

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?

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 2: The Fruit of the Spirit is Joy

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:

What is one of the best 24 hours of your life? Why? What are the biggest joy stealers in your life?

CONNECTING:

1. Read the following verses and share what you learn about God's joy. Some of the joy words are also translated delight, pleasure, rejoice, and glad.

1 Samuel 15:22; 1 Chronicles 16:27; Psalm 5:4; Psalm 16:3; Psalm 16:11; Psalm 149:4; Isaiah 53:10; Ezekiel 33:11; Zephaniah 3:17; Matthew 12:18; Luke 15:7; Philippians 2:13; Hebrews 12:2

Share or write a sentence or two describing what you have learned about God's joy from the verses above.

2. Read the testimonies of three people who experienced joy and record everything you observe about their joy. Note especially their source of joy and the circumstances in which they rejoiced.

Habakkuk's Life: Habakkuk 3:17-18

Paul and Silas' Lives: Acts 16:16-40

Paul's Life: Philippians 1:12-18

Share or write a sentence or two describing what you have learned about what this joy should look like when it is produced in us.

TAKE IT HOME or for discussion in your small group:

1. From the following verses, describe what you can do to cultivate this fruit in your life.

Psalms 16:8-11; Psalm 19:8; Psalm 126:5-6; Isaiah 61:10; Luke 10:20; John 15:9-17; Philippians 2:1-4; Philippians 4:4; James 1:1-4; 1 Peter 4:13

2. Read Luke 11:28

Obedience is the pathway for genuine joy in life – is there an area of your life in which you are disobedient? Confess it and thank God for his forgiveness.

3. Read Deuteronomy 14:26

The discipline of celebration is on-the-job training in joy – how can you practice joy in a practical way this week?

4. Read Nehemiah 8:9-10 & Isaiah 43:2

Embracing joy provides strength through the seasons of life – what keeps you from embracing joy in your life? Trust the Lord to give you joy even in the midst of great difficulties.

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?