

## Patience

- How do you respond when you don't get your way, or you're frustrated?
- Are you able to wait gracefully?
- Would people describe you as a "peaceful, patient waiter?"
- How do you handle it when people aren't moving as quickly as you would like?

## Kindness

- How inclined are you to lend someone a helping hand even though you're busy or you know you won't get credit?
- How are you doing at encouraging and affirming people?
- Do you consistently take the time to actually notice people and listen to them?

## Goodness

- Thank God for the aspects of His character you have seen revealed in this study and ask Him to make you good like He is good.
- Is your heart to do good growing or shrinking? Watch who God places in your life today and actively pursue good for them.

## Faithfulness

- Would people around you say that you are dependable?
- When you say you are going to do something, it gets done.
- Do you ever use words to deceive or to put a spin on things?
- Do you ever wrestle with procrastination?

## Gentleness

- How successfully do you speak the truth with grace?
- Do you ever get angry and inflict pain on someone just because it will feel good?
- Over the last week, how often have you come along side somebody who was hurting to give them comfort?

## Week 9: Self-control

- Do you have any bad habits?
- Do you ever give into an impulse?
- How's your mouth doing these days?

# CULTIVATING THE **FRUIT** OF THE **SPIRIT** STUDY GUIDE

## Part 1: The Fruit of the Spirit is Love

Tailor the following questions to fit the needs of your individual or Small Group study.

Start with the BREAKING THE ICE question and then get real with several CONNECTING questions.

TAKE IT HOME is for more further personal study or more discussion in your small group.

### ICE BREAKER:

Who would you say was one of the most loving people you knew when you were growing up? Why? Can you name the fruit of the Spirit by memory?

### CONNECTING:

1. Read through Galatians 5:16-24 and share observations about the flesh and the Spirit.

Observations about the flesh:

Observations about the Spirit:

2. What does it mean to walk by the Spirit?

3. What does it mean to walk in the flesh?

4. What can you do to walk in the Spirit this week?

5. Read the following verses and share what you learn about God's love.

Micah 7:18; John 3:16; Romans 5:8; Romans 8:35-39; Ephesians 2:4-7;  
Ephesians 3:19; Ephesians 5:2; Titus 3:4-5; Revelation 1:5

Have you personally received God's love given through His Son?

When did this happen?

TAKE IT HOME or for discussion in your small group:  
1. Read the following verses and write down what this fruit should look like in each of us.

1 Corinthians 13:4-8

Observations of what love is:

Observations of what love is not:

2. From the following verses, describe your responsibility in cultivating this fruit.

Ephesians 5:1, 2; 1 Peter 1:22, 23; 1 John 4:7-12

Go through your "Love is and is not" list above, and write down practical ways you can do these things for these people. Be specific.

## Fruit of the Spirit / Personal Assessment

Throughout this teaching series continue asking the following questions regarding the fruit of the Spirit.

### Love

- How tender is your heart towards God and other people?
- Do you find yourself habitually engaging in acts of servanthood?
- Do you ever have a critical, judgmental spirit in your heart?

### Joy

- What is your current "irritability factor?"
- Are you more inclined to speak words of complaint or gratitude?
- How often did you laugh this week?
- How often did you laugh this week?
- Are you able to choose Joy in times of frustration or difficulty?
- Do you find yourself, even now, rationalizing your lack of Joy?

### Peace

- To what degree are your heart and mind at rest in God?
- How consistently are you troubled or anxious?
- Would people who know you describe you as being contented or discontented?