

The Fruit of The Spirit

August 31, 2025

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OPENING PRAYER

Ask God to open your hearts and minds to understand more about the Holy Spirit and His work in our lives.

KEY TAKE AWAYS

1. The greatest demonstration of the Holy Spirit in our lives is not spiritual gifts, but the fruit of the Spirit.
2. The Holy Spirit produces fruit in our lives as we surrender and allow Him to work in us.
3. Abiding in Christ is essential for producing spiritual fruit.
4. Sanctification is a lifelong process of becoming more like Christ.

QUESTIONS

1. Pastor Sean said, "The greatest work isn't what He does through you, but what He does in you." How does this statement challenge or affirm your understanding of spiritual growth?
2. Read Galatians 5:22-23. Which fruit of the Spirit do you find most challenging to cultivate in your life? Why?
3. The sermon emphasized the importance of surrender. What areas of your life do you find hardest to surrender to God? How might holding onto these areas hinder spiritual growth?
4. Pastor Sean used the analogy of the Holy Spirit as a "spotter" in the gym. How does this analogy help you understand the relationship between our effort and God's work in our lives?
5. Discuss the difference between accepting Jesus as Savior and allowing Him to be Lord of your life. What does it look like practically to let Jesus be Lord of every area?
6. The sermon mentioned "pruning" as part of spiritual growth. Share an experience where you felt God was pruning something from your life. What was the result?

PRACTICE

1. Daily Abiding: Commit to spending intentional time with God each day this week. This could be through prayer, Bible reading, or journaling. Share with the group how this impacts your week.
2. Fruit Assessment: Take time to honestly assess which fruits of the Spirit are evident in your life and which need more development. Choose one to focus on this week and brainstorm practical ways to cultivate it.
3. Surrender Exercise: Write down one area of your life you need to surrender to God. Pray over it daily and ask God to help you release control in this area.
4. Community Accountability: Partner with someone in the group to check in regularly about your spiritual growth and areas of surrender.
5. Pruning Invitation: Pray specifically for God to reveal areas in your life that need pruning. Be open to His guidance and discuss any insights with a trusted friend or mentor.

CLOSING PRAYER

Close the session by praying together, asking the Holy Spirit to produce His fruit in each group member's life and for the courage to surrender fully to God's work.

SCRIPTURE MEDITATION

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.- Galatians 5:22-23