#### NEXT FAITHFUL STEP — Know It by Heart

Jesus didn't reach for a scroll in the wilderness; He spoke the words already written on His heart. Self-control grows in quiet, daily moments of dependence. Choose one simple way to live from the Father's voice this week:

- ☐ **The First Voice:** Begin each morning with Scripture before screens. Let God's word be the first voice that names you "beloved."
- ☐ **The Sacred Pause:** When pressure or temptation rises, take one deep breath and pray, "Holy Spirit, I depend on You right now."
- ☐ **The Evening Replay:** End your day with gratitude. Where did you walk in the Spirit's strength today? Where do you need His grace tomorrow?

**True self-control isn't trying harder — it's trusting deeper.**

## SESSION TWO

### GENTLENESS

#### READ :

**Galatians 5:22–23; Matthew 11:28-30**

#### Key Truth:

Gentleness is strength under control...the Spirit shaping power with love and humility.

#### REFLECT:

Gentleness (*prautēs* in the Bible's original language) doesn't mean weakness or passivity. It describes strength restrained by love, power that restores rather than crushes.

Jesus embodies gentleness when He says, "I am gentle and humble in heart." He carries authority without arrogance, truth without harshness, and strength without intimidation. His gentleness disarms pride, heals shame, and invites rest for weary souls.

Gentleness grows from confidence, not insecurity. When we know that Christ has already secured victory — when we rest in the resurrection and in God's faithfulness toward us — we no longer need to fight for control or prove our worth. We can be gentle because we've already won. Confidence in God's story frees us to play the game differently: our aim is not to dominate but to demonstrate love.

In the Kingdom of God, gentleness is not optional; it's how real authority operates. The Spirit cultivates gentleness in us so that we can hold both conviction and compassion at the same time — firm in truth yet tender toward people.

When gentleness takes root, we no longer need to prove our worth or win every argument. We simply reflect Jesus, who uses His power to lift others rather than to protect Himself.

#### Jesus' Invitation:

*"Blessed are the meek, for they will inherit the earth."* — Matthew 5:5

Jesus draws these words from Psalm 37:11, where the meek are those who trust God to make things right. "Inheriting the earth" isn't about gaining control; it's about sharing in God's renewed world — the place where love, humility, and peace rule instead of pride and power.

When we know that our future is secure in Christ, we don't have to fight for control or prove our worth. We can respond softly, walk humbly, and use our strength to serve rather than to win.

#### Our Practice:

Gentleness grows as we find confidence in God's faithfulness instead of our own control. These practices help us live with strength anchored in peace.

### 1. We are Slow in our Response (Proverbs 15:1)

We pause before reacting in frustration or defensiveness. Breathe deeply and ask, "Holy Spirit, how would Jesus respond here?" Let gentleness reshape your tone.

### 2. We Remember We've Already Won (1 Corinthians 15:57)

Begin each day declaring, *"Thanks be to God, who gives us the victory through our Lord Jesus Christ."*

That confidence changes the way we navigate daily challenges; we are not fighting for victory, but living from it.

## RESPOND (Discussion):

1. Where do you feel the most pressure to appear strong, capable, or in control?
2. Where has gentleness slipped into people-pleasing/passivity (counterfeit) instead of humble strength?"
3. How does knowing that victory already belongs to Jesus change the way you use your strength or your words?

## BREAKTHROUGH (Let's Pray Together):

Gentleness is born when our confidence in God replaces our need for control.

**Pray together:** *"Jesus, thank You that victory already belongs to You. Teach us to live from confidence, not control. Make us strong enough to stay calm and humble enough to love."*

**Matthew 5:5** *"Blessed are the meek, for they will inherit the earth."*

As we rest in this promise, let's imagine what it means for us to inherit the earth, not by striving, but by trusting.

If any words, images, Scriptures, encouragements, or affirmations come to mind for someone in the group, share them as gifts of God's gentleness for one another.

## NEXT FAITHFUL STEP (Choose One This Week)

This week, look for small ways to let confidence in God's love shape your reactions.

☐ **The Pause:** When tension rises, pause before you respond and pray, *"Lord, help me use my strength to heal, not to harm."*

☐ **The Blessing:** Speak one word of encouragement or gratitude to someone who frustrates you or tests your patience.

☐ **The Reset:** End each night by replaying the day with Jesus. Where did gentleness show up? Where didn't it? Receive grace, ask for tomorrow's strength.

☐ **The Gentle Presence:** Choose a social setting you'll be in this week, and listen more than you speak, and let kindness set the tone in one conversation you usually rush through.

## SESSION THREE

### FAITHFULNESS

#### READ :

**Galatians 5:22–23; Luke 22:39–46**

#### REFLECT:

Faithfulness (*pistis* in the Bible's original language) means loyalty, trustworthiness, and steadfast love. In Scripture, it describes both God's unwavering commitment to His people and the Spirit's work of forming that same reliability within us.

God's character is defined by faithfulness; the Hebrew Scriptures call it *hesed*, His steadfast, covenant love. It's the kind of loyal love that holds fast even when His people don't. God keeps His word, stays true to His promises, and never abandons what He began. His love is steadfast, dependable, and unchanging.

Jesus reveals that faithfulness most clearly in Gethsemane. On the night before His crucifixion, He kneels in surrender, praying, "Father, not my will, but Yours be done." There were no visible results, only trust, yet that trust shaped the victory that followed.

Faithfulness grows in us the same way: by staying true to God when results are uncertain. **Faithfulness to God produces Kingdom outcomes; faithfulness to outcomes replaces faith with control.** The Spirit forms faithfulness as we keep showing up, stay steady, and trust that God's promises stand even when the evidence is thin.

In the Kingdom, faithfulness matters more than flash or success. Jesus doesn't call us to perform, He calls us to persevere.

#### **Jesus' Invitation:**

*"Be faithful, even to the point of death, and I will give you life as your victor's crown."* — Revelation 2:10

Jesus invites us to a faith that endures — loyalty that lasts through uncertainty and suffering. The cross looked like defeat, but faithfulness led to resurrection.

Faithfulness isn't proven by outcomes; it's proven by endurance. Jesus shows us that resurrection always follows surrender.

#### **Our Practice:**

Faithfulness grows as we choose consistency over comfort and trust over control. These practices help us remain steady in love when results are out of sight.

#### **1. We Show Up (Luke 22:39)**

Jesus didn't avoid Gethsemane, He went there to pray.

Faithfulness begins by showing up where God has called you, even when it feels heavy.

### Key Truth:

Faithfulness means trusting God with the outcome; it's staying loyal to Him even when we can't see the results.

## 2. We Surrender the Outcome (Luke 22:42)

Pray as Jesus did: “Not my will, but Yours be done.” Each time you face uncertainty or pressure to produce results, hand it back to God. Trust that His way leads to life.

## 3. We Keep our Word (Matthew 5:37)

Be faithful in the small things. Follow through on what you say you’ll do. Let your “yes” mean yes and your “no” mean no. Small consistency builds Kingdom credibility.

### RESPOND (Discussion):

1. Where do you most feel pressure to control outcomes instead of trusting God with them?
2. How does Jesus’ example in Gethsemane reshape your understanding of success and faithfulness?
3. Where is the Spirit inviting you to stay faithful even when you can’t see the result?

### BREAKTHROUGH (Let’s Pray Together):

Faithfulness grows when we remember that God has never failed us. Let’s quiet our hearts and bring before God the places where we feel uncertain or weary. As we pray, let’s release every outcome back into His hands.

**Pray together:** *“Jesus, thank You for showing us what faithfulness looks like. Teach us to trust You with the outcome. Help us stay loyal when we’re tired, steady when we’re unsure, and confident in Your goodness even when we can’t see it.”*

**Revelation 2:10** *“Be faithful... and I will give you life”*

As we rest in His presence, listen for where the Spirit is calling us to stay faithful — to keep showing up, to keep trusting, to keep believing that resurrection is coming.

**Thank God for His perfect faithfulness...the same faithfulness that now lives in us through the Spirit.**

### NEXT FAITHFUL STEP — Know It by Heart

Faithfulness isn’t measured by what we finish but by how we stay. This week, practice faithfulness in one small, deliberate way.

☐ **Five-Minute Faithfulness:** set a 5-minute daily timer this week to do the one thing you’ve been postponing (pray for the person, send the note, open the Bible, start the task).

☐ **Keep a Promise:** Follow through on one small commitment, (an apology, a message, a task) even if no one notices.

☐ **Practice Gratitude:** End each day by naming one way God has been faithful. Gratitude fuels endurance.

## SESSION FOUR

### KINDNESS + GOODNESS

#### READ :

**Galatians 5:22–23; Luke 10:25–37**

#### REFLECT:

#### Key Truth:

Kindness and goodness are love in motion; it's the Spirit's power to see need, move toward it, and bring God's healing presence to others.

In Paul's list, kindness (*chrēstotēs*) and goodness (*agathōsynē*) appear side by side because they describe two sides of the same reality: God's character expressed in action.

- ♦ *Kindness* is compassionate generosity — a tenderness that meets real needs.
- ♦ *Goodness* is moral integrity — the courage to do what is right and life-giving. Together, they show us what love looks like when it moves.

Throughout Scripture, God's kindness and goodness are active, not abstract. He feeds the hungry, lifts the poor, forgives the sinner, and keeps reaching out to heal the world. In Jesus, that kindness took on skin. He touched lepers, welcomed outsiders, and restored what was broken.

In the parable of the Good Samaritan, Jesus describes that same love in motion. The Samaritan doesn't analyze or delay, He stops, bandages wounds, and gives his resources. Kindness sees, goodness acts.

The Spirit cultivates this fruit in us so that compassion becomes courage — our hearts see, and our hands move.

#### Jesus' Invitation:

*"Go and do likewise."* — Luke 10:37

The point of the story was an invitation, not just observation! Jesus isn't just asking us to admire the Samaritan's compassion, He's calling us to embody it. To see people the way He does: with eyes open, hearts ready, and hands willing to move toward need. Genuine kindness doesn't wait for applause or convenience; it simply responds in love, joining God's work of restoration in the world.

#### Our Practice:

Kindness and goodness grow as we train our eyes to see and our hearts to respond. The Spirit teaches us to notice need and move toward it — not out of guilt, but out of love.

#### 1. We See and Stop (Luke 10:33)

We pay attention to what gets our attention. When interruptions come, we treat them as invitations. Sometimes love looks like an inconvenient detour to care for someone in need.

## 2. We Give Without Return (Matthew 6:1–4)

We give our time, skills, or resources without seeking credit or the spotlight. Let your kindness stay between you and God. Quiet goodness has power the world can't measure.

## 3. We overcome evil with Good (Romans 12:21)

Goodness doesn't just avoid harm; it restores what's been lost. We show up where life has grown dim (a weary friend, a broken habit, a neglected space) and bring good there again. Ask the Spirit how you can overcome discouragement with hope and evil with good.

### RESPOND (Discussion):

1. Where do you notice people or needs that others overlook?
2. How does the Good Samaritan challenge your idea of “neighbor”?
3. Which practice (seeing and stopping, giving without return, or bringing life where things feel empty) stirs something in you?

### BREAKTHROUGH (Let's Pray Together):

Kindness and goodness flow when the Spirit opens our eyes to see what God sees. *“Jesus, open our eyes to the needs around us. Make us people who stop, not pass by. Fill us with Your kindness that sees, moves, and heals.”*

Read Luke 10:33–37 slowly. Hear Jesus say, *“Go and do likewise.”* Invite the Spirit to show one concrete way to bring His goodness into your world.

### NEXT FAITHFUL STEP (Choose One This Week):

Faithfulness isn't measured by what we finish but by how we stay. This week, practice faithfulness in one small, deliberate way.

☐ **A Neighbor's Need:** Ask God to open your eyes to one tangible need near you at work, school, or in your neighborhood and respond with practical kindness.

☐ **Care Bag/box:** Assemble a simple care kit (snacks, water, hygiene items) and keep it with you this week; give it when you meet a need.

☐ **Encourage:** Speak one word of blessing or affirmation each day this week. Simple words can bring life where heaviness has settled.

As we practice goodness in small, consistent ways, we learn that every act of love is a seed of the Kingdom...and nothing done in Christ's name is wasted



# SESSION FIVE

## PATIENCE

### READ :

**Galatians 5:22–23; John 11:1–44**

### REFLECT:

### Key Truth:

Patience is love that refuses to rush; the Spirit's strength to trust God's timing and keep loving when it's slow, hard, or unseen.

Patience (*makrothymia*) literally means “long-tempered” — a quiet endurance that holds steady through delay, disappointment, or difficulty. It's not passive waiting but steadfast love that chooses to stay when it would be easier to walk away.

Patience reflects the very heart of God. Throughout Scripture, God is described as *slow to anger and abounding in steadfast love*. He doesn't give up on His people or rush His purposes. His timing, though mysterious, is always merciful; giving room for redemption to unfold.

When Jesus hears that His friend Lazarus is sick, He waits two more days before going to him. To those watching, His delay looks careless. But Jesus isn't indifferent; He's intentional. His patience is purposeful, allowing a greater glory to be revealed.

The Spirit forms that same patience in us...the strength to remain faithful when things don't move as fast as we wish, and the grace to bear with others when they fall short. Patience anchors us in love while everything else feels uncertain.

When we live in step with the Spirit, patience becomes the space where God's power can work; it is the pause between our need and His miracle.

### Jesus' Invitation:

*“Remain in me, as I also remain in you.” — John 15:4*

Jesus invites us into a slower rhythm — to remain with Him instead of rushing ahead. Fruit takes time, and so does formation. Patience is how love abides through seasons of silence and growth, trusting that what's unseen is still alive beneath the surface.

When we remain with Him, waiting becomes sacred — not wasted time, but space where God's life takes root in ours.

### Our Practice:

Patience grows as we slow down enough to see God's presence in delay and depend on His strength to endure.

#### 1. We Wait with God (Psalm 37:7)

When life feels stuck or prayers unanswered, resist the urge to rush. Sit with open hands for three minutes; breathe a simple prayer (“Holy Spirit, come...”). Then journal one sentence: What might God be forming in me?

## 2. We Choose Mercy Over Hurry (Ephesians 4:2)

When someone frustrates or disappoints you, pause before reacting. Remember how patient God has been with you — and let that remembrance soften your tone.

## 3. We Stay When It's Hard (John 11:6)

Think of one area you're tempted to give up — a relationship, dream, or routine that's been slow to change. Ask the Spirit for strength to stay. Waiting with God is never wasted.

Patience takes root when we surrender **time** to God's pace, keep **vision** for what He's forming, and live by **grace** when we or others fall short. These are the rhythms that turn waiting into worship.

### RESPOND (Discussion):

1. Where do you find it hardest to wait — in circumstances, with people, or with yourself?
2. How does Jesus' delay with Lazarus challenge your understanding of God's timing?
3. How might time, vision, and grace reshape the way you experience waiting?

### BREAKTHROUGH (Let's Pray Together):

Patience is born when we believe God is still working in the waiting. Take a deep breath together. Name silently before God, one place where you're tired of waiting.

**Pray together:** *"Lord, You are slow to anger and rich in love. Teach us to wait with You, not just for You. Give us faith to trust Your timing, vision to see Your hand at work, and grace to stay steady in love."*

### NEXT FAITHFUL STEP (Choose One This Week):

Patience isn't passive; it's a partnership. It's faithfulness that keeps moving at God's pace, not ours. This week, practice patience as active trust.

☐ **Daily Rhythm:** Choose one small, consistent action you'll do each day — prayer, gratitude, reaching out, or care for your body. Let slow faithfulness reshape your rhythm.

☐ **The Listening Walk:** Take one slow walk this week without distraction. Ask the Spirit, "What are You forming in me during this season?" Listen more than you speak.

☐ **The Grace Move:** Think of one person or situation that tests your patience. Offer a small act of grace — a gentle response, a prayer, or simple kindness — not because they've earned it, but because God is still patient with you.

# SESSION SIX

## PEACE

### READ :

**Galatians 5:22–23; John 20:19–23**

### REFLECT:

Peace (*eirēnē* in Greek, *shalom* in Hebrew) means wholeness, harmony, and life as God intended it to be. It's not the calm of avoidance but the completeness of restoration.

In Scripture, peace always has movement...God takes what's broken and makes it whole again. When Jesus appears to His disciples after the resurrection, He doesn't scold them for hiding. He breathes on them and says, "*Peace be with you.*" His peace doesn't deny or minimize their fear; it transforms it.

This peace is both a gift and a calling. Jesus gives His peace freely (the settled assurance that God is near and in control) and then He sends His followers to share that same peace with a restless world.

The Spirit grows peace in us the same way:

- ♦ **Internally**, He quiets our anxious striving with God's steady presence.
- ♦ **Relationally**, He softens our hearts to forgive, reconcile, and listen.
- ♦ **Missionally**, He sends us to bring restoration where there is division or despair.

Peace is not a feeling to keep; it's a reality to carry. It's the Spirit's presence healing what's fractured (in our minds, our relationships, and our communities) until everything reflects the heart of God.

### Jesus' Invitation:

*"Peace be with you. As the Father has sent me, I am sending you."*  
— John 20:21

Jesus doesn't just comfort His disciples, He commissions them. The peace He gives becomes the peace we give. His Spirit breathes life where fear has settled and calls us to join the Father's restoring work in the world.

Peace isn't withdrawal; it's engagement with a heart at rest.

### Our Practice:

Peace grows as we stay rooted in Christ's presence and step into the places that need His healing.

#### 1. Breathe His Peace (John 20:22)

Start each day with a few slow breaths, praying, "*Jesus, breathe Your peace into me.*" Let stillness center you in His presence before you rush into the noise.

### Key Truth:

Peace is not the absence of trouble but the presence of Christ, making things whole in us and through us.

## 2. Make the First Move (Matthew 5:9)

If there's tension or distance in a relationship, take one humble step toward reconciliation. Send a message, ask for forgiveness, or offer grace.

## 3. Carry Peace Into Chaos (Philippians 4:6–7)

Identify one environment (work, family, social media, or community) that feels anxious or divided. Ask the Spirit to make you a calm presence there. Respond with prayer, kindness, or silence instead of criticism

### RESPOND (Discussion):

1. Where do you most need Christ's peace right now — in your mind, your relationships, or your surroundings?
2. How do Jesus' words *"As the Father sent me, I am sending you"* reshape your understanding of peace?
3. Where is the Spirit inviting you to be a peacemaker in your world?

### BREAKTHROUGH (Let's Pray Together):

Peace deepens as we breathe His presence, build bridges, and bring calm where the world expects chaos

Take a moment of silence. Inhale deeply and pray, *"Jesus, fill me with Your peace."* Exhale slowly and pray, *"Send me to share Your peace."*

**Pray together:** *"Holy Spirit, breathe on us again. Heal what's broken in our hearts and our world. Make us carriers of Your peace — steady, compassionate, and bold. Where there is fear, let Your presence rest. Where there is division, let Your love repair."*

Pause to listen. If the Spirit brings a name, image, or place to mind, pray for peace there as a group.

### NEXT FAITHFUL STEP (Choose One This Week)

☐ **The First Ten (Mark 1:35):** Give the first ten minutes of each day to peace. Sit quietly in God's presence, read a short Psalm, or breathe a simple prayer: *"Jesus, let Your peace rule my heart today."* Let stillness shape your rhythm before the world does.

☐ **The Table of Peace (Luke 24:30):** Invite someone into conversation or connection — a friend, coworker, or even someone you've felt tension with. Share a meal, coffee, or a walk. Listen more than you speak. Peace grows when stories are shared and barriers fall.

☐ **The Local Prayer (Jeremiah 29:7):** Take a short walk in your neighborhood, school, or workplace and quietly pray for God's peace there — for homes, relationships, and hearts. Ask the Spirit to make you a calm, healing presence wherever you go.



## Fruitful Life Devotional | JOY (*chara*)

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

— Galatians 5:22–23

*“I have told you this so that my joy may be in you and that your joy may be complete.”* — John 15:11

*“At that time Jesus, full of joy through the Holy Spirit...”* — Luke 10:21

### READ :

**Galatians 5:22–23; John 15:9–11; Luke 10:21**

### REFLECT:

Joy (*chara*) isn't a reaction to good circumstances; it's the settled gladness of being loved by God. In Scripture, joy isn't the opposite of sorrow, it's the presence of hope in sorrow.

Jesus' joy was rooted in His relationship with the Father, not the comfort of His surroundings. Even on the eve of His suffering, He could say, *“My joy may be in you.”* Joy flows from union... from abiding in God's love and trusting His goodness in every season.

The Spirit brings us joy not by removing pain, but by anchoring us in a deeper story — one where resurrection always follows loss, and love always has the final word.

When we live in step with the Spirit, joy becomes the quiet confidence that God is here, God is good, and His story ends in celebration.



### RESPOND (Discussion):

1. Take five minutes today to write down three moments, large or small, where you sensed God's goodness this week.
2. Read them aloud slowly. Let gratitude turn awareness into worship.
3. Pray: *"Jesus, help me live today from the joy of being loved, not the pressure to prove."*

### NEXT FAITHFUL STEP :

Joy deepens when it moves beyond us. This week, make your gratitude contagious:

- ☐ **Find it:** Write down three things God has done — big or small — that you're thankful for.
- ☐ **Share it:** Tell someone about one of them. It could be a friend, coworker, or even a stranger who needs encouragement.
- ☐ **Multiply it:** Invite that person to name something they're thankful for, and pray together — even for a minute.



## Fruitful Life Devotional | LOVE (*agapē*)

*“And now these three remain: faith, hope, and love.  
But the greatest of these is love.” — 1 Corinthians 13:13*

*“As the Father has loved me, so have I loved you.  
Now remain in my love.” — John 15:9*

### READ :

**Galatians 5:22–23; John 15:9–13**

### REFLECT:

Love (*agapē*) is not one fruit among many — it’s the root from which all the others grow. Every fruit of the Spirit is love in a different form:

- ♦ Joy is love celebrating.
- ♦ Peace is love resting.
- ♦ Patience is love enduring.
- ♦ Kindness and goodness are love serving.
- ♦ Faithfulness is love staying.
- ♦ Gentleness is love yielding.
- ♦ Self-control is love choosing.

God’s love is not a feeling; it’s His very nature; the creative energy that made the world and the redemptive power that renews it. The Spirit doesn’t just help us feel love; He forms us into love until our lives begin to look like Jesus.

God’s love is not abstract or sentimental — it’s demonstrated. **“God shows his love for us in this: while we were still sinners, Christ died for us.” (Romans 5:8)** The cross is not just proof of God’s love; it’s the definition of it. Every other “sign” we seek (answered prayers, success, or comfort) will fall short if we measure love by ease instead of by Calvary.

If we look for God’s love in what we lack, we’ll miss what He’s already given. The cross silences every question about whether we’re loved...because there, in our sin and separation, Jesus joined us.





Love is God's decision to move toward us when we were furthest from Him, to embrace us not after we changed, but in order to change us. That same love now lives in us through His Spirit, teaching us to move toward others with the same grace. To remain in love is to remain in this story...the story where love goes first, gives everything, and never leaves.

### RESPOND (Discussion):

Take a moment to pause and remember how God has loved you — not when you were perfect, but when you were still far off.

Read Romans 5:8 slowly: *"While we were still sinners, Christ died for us."*

### NEXT FAITHFUL STEP :

Love is proven through sacrifice — it costs something real. This week, practice a love that demonstrates, not just declares.

- ☐ **Give What Costs:** Offer something valuable (your time, resources, or comfort) to serve or bless someone else. Let it interrupt your convenience.
- ☐ **Forgive Freely:** Release a debt — an offense, a grudge, or an expectation. Forgiveness is the currency of costly love.
- ☐ **Show Up Anyway:** Be present for someone walking through pain or difficulty. Stay when it's messy or inconvenient.

**Love is both the seed and the harvest of a Spirit-filled life.**

**As you walk from this study, remember —  
the fruit of the Spirit isn't achieved through  
effort but grown through abiding.  
Stay connected to Jesus, and the orchard  
of your life will keep expanding.**



# APPENDIX A:

## The Fruit Words — Biblical Glossary

### SESSION ONE - Self-Control (*Enkrateia*)

**Enkrateia Definition:** Spirit-given inner strength that aligns desire with God's will.

**Meaning:** *Enkrateia* literally means “strength from within.” It's not willpower or repression but Spirit-formed mastery over impulse and appetite. In the Greek world, it implied discipline or self-mastery; in the New Testament, it's redefined as dependence; the Spirit empowering us to live freely within God's design.

- ♦ **Acts 24:25** — Paul reasons with Felix “about righteousness, self-control, and the coming judgment.”
- ♦ **1 Corinthians 9:25** — “Everyone who competes in the games exercises self-control in all things.”
- ♦ **2 Peter 1:6** — “Add to knowledge self-control; and to self-control, perseverance.”

**Reflection:** Self-control isn't a momentary decision but a daily alignment of the heart. We become truly free when our desires agree with God's desires.

### SESSION TWO - Gentleness (*Prautēs*)

**Prautēs Definition:** Strength under love's control; power that restores rather than crushes.

**Meaning:** *Prautēs* is often translated “meekness,” but it never meant weakness. It describes a warhorse whose power is fully harnessed by its rider; tremendous strength guided by obedience. Gentleness is the strength to love instead of dominate, to calm rather than to conquer.

- ♦ **Matthew 5:5** — “Blessed are the meek, for they will inherit the earth.”
- ♦ **Matthew 11:29** — “I am gentle and humble in heart.”
- ♦ **Galatians 6:1** — “Restore such a one in a spirit of gentleness.”
- ♦ **1 Peter 3:15** — Give reason for your hope “with gentleness and respect.”

**Reflection:** Gentleness grows from confidence, not insecurity. When our victory is already secured in Christ, we no longer need to fight for control.

# APPENDIX A:

## The Fruit Words — Biblical Glossary

### SESSION THREE - Faithfulness (*Pistis*)

**Pistis Definition:** Loyal, reliable trust that mirrors God's covenant love (*hesed*).

**Meaning:** *Pistis* carries a dual sense: **belief** and **trustworthiness**. It is faith that endures, not merely agrees. In the Old Testament, God's *hesed* — steadfast love — is the backdrop: He keeps covenant even when His people don't. Faithfulness is His loyalty reproduced in us by the Spirit.

♦ **Romans 3:3–4** — “What if some were unfaithful? Does their unfaithfulness nullify the faithfulness of God? By no means!”

♦ **1 Corinthians 1:9** — “God is faithful, who has called you into fellowship with his Son.”

♦ **Revelation 2:10** — “Be faithful, even to the point of death.”

**Reflection:** Faithfulness is love that stays. It values obedience over outcome and presence over performance.

### SESSION FOUR - Kindness + Goodness (*Chrēstotēs* / *Agathōsynē*)

**Chrēstotēs / Agathōsynē Definition:** Compassionate generosity (*chrēstotēs*) and moral integrity (*agathōsynē*) in action.

**Meaning:** These two words appear together throughout Paul's letters. *Chrēstotēs* emphasizes tenderhearted benevolence; love that notices and helps. *Agathōsynē* adds moral courage... doing what's right even when costly. Together they picture God's goodness moving toward need.

♦ **Romans 2:4** — “God's kindness leads you to repentance.” (*chrēstotēs*)

♦ **Galatians 6:10** — “Let us do good to all people.” (*agathōsynē*)

♦ **Ephesians 2:7** — God shows “the immeasurable riches of his grace in kindness toward us in Christ Jesus.”

**Meaning:** Kindness sees; goodness acts. When the Spirit fills us, compassion becomes courage and love becomes movement.

# APPENDIX A:

## The Fruit Words — Biblical Glossary

### SESSION FIVE - Patience (*Makrothymia*)

**Makrothymia Definition:** Long-suffering endurance shaped by love; staying when it's slow or hard.

**Meaning:** *Makrothymia* joins *makros* ("long") and *thymos* ("passion"). It's literally "long-spirited" — the capacity to hold steady under strain. It describes God's slowness to anger and His readiness to give people time to return. Patience is the strength to wait with God, not just for Him.

- ♦ **Romans 2:4** — "Do you not realize that God's kindness and patience are meant to lead you to repentance?"
- ♦ **Ephesians 4:2** — "Be completely humble and gentle; be patient, bearing with one another in love."
- ♦ **2 Peter 3:9** — "The Lord is not slow... but patient with you, not wanting anyone to perish."

**Reflection:** Patience holds space for redemption. It trusts God's timing more than our urgency.

### SESSION SIX - Peace (*Eirēnē* / *Shalom*)

**Eirēnē / Shalom Definition:** Wholeness, restored relationship, God's order made present.

**Meaning:** The Hebrew *shalom* and Greek *eirēnē* both mean more than calm... they describe everything being set right. Peace is creation returning to harmony with its Creator. Jesus brings this peace not by avoiding conflict but by reconciling all things to Himself (Colossians 1:20).

- ♦ **John 14:27** — "My peace I give you... not as the world gives."
- ♦ **John 20:19–21** — The risen Jesus breathes peace on His disciples.
- ♦ **Romans 5:1** — "We have peace with God through our Lord Jesus Christ."
- ♦ **Isaiah 9:6–7** — The Messiah is "Prince of Peace," whose government brings endless wholeness.

**Reflection:** Peace is not escape; it's participation — joining God in restoring what's broken.

# APPENDIX A:

## The Fruit Words — Biblical Glossary

### DEVOTIONAL ONE - Joy (*Chara*)

**Chara Definition:** Deep gladness that flows from abiding in God's love, not from circumstances.

**Meaning:** *Chara* shares its root with *charis* ("grace"). Joy is grace recognized... delight in God's presence that remains even through grief. It is the quiet confidence that resurrection always follows loss.

- ♦ **John 15:11** — God's self-giving love revealed at the cross; the root of every other fruit.
- ♦ **Philippians 4:4** — "Rejoice in the Lord always."
- ♦ **Hebrews 12:2** — "Jesus endured the cross "for the joy set before him."

**Reflection:** Joy is love celebrating — the soundtrack of a heart that knows it's already home with God.

### DEVOTIONAL TWO - Love (*Agapē*)

**Agapē Definition:** God's self-giving love revealed at the cross; the root of every other fruit.

**Meaning:** *Agapē* is not emotion but decision; God's will to seek the good of another, even at great cost. It is covenant love: self-sacrificing, initiating, and enduring. Every other fruit of the Spirit is love expressed in a different form.

- ♦ **John 3:16** — "For God so loved the world that He gave His one and only Son."
- ♦ **Romans 5:8** — "While we were still sinners, Christ died for us."
- ♦ **1 John 4:9–10** — "This is love: not that we loved God, but that He loved us."
- ♦ **1 Corinthians 13:4–7** — The shape of love lived out.

**Reflection:** Love goes first, gives everything, and never leaves. It is both the seed and the harvest of a Spirit-filled life.

#### How to memorize this week:

- ♦ Write your verse by hand 3x each morning and 3x at night.
- ♦ Say it aloud during your commute or walk.
- ♦ Post it where you'll see it first thing.
- ♦ Share it with your group or a friend midweek.
- ♦ Pray it back to God whenever the "wilderness" shows up.



## **APPENDIX B:**

### **Further Reading and Formation Resources**

#### **Spiritual Formation and Life in Christ**

- *Dallas Willard — The Divine Conspiracy*
- *Dallas Willard — The Spirit of the Disciplines*
- *John Ortberg — The Life You've Always Wanted*
- *James Bryan Smith — The Good and Beautiful God*
- *Richard Foster — Celebration of Discipline*

#### **Fruit of the Spirit and Gospel Character**

- *Tim Keller — Galatians For You*
- *N. T. Wright — After You Believe: Why Christian Character Matters*

#### **Kingdom Theology and the Spirit's Presence**

- *John Wimber — Power Evangelism*
- *Derek Morhew — Breakthrough: Discovering the Kingdom*

#### **Practices of Abiding and Slowing**

- *John Mark Comer — The Ruthless Elimination of Hurry*
- *John Mark Comer — Practicing the Way*
- *Eugene Peterson — A Long Obedience in the Same Direction*

#### **Formation in Everyday Life**

- *Henry Cloud & John Townsend — Boundaries*

#### **Community, Witness, and Mission**

- *Christopher J. H. Wright — The Mission of God's People*
- *Rebecca Manley Pippert — Stay Salt*

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