

## Fruit of the Spirit

**Kingdom value or skill you hope to see developed:** Learning to listen to God in everyday situations

**Who this is for:** seekers and Christians

**Desired impact on disciples:** See how God changes hearts

**Desired impact on campus/home/others:** See how God changes hearts

### Hear the word

Galatians 5:16-25

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law. The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.

- Where do you see acts of the flesh in your life?
- Where do you see fruit of the Spirit in your life?
- The good things the Spirit gives are gifts, but you can also work to cultivate them in your life. What is one of them you want to work on this week?

### Respond actively

Pray and ask that God would develop that fruit in you. But be aware! That usually means putting you in situations where you need to exercise it. (For example, if you want to develop patience, you may experience an unusually high number of red lights or people being late.) Don't be discouraged! Let these situations remind you of the Holy Spirit, and pray for more of the fruit instead of reacting in a way you normally might.

### Debrief and Interpret

- What fruit did you choose? How did you see it happen during the week?
- What did you learn about God? Yourself?

### Expand the influence

Continue this for a month with the same fruit