

## 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 3: The Fruit of the Spirit is Peace

### ICE BREAKER:

What's the worst weather storm you remember experiencing? Was it exciting or scary?

Share about one of your biggest life storms you went through or are going through.

### CONNECTING:

1. Read the following verses and write down everything you learn about God's peace.

Psalm 85:8

Isaiah 9:6, 7; 53:5

John 14:27; 16:33

Romans 5:1-6; 14:17

Ephesians 2:14-15

Colossians 1:19-22

1 Thessalonians 5:23

Hebrews 13:20, 21

Share or write a sentence or two describing what you have learned about God's peace.

2. Read the following account of peace that came to the disciples in the midst of a storm in Mark 4:35-41.

Describe the storm. How is this similar to our storms?

Describe the disciples. How are these responses like ours?

Describe Jesus' response. How does Jesus' presence give us peace in our storms?

Share or write a sentence or two describing what lessons can be learned about peace.

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.

Psalm 119:165  
Proverbs 3:1, 2  
Isaiah 26:3; 32:17  
Romans 8:6; 12:18-21  
2 Corinthians 13:11  
Ephesians 4:1-3; 6:13-17  
Philippians 4:6, 7  
Colossian 3:15-17  
James 3:17, 18  
1 Peter 3:10, 11

What has especially encouraged you? Challenged you?

2. Think over the peace you have *with God...with people...with circumstances*.

Where is peace missing? Why? How will you proceed now?

Remember, while we cultivate this fruit by walking in the Spirit, He produces it in us!

Make it your goal to walk obediently this week!

3. Thank God for the aspects of His character you have seen revealed in this lesson.

Ask God to bring you peace in the parts of your life where it is missing.

## 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?