

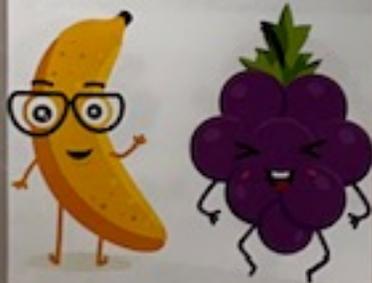
February 22, 2026
The Fruit of the Spirit

Learn Galatians 5:22-23.

The word "fruit" in fruit of the Spirit is singular, not plural. All the qualities make up the fruit of the Spirit. They are all equally important characteristics that help you be more like Jesus. The Holy Spirit helps you grow the fruit in your life.

Sunday

Paul said there is a fight inside each of us. Our sinful self wants one thing, but the Holy Spirit wants another. Jesus is the only One who always did what was right. The Bible says that everyone who believes in Jesus and follows Him has the Holy Spirit. He helps us know how to live in a way that honors and pleases God. When we listen to the Holy Spirit, He grows good things in our lives, like love and kindness. But we have to choose every day to follow Him. When we do, He makes us more like Jesus.



Thought for the week:

I can live a life filled with the fruit of the Spirit when I choose to follow the Holy Spirit's guidance.

Monday

Read Galatians 5:16-17.

We are to walk by the Spirit.

TRUE/FALSE

The flesh and the Spirit want the same things.

TRUE/FALSE

Tuesday

Read Galatians 5:22-23.

Which parts of the fruit of the Spirit come more easily to you?

Which parts of the fruit of the Spirit do you struggle with?



Wednesday

Read Galatians 5:25-26.

How do these verses encourage us to live our lives?

What actions do these verses warn us about?



Thursday

Read Romans 8:5-6.

The thoughts of those whose minds are living in the Spirit are the same as those living in the flesh.

TRUE/FALSE

Focusing our minds on the flesh leads to death, but when we focus our minds on the Spirit, it brings life and peace.

TRUE/FALSE

Friday

Read Romans 8:13-14.

What's the result of living for the flesh?

What is the result of living for the Spirit and not the flesh?

Who are God's children?



Saturday

Read Colossians 1:10-11.

What are some specific things Paul prayed for the Colossians?

Why should we ask God to help us with these things?

