



# Lesson 1

## The Fruit of the Spirit - Love

*Galatians 5:22-23*

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

1. What is fruit?
  
  2. Why do you think Paul chose to use the analogy of fruit to describe the characteristics that should develop within a Christian?
- 
- Paul lists 9 characteristics that he refers to as the fruit of the Spirit. Take a few moments to define each of them
    - Love
  
    - Joy
  
    - Peace
  
    - Long suffering
  
    - Kindness
  
    - Goodness
  
    - Faithfulness
  
    - Gentleness
  
    - Self control

**For Discussion:**

A. Which of these characteristics do you see in your own life?

B. Which ones are lacking?

*Take a few moments to pray asking God to develop the fruits in your life.*

For our first study, we will examine love.

1. In your own words, define love.

**For Discussion:**

A. Using lyrics from a popular song or perhaps a common phrase how does our culture define love?

B. What about these descriptions do you agree or disagree with?

*Read 1 John 4:10-11*

1. According to John, what is the source of love?

2. Why should we express love to each other?

*Read Romans 5:8*

3. What do Paul's words teach us about the follow:

- Who God loves?
- Who we should love?
- How God loves?
- How we should love?

*Read Mark 12:28-30*

4. According to Jesus, what is the greatest of all commandments?

5. How do you think a person should express love for God?

6. According to Jesus, how do we express our love for God?

*John 14:15*

"If you love Me, \_\_\_\_\_"

*1 John 2:3*

Now by this we know that we know Him, if we \_\_\_\_\_

*Read Mark 12:31*

7. What is the second greatest commandment?

8. How do you think a person should express love to others?

According to John, how do we show love to others?

*1 John 5:2*

By this we know that we love the children of God, when we love God and \_\_\_\_\_

### **For Discussion:**

A. Finish the following statements

- A wife shows love to her husband by...
  
- A mother shows love to her daughter by...
  
- A sister shows love to her siblings by...

*Read 1 Corinthians 13:4-8*

Look carefully at 1 Corinthians 13. What are the characteristics of love according to the Bible?

Let's examine these a little more carefully. ...

1. Give an example of how love suffers long or is patient.

2. In what ways do you need more patient love?

3. What does it mean to parade yourself?

4. Why is that not a true expression of love?

5. Looking at the phrase “*love does not seek its own*” how does that combat the definition of love that is most common in our culture?

6. How does love bear all things?

7. Give an example where someone else’s love helped you through a challenging time

8. Obviously love believing all things does not mean that love is gullible. Think of a practical way where love might believe all things.

### **For Discussion:**

A. Love endures all things. Think about the following relationships, what type of things might your Love need to endure?

- Mother / children
  
- Daughter / parent
  
- Wife / husband
  
- Siblings
  
- Co-workers
  
- Church relationships

B. Paul states that love never fails, and then goes on to list some things that will fail. Are there any relationships where you have let your love run out? What changes are you willing to make?

## **For Discussion:**

A. After looking at a biblical description of love, has your view of love changed at all? If so, how?

Some of the words that might help describe the love of God are selfless, continual and extravagant.

B. In what ways have you experienced the selfless, continual and extravagant love of God?

C. What are some practical ways to express that kind of love this week toward

- Children
  
- Husband
  
- Someone at church

# Lesson 2

## The Fruit of the Spirit – Joy

*Galatians 5:22-23*

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

1. Imagine you wanted to plant a small vegetable garden. What things would be necessary if you wanted the plants to be fruitful?

2. What things are most important if we want to bear fruit as a Christian?

- Of these components which ones are you doing regularly?
- Which ones do you need to increase?
- What are some practical ways you can increase in these?

3. What dangers would you need to protect your garden from?

- As believers, what things do we need to avoid in order to be fruitful?

For our second study, we will look at joy.

4. Define joy.



- What are some synonyms of joy?
  
- What are some antonyms of joy?

*Read Acts 16:16-34*

5. What part did joy play in the story?

6. Why do you think Paul and Silas were able to express joy in such difficult circumstances?

7. How did the joyful life of Paul and Silas help them share the gospel with others?

**For Discussion:**

A. Think of a time in your life when things were very difficult and yet you found that God gave you joy.

The word joy is a translation of a Greek word used more than 50 times in the New Testament. Some of these verses will provide insight into what godly joy is like and where it comes from.

*Read Luke 15:7*

1. According to Luke 15:7 what brings God joy?

*Read Hebrews 12:2*

2. According to Hebrews 12, what part did joy play in the actions of Jesus?

3. Think about the cross, what did Jesus have to endure to make it possible for sinners to be saved?

4. According to 2 Corinthians 11:24-28, what did Paul endure to bring the gospel to others?

**For Discussion:**

A. If seeing sinners saved is what brings God joy, what are you willing to endure to participate in sharing Christ with others?

Make a list from the following verses of where joy comes from.

- *John 15:11*
  
- *John 16:24*
  
- *Acts 13:52*
  
- *Romans 15:13*
  
- *1 Thessalonians 2:19*

**For Discussion:**

Examine the list you just compiled:

A. Which ones are you currently involved in?

B. Which ones do you need work on?

C. Which ones do you not understand and would benefit from some further instruction?

D. It has been said that the difference between joy and happiness is that happiness is based upon circumstances while joy is a condition of the heart. As a believer we can be saddened by circumstances and still have a joy that carries us through.

1. What do the following verses teach us about joy?

- *James 1:2-3*

2. Why should we rejoice in trials?

3. Read the story of Jesus in the boat in *Mark 4:35-40*. What do you learn about Jesus and trials from this story?

4. How can you apply this lesson to your current circumstances?

*Read Nehemiah 8:10*

5. Where does Nehemiah tell us joy comes from?

6. How does joy give us strength?

*Read Psalms 16:11*

1. Imagine a scenario where you possessed a key that would unlock chains that held a person captive. Imagine that you offered them the key but they ignored you trying to no avail to break the chains or to function as though they were not held by them. How does this scenario illustrate the truth that in the presence of God is where joy is found?

*Read Psalms 126:5*

2. What is sowing?

3. What is reaping?

4. What is promised to the weeping sower?

*Read Jeremiah 15:16*

1. What did Jeremiah do with the word of God?

2. How do we do that?

3. What were the results?

*Read Genesis 37:34-35*

Jacob received news that his son Joseph had been killed by wild animals. When he heard the news he broke down and mourned profusely. As time went on his children attempted to comfort him, but he refused to receive the comfort available to him. Jacob would spend the next several years living under a dark cloud refusing to allow God to replace his sorrow with joy.

4. Without diminishing the difficulties you might have endured, ask yourself if you are in anyway refusing the comfort and joy God has provided for you.

5. Take a few minutes to pray asking God to replace sorrow with joy

**For Discussion:**

A. Life is sometimes difficult and we all must walk through seasons of sorrow. What have you learned in this lesson about how to receive strength during House seasons and how to move on to the next season?



C. Describe the ideal environment for a Christian to grow and become fruitful.

The word translated peace in Galatians 5:22 is used over 85 times in the New Testament. The Hebrew word shalom is found over 200 times in the Old Testament. Clearly the Bible has a lot to say about peace.

## Peace with God

The Bible explains that sin puts man at enmity with God. In other words we are living opposed to God. Jesus was sent into the world to remove sin so man could know God.

*Romans 5:1*

*Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ*

1. Define the word justified
2. According to Paul how is a person justified before God?
3. How is peace with God made possible?
4. According to Romans 5:10, why do we need peace with God?

*Read Romans 5:2*

1. According to Paul, in addition to peace what else does faith in Christ provide?
2. Define the word access.

3. What does the believer have access to?

*Read Hebrews 4:16*

**For Discussion:**

A. What should we do with the access that has been provided for us?

B. What is promised to those who access God through prayer?

Peace Within

*John 14:27*

*Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.*

1. How is the peace the world provides and the peace Jesus provides different from one another?

*John 16:33*

*These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*

2. What things are promised in this verse?

3. Define the word tribulation



## **For Discussion:**

A. Why is having the peace of God important in times of tribulation?

B. Can you think of a story from the Bible where a person has peace in the midst of a very difficult situation?

*Read Romans 8:6*

1. Define the word carnal.

2. What does it mean to be carnally minded?

3. What does it mean to be spiritually minded?

4. How might you be spiritually minded on a daily basis?

5. How will being spiritually minded result in peace?

6. Think about David facing Goliath, how did he exemplify being spiritually minded?

*Read 1 Corinthians 14:33*

Sometimes a lack of peace is evidence that we are doing something wrong. *Read 1Samuel 16:14-17.* Saul lacked peace because of disobedience.

7. How did he try to cover up his anxiety?

8. What should he have done?

### **For Discussion:**

A. Is there any areas of your life where you lack peace because you are not behaving as you should?

*Read Philippians 4:6-7*

Paul gives the remedy for anxiety.

1. What does he tell us not to do?
2. What does he tell us to do?
3. How does he tell us to do it?
4. What does he say will be the result?

### **For Discussion:**

A. Make a list of the things that you worry about.

Take that list and compare it to who God is. For example I might worry about my kids when they are not in my care so I will think about how much God Loves them, about how He is omnipresent and with them all the time, how he created them with a purpose and promises to use all things to mold them into the image of Jesus. Then I will pray and ask God to do the things He promises to do.

## Peace with Others

*Read Ephesians 2:14*

1. Jesus made it possible for us to have peace with God, ourselves, and others. What things can we do to restore broken relationships?
2. What role does forgiveness play in restoring broken relationships?
3. Is there anyone you need to forgive in order for relationship to be restored?
4. Is there anyone you need to apologize to?

## **For Discussion:**

*Read Romans 14:19*

- A. Define the word pursue.
- B. How can we pursue peace personally?
- C. How can we pursue peace with others?

## A Message of Peace

*Read Luke 2:14*

1. What message did the angels say Jesus would bring to the world?

## **For Discussion:**

*Read Ephesians 6:15*

- A. The message of the gospel is that people can have their sins forgiven and be restored into relationship with God. Each Christian plays a part in that. How does the image of putting on gospel shoes illustrate our part in sharing the gospel?

- B. With whom have you shared Christ with lately?

- C. Pray and look for an opportunity to share Jesus with someone this week. Share your experience

# Lesson 4

## The Fruit of the Spirit - Patience

*Galatians 5:22-23*

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

Paul describes these characteristics not just as fruit, but as fruit of the Spirit.

- What do the following verses teach about the Holy Spirit play in the life of the believer?

*Read John 14:15-17*

1. In these verses, what titles does Jesus give to the Holy Spirit?
2. What does these titles suggest about the role of the Holy Spirit in the life of the believer?
3. Where does Jesus promise the Holy Spirit will dwell?
4. What is the difference between something being “with you” and “in you”?

*Read Acts 1:8*

5. What does Jesus promise we will receive when the Spirit comes upon us?
6. According to Jesus what is this power designed to do?
7. Define the word “Witness”

## **For Discussion:**

A. How would bearing the fruit of the Spirit make a person a better witness?

B. Give an example a time where bearing one of the fruits of the Spirit helped you to minister to someone else

C. Take a few moments to pray that you would bear more fruit.

It seems that almost everyone sees the need for patience. Some well known proverbs on the subject include

- Patience is a virtue
- Patience is the key that solves all problems
- Patience is not simply enduring, it is enduring well

Leo Tolstoy put it his way

“The strongest of all warriors are these two - time and patience”

### What is patience?

1. Define the word patience

2. Make a list of some synonyms for patience

- What insight does this list give you into what patience is

3. Make a list of some antonyms for patience

- What insight does this list give you into what patience is not

The NKJV uses the word “Long-suffering” instead of patience.

4. What does that suggest about patience?

### **For Discussion:**

A. What do you think are some of the enemies of patience?

B. How can we guard against these things?

Now let's look at what the Bible has to say.

The Nature of God

*Read Exodus 34:5-6*

God describes himself as “long-suffering”.

## **For Discussion:**

A. In what ways has God shown His patience to mankind?

B. In what ways has God shown His patience to you?

Patience in the work of salvation:

*Romans 2:4*

*Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?*

1. According to Paul what part does the patience of God play in salvation?

## **For Discussion:**

A. Read the story of the Prodigal son recorded in Luke 15:11-34, how does the Father in the story express the patience of God in salvation?

B. What does that teach us about how we should be toward those who have backslidden or are not yet saved?



Patience in the life of the believer:

*James 1:2-4*

*My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.*

1. What situations in life are designed to produce patience?

2. How do trials test our faith?

**For Discussion:**

A. Why do you think it is important for faith to be tested?

B. What does James promise that tested faith will produce in us?

C. What is the difference between waiting out a difficult time and waiting on God during a difficult time?

Many bible characters had to wait long periods of time for an answer from the Lord.

- Abraham waited 25 years for the promise of a son
- Moses waited 40 years in the wilderness to hear the call of God
- Joshua waited 40 years before entering the land of promise
- David waited 20 years to sit on Israel's throne
- Paul waited 14 years before being called to pastor

1. How does this encourage you as you wait on the Lord?

2. What should a child of God do while we are waiting upon the Lord?

*Read Proverbs 3:5-6*

3. List the verbs found in these verses

4. Describe how you might act accordingly in your current situation.

*Psalms 37:7*

*Rest in the Lord, and wait patiently for Him;  
Do not fret because of him who prospers in his way,  
Because of the man who brings wicked schemes to pass.*

5. What does it mean to rest in the Lord?

*Habakkuk 2:1 (GNT)*

*I will climb my watchtower and wait to see what the LORD will tell me to say and what answer he will give to my complaint.*

6. What did Habakkuk do while waiting on the Lord?

## A Sovereign God

*Psalm 115:3*

*Our God is in the heavens;  
he does all that he pleases.*

The Bible teaches that God is in control over all things. Look at the following passages, what does each verse teach about what God has control over.

- *Job 42:2*
  
  
  
  
  
  
  
  
  
  
- *Mark 1:34*
  
  
  
  
  
  
  
  
  
  
- *Mark 2:5*
  
  
  
  
  
  
  
  
  
  
- *Mark 4:39*
  
  
  
  
  
  
  
  
  
  
- *John 11:43-44*
  
  
  
  
  
  
  
  
  
  
- *Proverbs 19:21*

### **For Discussion:**

A. How does knowing God is in control help you wait upon Him?

*Romans 8:28*

*And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*

Memorize this verse.

1. In what way does this truth encourage you?

2. Make a list of the things you are waiting upon God for.

3. Keep this list and record the various ways God answers your requests



# Lesson 5

## The Fruit of the Spirit - Faithfulness

*Galatians 5:22-23*

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

1. Using a dictionary define the word faithful.
2. List as many synonyms for faithful that you can find.
3. What insight do these synonyms give you into what it means to be faithful?
4. Define the word unfaithful.
5. List as many synonyms for unfaithful that you can find.
6. What insight do these synonyms give you into what it means to be faithful?

### **For Discussion:**

A. Read through the Parable of the Talents recorded in Matthew 24:14-30. What does this story teach us about being faithful?

B. What does the following verses teach about being faithful?

- *1 Corinthians 4:2*
- *Luke 16:10*

- *Luke 16:11*

- *Luke 16:12*

### **For Discussion:**

A. The economy of God is different from the economies of men. God rewards faithfulness more than results. If a person is called to be a parent and does that well they will receive an equal reward with the person that is called to preach who does that well. How does that concept encourage you to serve the Lord?

B. The word translated “faithfulness” in Galatians 5:22 is the Greek word “pistis” which is most often translated simply as faith.

- Define the word faith
  
- List as many synonyms for the word that you can find.
  
- How do these enhance your understanding of faith?

### **For Discussion:**

A. What insights can you draw from thinking of faith as a fruit of the Spirit?

B. According to the following verses why is faith an important part of the Christian life?

*Galatians 3:26*

*Ephesians 2:8*

*Romans 5:2*

*Romans 1:17*

*2 Corinthians 5:7*

*Ephesians 6:16*

*Matthew 17:20*

1. Read the story of Jesus on the boat with His disciples recorded in Mark 4:35-41. Then take some time to answer the two questions recorded in verse 40

- Why were they so fearful?
- How is it that they had no faith? (Consider their previous experiences, why should they have trusted Jesus?)

2. What part do the following things play in helping our faith grow?

- Reading the Bible (See Romans 10:17)
- Spending time with people of faith (See 1Samuel 14:6-7)



- Going through difficult experiences

**For Discussion:**

A. Share an experience from your own life where you needed to exercise faith.

B. Share an experience in your life when you lacked faith and someone else's faith helped you to trust the Lord

C. Make a list of the areas of your life where you need to trust God and believe in His promises.

D. How can you solicit the assistance of other believers to help you trust the Lord through these things?

**For Discussion:**

A. Based upon what you discovered from these verses, how can we increase both our faith and our faithfulness?

B. What practical steps are you going to take to make this happen?

## Faith and Faithfulness

*Read 1 Timothy 1:12*

1. What attribute did God recognize in Paul that equipped him for ministry?
  
2. Why is faithfulness essential to serving Christ?
  
3. Think of the following areas of ministry, how could faithfulness be expressed in each
  - Marriage
  
  - Parenting
  
  - Serving in church
  
  - Giving
  
  - Prayer
  
  - Witnessing to a family member
  
4. Since faithfulness is a key component to serving God, how can you be more faithful in participating in the local church?

# Lesson 6

## The Fruit of the Spirit – Kindness and Goodness

*Galatians 5:22-23*

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

1. In your own words define kindness.
2. Using a dictionary, define kindness
3. Look up and list as many synonyms for kindness that you can
4. Look up and list as many antonyms for kindness that you can
5. How did your research change your definition of kindness?

Kindness is a characteristic of God.

*Read Titus 3:3-5*

1. How does Paul describe mankind?
2. What evidence do you see in the world to support Paul's claims?
3. What evidence do you see in your own life?
4. Notice the word "but" in verse 4 and describe the action God took as a result of man's condition?

5. What character traits of God motivate His actions?

**For Discussion:**

A. Briefly share how you came to know Christ

*Read Romans 2:4 NIV*

B. What part does kindness play in leading a person to Christ?

C. Share a time in your life when you experienced undeserved kindness from God

*Read Ephesians 2:7*

1. What do you think the phrase “ages to come” refers to?

2. What will God do in the ages to come?

3. How is His kindness described?

Kindness is a characteristic God desires to develop within believers.

*Colossians 3:12*

*Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;*

1. What imagery do you think Paul is using with the phrase, “put on”?
  
  
  
  
  
  
  
  
  
  
2. Describe what you put on this morning
  
  
  
  
  
  
  
  
  
  
3. Since we are capable of putting on our shirt and shoes we should also be capable of putting on kindness. What part does planning in advance play to wearing kindness?
  
  
  
  
  
  
  
  
  
  
4. Kindness is also a fruit. Fruit is not gained through work but growth. What things can we participate in that will increase our growth and consequently our kindness?

### **For Discussion:**

- A. Share a time when someone showed you unusual kindness
  
  
  
  
  
  
  
  
  
  
- B. Share a time when you showed someone else unusual kindness
  
  
  
  
  
  
  
  
  
  
- C. Share some ways that you think kindness could be shown to others as a means of sharing the gospel with them
  
  
  
  
  
  
  
  
  
  
- D. Read the story of the Good Samaritan recorded in Luke 10:30-37. How do the actions of the Samaritan illustrate true kindness?

E. Share your thoughts on the importance of Christians being kind

- To one another
- To the unbelieving world
- To those who are not kind to them

### **For Discussion:**

A. Think of a way you can express this same type of kindness to someone else this week. Share your thoughts.

*Read Matthew 5:38-42*

1. What do these verse teach about showing exceptional kindness toward others?
2. The Bible teaches us that King Saul was jealous of David and tried to kill him on several occasions but when David had the opportunity to retaliate he restrained himself.
3. How does David's story illustrate true kindness?
4. How can you apply his lesson to your current situations?

# The Fruit of the Spirit - Goodness

*Galatians 5:22-23*

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

The Greek word translated goodness speaks of moral uprightness and doing what is right.

1. Examine the following verse and share your insights regarding goodness

- *Romans 3:9-12*
- *Romans 3:23*
- *Mark 10:18*

## **For Discussion:**

According to the Bible everyone is a sinner and no one is morally good apart from Christ.

- A. What evidence do you see in your own life that proves this point?
- B. What evidences do you see in the world around you that support this?

1. Since we are not good by ourselves God sent His Son into the world as our savior. What do the following verses teach about God making sinners righteous?

- *Romans 5:19*
- *2 Corinthians 5:21*

- *Romans 10:4*

Israel got into a lot of trouble because they decided they were the ones who determined right from wrong.

Read *Judges 21:25*

2. How has this same ideology influenced our culture?

3. Share a time when you thought you were right only to find out you were wrong.

### **For Discussion:**

A. How will allowing God's word to determine what is right help you to make good decisions and treat others properly?

B. What do the following verses teach us about doing what is right?

*James 4:17 ESV*

*So whoever knows the right thing to do and fails to do it, for him it is sin.*

*Deuteronomy 6:18 ESV*

*And you shall do what is right and good in the sight of the Lord, that it may go well with you, and that you may go in and take possession of the good land that the Lord swore to give to your fathers*

*Job 42:7 ESV*

*After the Lord had spoken these words to Job, the Lord said to Eliphaz the Temanite: "My anger burns against you and against your two friends, for you have not spoken of me what is right, as my servant Job has*



1. Perhaps the biggest problem in our world today is people thinking they are right. Look at the following scenarios and share how people thinking they are right serves as the cause of the problem

- Religious fanaticism
- Countries in conflict
- Racism
- Marital conflict
- Divorce

2. Look at the same list, how could allowing God's word to determine right and wrong defuse these same issues.

- Religious fanaticism
- Countries in conflict
- Racism
- Marital conflict
- Divorce



# Lesson 7

## The Fruit of the Spirit – Self-Control

*Galatians 5:22-23*

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

1. Self-control is made up of two words:

- Define self
  
- Define control

### **For Discussion:**

A. Based upon those definitions what is self-control?

1. Another word for self-control is the word “temperance.”

- Define temperance
  
- List as many synonyms for temperance as you can

2. How does that expand your understanding of self-control?

3. List as many antonyms for temperance as you can.

4. How does that help your understanding of self-control?

5. Make a list of the areas in your life where you are currently exercising self-control.

6. Make a list of areas where you need more self-control.

*Read Proverbs 25:28*

1. According to Proverbs 25:28 why is self control important?

2. What do you think would happen to an ancient city that had no walls?



- Sharing Christ with others

*Read Genesis 3:1-6*

1. In what ways did Eve lack self-control?

2. Think about the scene in the garden, how do you think things would have turned out if she exercised self-control?

*Read Numbers 20:7-13*

1. How could self-control have changed the outcome of this story?

Read the following passages and share what you learn about self-control.

- *Genesis 39:2-12*
  - How did Joseph exhibit self-control?

## **For Discussion:**

A. What specific applications can you make to your life based upon Joseph's behaviors?

B. Are there any things that you need to "run away from" in order to grow closer to Jesus?

- *Read Job 31:1*

- Jesus said "the light of the body is the eye." In other words the things we look at will have a dramatic affect upon our lives. How can you apply self-control to the kind of things you are looking at?

- *Read Proverbs 23:1-3*

## **For Discussion:**

A. Solomon is speaking about the need to prepare in advance for times of increased temptation. What are some ways we can prepare in advance knowing that some situations increase our likelihood for failure?

- *Read Daniel 1:5-8*

- What does it mean to "purpose in your heart"?

- What are some things we should purpose in our heart to avoid?
  
  
  
  
  
  
  
  
  
  
- What are some things we should purpose in our hearts to participate in?

1. Is there anything in your life that you need to lay aside in order to follow Jesus more closely?

2. Take some time to confess these things and ask God for help.

**For Discussion:**

A. What are some practical ways you can purpose in your heart to...

- Read your Bible more consistently?

- Pray more diligently?



- Serve in the church more faithfully?

- Reach out in the community more boldly?

*Read 1 Corinthians 9:24-27*

1. What are some ways athletes exhibit self-control?

2. Define the word discipline.

3. What part does discipline play in following Jesus?

4. What are some ways you can be more disciplined in your Christian service?



Exercising self-control is like lifting weights. The more we do it the more fatigued we become. When our self-control becomes fatigued we are more susceptible to temptation. The Bible however declares that self-control is a fruit, which will come into our lives as we abide in Christ. If you have an area where you have been unable to exercise adequate self-control try changing your focus. Instead of thinking about it all the time and feeling defeated, simply spend more time with Jesus and let the fruit of temperance develop naturally.

7. Take some time to pray for the fruit of self-control to blossom in your life

## Lesson 8

# Gentleness

The greek word for gentle in Galatians is praotes which speaks of gentleness, mildness, meekness, and humility.

1. What are some synonyms of gentleness?

2. What are some antonyms of gentleness?

3. How have you seen the Lord's gentleness over your life?

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. -*

*Matthew 11:28-29*

*For I am gentle.....*

A. Where are three places in scripture that testify to the gentle character of God? Explain.

1.

2.

3.

B. Can you think of any names of God that tell of his gentle character?

C. How can we reconcile that God is gentle alongside his other attributes?

**A. Where are three places in scripture that you see gentleness actively displayed in the life and ministry of Jesus? Explain.**

1.

2.

3.

**B. Where do you see examples of a heart of gentleness in the early church?**

1.

2.

3.

C. In light of studying the Lord's gentleness, are there any ways you are seeing His gentleness differently than you did before?

*In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. -Matthew 5:16*

What does it look like as God's gentleness is being lived out in the following relationships for a Christian?

Marriage...

A Courtship...

Friendship.....

Acquaintance....

Work...

Church...

Think of someone you know that faithfully displays the gentleness of the Lord. What else do you notice about them?

*You have searched me, Lord, and you know me. -Psalm 139:1*

1. In what ways have you seen that God has enabled you to bear the fruit of His gentleness? How did you know it was Him who was at work in you?
2. Are there any areas in your life you see you need to depend on Him more to bring forth the fruit of gentleness in your life?
3. What scripture can you apply to your life to help you depend on Him more during the above mentioned times?



If you are someone who knows that faithfully displays the gentleness of the Lord, what should you expect about them?

*May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.*

**Personal Prayers:**

1. In what ways have you seen that God has enabled you to bear the fruit of His gentleness? How did you know it was Him who was at work in you?

2. Are there any areas in your life you see you need to depend on Him more to bring forth the fruit of gentleness in your life?

**Group Prayers:**

3. What is your greatest need to depend on Him more during...