



Lesson 1 - Love Discussion Guide

1. Why is it necessary to be baptized in the Holy Spirit to reveal the fruit of the Spirit to others?
2. **Read: Romans 5:5** (teaches us that the love of God is shed abroad in our hearts by the Holy Ghost given to us.)
 - Why do you think some Christians struggle with loving themselves, or loving others even after receiving the Holy Ghost?
3. Can you give a personal example and explain how God's love has healed your heart (emotions) during a painful season of your life?
4. When a person is "bleeding" and hurt, what steps can they take to allow God's love to heal them?
5. How does the Kingdom of God suffer when Christians do not receive God's Love to heal them and flow through them?



Lesson 2 - Joy Discussion Guide

1. The Fruit of Joy is God's gift to Holy Spirit filled believers.
 - How does the joy of Jesus differ from human happiness?

Answer: Happiness may be based on what is happening, but not joy.
2. This bible lesson taught us that a Holy Spirit filled Christian can suppress or release joy.
 - How can that be? Explain
3. Jesus said in JN 10:10 – "I have come that they may have life and enjoy it to the full."
 - What can a Christian do to keep the Joy of the Lord, and remain in it?

Answer: You will never enjoy your life until you DECIDE to. God gave us a free will. Choose life! Deut. 30:19
4. Paul taught that believers can have JOY as we maintain a right relationship with God!
 - What are the most common things that drain a Christians joy? (no repeats!)

Answer: Hidden sin and sin we refuse to confront cause major problems in our soul and will steal our joy. We can't hide from it.
5. Rd: Neh 8:10 "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared . . . Do not sorrow, for the **joy of the Lord** is your strength (and stronghold)."
 - Could you share a difficult time in your life, that you allowed the JOY of the Lord to help you come through it?



Lesson 3 - PEACE Discussion Guide

1. We know that unrighteous, out-of-control anger will destroy our peace
 - How does anger destroy our peace?
 - How might an angry person release his or her anger in a healthy way? (Ask each member to respond without repeating another's.)
2. How can a Christian maintain their peace, even in difficult life circumstances or situations?
 - Can you give an example of a bible character that maintained their peace during a difficult time?
3. **Phil 4:7** "and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."
 - Share a personal experience that showed how God's peace guarded your heart and carried you through a trial or tragedy?
4. What bible verses, bible principles, or personal experiences could you use to encourage/help a friend with an anxiety disorder? (chronic worrier)
5. **"Sharing Your Fruit" Assignment:** Intentionally be a peacemaker in a family, work, or neighborhood "tension situation" in the next seven days.
 - Journal your experience and insights of how bringing peace affected you and the situation.
 - Share a brief report at next week's gathering.



Fresh Fruit - Summer 2018 Life Group Series

Lesson 4 - LONGSUFFERING Discussion Guide (ADULT)

1. "Sharing Your Fruit" Reports:
 - Were you able to speak a word of peace and encouragement this past week?
 - What was the response?
 - Was there a change in attitudes, atmosphere, relationships, etc.? explain
2. When is it difficult for you to be patient? And why is that?
3. **2 Peter 3:9** tells us, "The Lord is not slack concerning His promise . . . but is longsuffering (patient) toward us, not willing that any should perish..."
 - Could you share how (in what areas) GOD has been patient with you?
4. We can have wonderful, honorable desires and work hard to achieve them, *but if we can't achieve them, we need to leave them in God's hands.*
 - Why is it important to leave our projects in God's hands after we have done all we can to achieve them?
5. The bible lesson stated, "*The only way we can be **truly patient** with others is to see them through the eyes of Jesus.*"
 - Why do you think Jesus could be patient with the imperfect people around him?
 - How can we as Christians learn to be more patient with others?



Lesson - KINDNESS Discussion Guide (ADULT)

1. *"God's purpose in having His Spirit dwell within us is that we might **depend on Him to direct our lives and illustrate God's personality to others!**"*
 - Why is the Christian's demonstration of kindness so important to a lost world?
2. Give an Old Testament example of God's kindness to the Israelites. (no repeats)
 - Give a New Testament example of Jesus' kindness to those around him. (No repeats)
3. Has the Holy Spirit worked to remove any abrasive qualities from your character?
 - Could you share an example of how He has worked in your life to produce the fruit of kindness?
4. It's usually not convenient to stop and help someone in need. Why do you think the priest and Levite passed by the injured man without helping him?
5. What risks did the Samaritan take when he stopped to help and provide for the injured man?
6. What do you think the Samaritan felt (emotions) that caused him to stop and save this man?



Lesson 6 – GOODNESS & FAITHFULNESS Discussion Guide (ADULT)

1. The lesson taught, “The beginning of a good nature starts when we become born again.”
 - Use bible verses to explain what happens to our soul when we are born-again?

2. Psalms 119:9-11 David said, “How can a young man cleanse/keep his way pure? By living according to God’s word . . . I have hidden your word in my heart that I might not sin against you.”
 - How can hiding or memorizing God’s word help in controlling sinful behavior?
 - Could you share a testimony about a victory that resulted from hiding God’s word in your heart?

3. After we become born-again Christians we are “sanctified”, which means to make holy, to consecrate, to separate from the world and be set apart from sin from sin . . . yet it is a progressive act as well.
 - What actions/steps could a Christian take that would allow God to continually sanctify their lives?

4. How would you describe a faithful person?
 - Why is faithfulness so vital to healthy relationships? (Friendships, family, marriage, work associates, etc.)

5. What lessons have you learned that now help you be a faithful person?

6. What are God’s requirements to be promoted in His kingdom?

(God promotes those who have proven themselves to be faithful and loyal. Then, when you prove yourself to be faithful in one area or level, God will promote you to another level.)



Lesson 7 – GENTLENESS & SELF-CONTROL Discussion Guide

1. The biblical qualities of **meekness and gentleness** are misunderstood and undervalued in today's society of extremes—where people tend to *angrily overreact* or *passively under react*.
 - How can we as Christians find a healthy balance without losing our witness to Christ?
 - How can we help each other live out the fruit of gentleness?
2. Paul said, “**Brothers and sisters, if someone is caught in a sin, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted**” (Gal 6:1).
 - Why is gentleness so important when helping someone caught up in sin?
3. In your own words share one reason why the fruit of **self-control** is so important in the Christians life.
4. How could focusing on your past mistakes affect your journey toward heaven?
5. Could you give a personal example of how the fruit of self-control has helped you regulate negative emotions in your life?
6. Optional: What was the most impacting truth you learned from “Fresh, The Fruit of The Spirit” series?