

Fruits of the Spirit (feeling fruitless)

Discussion Guide:

Read Galatians 5:22-23 and list the fruit of the spirit

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self Control

Where do you feel most fruitless in your life?

How do we get to the fruit?

What are the implications of the Spirit involvement?

Zoom Out:

Galatians: theme of the book: Freedom in Christ

Write Galatians 5:1 here:

What does freedom look like to you? What do you wish you could be free from?

Look back at your fruit list. What are some words you can partner with the fruit of the spirit list that would represent something you want to be freed from into the fruit God wants to bear in your life? For example:

- If I am trying to grow patience, I might want to be freed from frustration.
- Discuss examples, think outside the box.

When I feel fruitless is it fair to say I am not living in the freedom of Christ? That's a big concept, let's discuss:

How do I battle back fruitlessness, then, in the context of the work we did today? What are some tools you use to get reconnected to the fruit bearing Spirit of God?