

L I G L B E G E G E L S
S O O O C V C X F I P S
L V R R O N H Y G H E E
E P W T E D K Q M U A N
C L U I N A N A X Y C E
D C T P H O Z E J Q E L
P A W I A A C H S G F T
P C M W D A N F M S K N
J P A J U P P D L D S E
C K I N D N E S S E H G
U O H A H K U Y O J S M
S S E N L U F H T I A F

LOVE

JOY

PEACE

PATIENCE

KINDNESS

GOODNESS

FAITHFULNESS

GENTLENESS

SELF CONTROL

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace,
patience, kindness, goodness, faithfulness, gentleness, and self control ...*

Galatians 5:22-23 NLT

ME + YOU

APRIL 2024

Over the next 2 months we will be working through a resource by Southeast Christian Church called ***“Becoming”***. There are 8 video sessions that we will work through together with some notes and practical application.

The process of becoming the person God made you to be is just that - a process. So following Jesus can sometimes be frustrating because we experience the visible benefit in a much more gradual, unhurried manner. While we are instantly justified, redeemed, and adopted, we often don't see the fruit of that decision instantly. Fruit takes time - we don't immediately exude Christ-likeness. We don't, on a moments notice, become more loving spouses, more patient parents, more gentle leaders, more humble servants, or more self-controlled citizens of God's kingdom. But still, the process of becoming more like Jesus begins here. In Galatians 5, Paul reveals two forces that can shape who we become, but the reality is that only one force can make us the person we were meant to be. In this series, we're going to explore the fruit of the Spirit, consider who we are becoming by His power, and discover the person we were ultimately created to be.

the person God made you to be becoming

One of the very first things Paul writes to this group of believers he's never met is "we have heard of your faith in Christ Jesus and of the love you have for all God's people" (v. 4). Apparently, there was something remarkable about this church's level of love. Where do we develop that kind of love? Paul has already told us in Galatians that it's the Spirit who develops this love in us, but here we discover a powerful tool the Spirit uses: the Gospel. The Gospel is a message of hope. Through Jesus, we are right with God and we will soon live with Him forever in a restored world. The deeper our faith in that Gospel reality becomes, the more this Biblical sort of love begins to grow within us.

- What makes you feel most loved by others?

READ COLOSSIANS 1:1-8

- When is the last time someone's level of genuine love or care caught your attention?

- What do you learn about love in verses 4-5?

- In verse 6, Paul notes that the Gospel started bearing fruit in the readers' lives when they "truly understood God's grace." How does this verse describe God's grace? What does it look like to truly understand God's grace?

But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. (Galatians 5:22-23 AMP)

the person God becoming made you to be

- How might understanding the Gospel and God's grace change the way you love the people in your life?

ACTION STEP: This week, pray for God to increase your love for the people and people groups around you and to show you how to express it to them.

FOR A DEEPER DIVE: Read 1 Corinthians 13

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In this week's passage, we're invited into Paul's prayers for the Colossian church. He prays that they would know God's will and be empowered by the Spirit to carry it out. According to Paul, God's will is that we would bear fruit, grow in our knowledge of Him, be strengthened by the Spirit, and be full of joy and gratitude. God wants us to have joy! It's part of what He desires for all His people. Once again, the Spirit is the engine that powers our joy, but the Gospel message of forgiveness and future hope is the fuel.

Matt defined joy as: *"An emotional state of gratitude, pleasure, and genuine satisfaction that transcends your circumstances and overflows in worship."* Based on this definition ...

- What are some words that would characterize a person living with joy?

- How is joy different from happiness?

- Why do we settle for happiness when joy is more lasting?

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the person God becoming made you to be

- We can anchor our joy in God's promises. What are some specific promises in the Bible that speak to your heart?

- How have these promises impacted your life and brought you joy?

- What are some ways you can share those promises with others who are walking through difficult circumstances?

ACTION STEP: Keep a “joy journal” this week. At the end of each day, take an inventory of the people, places, and things God has graciously given you.

FOR A DEEPER DIVE: Read Philippians 4

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SESSION 3: PEACE

SCRIPTURES

Colossians 1:15-23 NIV

NOTES (Make notes as you watch / listen to session 3)

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But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. (Galatians 5:22-23 AMP)

the person God made you to be becoming

The word that Paul uses for “peace” in Galatians 5 to describe the fruit of the Spirit, is a word that can refer to a literal tranquility, absence of conflict, or sense of safety. But when we explore another place Paul talks about “peace”, we discover this sort of peace isn’t dependent on our circumstances or our sense of safety. It’s an internal restfulness that comes from bringing our needs to God and aligning our thinking with His heart.

- What is the most peaceful, serene memory you have?

READ COLOSSIANS 1:15-23

- What do you learn about peace between us and God from these verses?

- How do you think these verses can provide a sense of peace to you in difficult circumstances?

- Which sort of peace do you sense more regularly: peace with God or peace in difficult circumstances? How?

But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. (Galatians 5:22-23 AMP)

the person God becoming made you to be

- What factors tend to prevent peace in your life?

ACTION STEP: Memorise Colossians 1:17

FOR A DEEPER DIVE: Read Psalm 23

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SESSION 4: PATIENCE

SCRIPTURES

Colossians 1: 11 (NIV)

Colossians 1:24 - 29 (NIV)

NOTES (Make notes as you watch / listen to session 4)

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But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. (Galatians 5:22-23 AMP)

the person God made you to be becoming

Patience is generally associated with being calm, tranquil, and mild-mannered. What's interesting, though, is that when Paul first mentions patience in Colossians, he associates it with words of a different connotation: "being strengthened with all power according to His glorious might so that you may have great endurance and patience" (v. 11). Evidently, it takes the power and intensity of God to produce patience within us. We can't create patience on our own, but we desperately need it if we're going to endure in our faith and experience growth in Christ.

READ COLOSSIANS 1:11

- What do you think makes patience so difficult and unnatural for us?

READ COLOSSIANS 1:24-2:7

- What do we learn about growing spiritually from this passage?

- When was the last time you were actively aware of your need for patience?

But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. (Galatians 5:22-23 AMP)

the person God becoming made you to be

- How has God demonstrated patience with you?

- What other characteristics of God make it easier for you to wait and endure with patience?

ACTION STEP: Ask someone who knows you well to give you some candid feedback to the following question: Where am I impatient and quick to get angry? When they respond, thank them for their feedback and don't attempt to defend yourself.

FOR A DEEPER DIVE: Read James 5

But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. (Galatians 5:22-23 AMP)