

## GROUP THERAPY: The Fruit of the Spirit

Theme: “What’s Growing in Me?”

Main Text: Galatians 5:16–23 (NKJV)

### Galatians 5:16–17 (NKJV)

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another...”

#### Breakdown:

- “Walk in the Spirit” = live daily led by God
  - “Flesh” = your natural reactions (anger, pride, jealousy)
  - There’s a constant **internal battle** between doing right and doing what feels natural
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### Galatians 5:22–23 (NKJV)

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...”

#### Breakdown:

- These are **character traits God grows in you**
  - Not something you fake—something that shows up over time
  - This is what your life should start to look like as you grow
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### GROUP INSTRUCTIONS - Break into groups of 3–5

Each group chooses **1–2 fruits** to focus on.

- ❤️ **LOVE** 📖 1 Corinthians 13:4–7 (NKJV) John 13:35 Go **READ IT**


#### Breakdown:

- Love is patient and kind—not selfish or easily angered
- Real love is about **how you treat people**, not how you feel

#### Real Example:

- Someone hurts you → Love chooses not to get revenge

## JOY

 **Nehemiah 8:10 (NKJV) Acts 16:25**

### Breakdown:


- Joy comes from God—not your situation

- Joy gives you strength to keep going

### Real Example:

- Life isn't going right → You still trust God and keep moving

## PEACE

 **Philippians 4:6–7 (NKJV) Isaiah 26:3**

### Breakdown:

- Don't panic—**pray instead**
- God's peace protects your mind and emotions

### Real Example:

- You're stressed → Instead of spiraling, you pray and trust God

## PATIENCE (LONGSUFFERING)

 **James 1:2–3 (NKJV)**

### Breakdown:

- Hard situations are building your patience

- Growth comes through pressure

### Real Example:

- Someone keeps testing you → You don't snap—you endure

## GENTLENESS (KINDNESS)

 **Proverbs 15:1 (NKJV)**

### Breakdown:

- Your tone matters

- You can calm a situation or make it worse

### Real Example:

- Someone comes at you aggressive → You respond calmly

## GOODNESS

 **Luke 6:35 (NKJV)**

### Breakdown:


- Do good even when people don't deserve it

- Don't only help people who can help you back

### Real Example:

- Helping someone who has wronged you

## FAITHFULNESS

 Luke 16:10 (NKJV)


### Breakdown:

- How you handle small things matters
- Consistency builds trust with God

### Real Example:

- Showing up, being dependable—even when no one notices

## MEEKNESS (HUMILITY)

 Philippians 2:3 (NKJV)

“Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.”


### Breakdown:

- Don't be driven by ego
- Value others, not just yourself

### Real Example:

- Letting someone else shine without needing credit

## SELF-CONTROL

 Proverbs 25:28 (NKJV)

### Breakdown:

- Without self-control, you're unprotected
- Discipline keeps your life stable

### Real Example:

- Wanting to react—but choosing restraint

## GROUP DISCUSSION (USE FOR ANY FRUIT)

### Ask:

1. What stands out from the scripture?
2. What does this look like in real life?
3. Why is this hard to live out?
4. Where do you personally struggle with this?

## PERSONAL REFLECTION

- When was the last time you failed in this area?
- What triggered that moment?
- What would the Spirit have wanted you to do instead?

## REAL LIFE SCENARIOS

Pick one:

- Someone disrespects you / tempted too.....you fill in the blank
- You're overwhelmed or stressed
- You want to react emotionally

 Ask:

- What would the **flesh** do?
  - What would the **Spirit** do?
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## WHY THE FRUIT MATTERS (THE VINE CONNECTION)

### John 15:5 (NKJV)

"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

### Simple Breakdown:

- Jesus is the **source (the vine)**
- We are the **branches**
- Fruit only grows when we stay **connected to Him**

### Why This Is So Important:

- The Fruit of the Spirit is **evidence of your connection to God**
- It's not about what you say—it's about **what shows up in your life**
- You can't fake fruit—it **grows naturally when you stay connected**

### Real Truth:

- No connection → No fruit
- Weak connection → Weak fruit
- Strong connection → Healthy fruit

### Final Closing Line:

"You don't have to force the fruit—just stay connected to the vine. If you stay with Jesus, what's in Him will start showing up in you."

### Matthew 7:16 (NKJV)

"You will know them by their fruits..."