

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?

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

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 further small group discussion or personal study.

Part 5: The Fruit of Kindness

ICE BREAKER:

Who has demonstrated kindness to and how did it impact your life?

CONNECTING:

1. Read the following verses, share and/or write down what you learn about God's kindness.

Psalm 100:5; 103:8-11; 145:7; Lamentations 3:21-24; Luke 6:35; Romans 2:4; 11:22; Ephesians 2:4-7; Titus 3:4-7

Write a sentence or two describing what you have learned about God's kindness.

2. Choose one of the following stories, share and/or write what you observe about kindness and what it should look like when it is demonstrated in us.

David and Mephibosheth – 2 Samuel 9

The Prodigal Son – Luke 15:11-24

3. What impressed you most about kindness from these stories?

4. How have you experienced God's kindness?

TAKE IT HOME or for further discussion in your small group:

1. Kindness is an activity that is irresistible! Read the following verses, and make a chart with two columns titled what kindness IS/DOES and what kindness IS NOT/DOES NOT DO.

Job 6:14; Proverbs 31:26; Ephesians 4:31, 32; Colossians 3:12, 13; Titus 2:4, 5; 1 Peter 2:1-3; 3:8-9; 2 Peter 1:5-8

2. Based on what you've learned, as a small group discuss doing a kindness project for your home, neighborhood, workplace, and church:

Select one person in each of these areas, and ask yourself...

What kind deeds can I do for this person? (What do they need? What would help them?)

What kind words can I speak to this person?

3. Do a kindness project for the most difficult person in your life:

Pray for them! Ask God to help you demonstrate the Spirit's kindness toward them. What will that kindness be today?

4. What in this lesson has especially encouraged you? Challenged you?

5. Thank God for the kindness revealed in His character. Ask God to make you kind like He is kind.

Fruit of the Spirit assessment

The following questions are for you to ask throughout this teaching series to assess the fruit of the Spirit in your life. This week ask yourself the questions regarding **THIS WEEK'S FRUIT**.

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?