

NDCC Bible Study - FRUIT OF THE SPIRIT - *Living a Spirit-Led Life*

Teacher: Dr. Christal Jenkins McGirt, Virtual Experience Pastor

Participant Summary Guide

Questions, Reflections, and Weekly Challenges

Series Scripture: Galatians 5:22–23

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”

Three-Week Bible Study Series

- **Week One: Rooted in the spirit : Love , joy, peace (pg. 2)**
 - A fruitful life begins with a life that is rooted in Jesus Christ.
- **Week Two: Reflecting the Heart of Christ: Patience, Kindness & Goodness (pg. 5)**
 - The Fruit of the Spirit becomes visible in the way we respond to and care for others.
- **Week Three: Living a Spirit-Led Life: Faithfulness, Gentleness & Self-Control (pg. 8)**
 - Spiritual maturity is not measured by how much we know about Jesus, but by how increasingly our lives reflect Jesus.
- **Final Series Reflections (pg. 12)**

WEEK ONE

Rooted in the Spirit

Love • Joy • Peace

Week One Theme:

A fruitful life begins with a life rooted in Jesus Christ.

Scriptures:

Galatians 5:16–26; 1 Corinthians 13:1–13; John 13:34–35; Philippians 4:4–9; John 15:9–11

Discussion Questions

Walking by the Spirit

1. Why do you think Paul compares the Christian life to walking?
2. What happens when we try to live the Christian life through our own strength?
3. How have you experienced God's help in areas where your own effort was not enough?

Love

1. Why do you think love appears first in the Fruit of the Spirit?
2. How does biblical love differ from the world's definition of love?
3. Who has modeled Christlike love in your life?
4. What does sacrificial love look like in everyday life?

Joy and Peace

1. Where do you tend to seek happiness instead of lasting joy?
2. What most often steals your peace?
3. How can remaining close to Christ help you respond differently to difficult circumstances?
4. What is the difference between having peace and avoiding problems?

Personal Reflection

Take a few quiet moments and reflect on the following:

Love

Am I willing to seek the good of others, even when it costs me something?

Who is God asking me to love more intentionally?

Joy

Is my joy rooted in Christ, or does it rise and fall with my circumstances?

What evidence of God's goodness can I recognize today?

Peace

Do I trust God's presence when life feels uncertain?

What situation am I trying to control instead of surrendering to God?

Overall Reflection

Which of these three fruits is strongest in my life right now?

Which fruit is most difficult for me to display consistently?

What might the Holy Spirit be asking me to surrender so this fruit can grow?

Week One Challenge

Cultivating Love, Joy, and Peace

Practice one action in each category every day this week.

Love

Perform one act of selfless service without seeking recognition or repayment.

Ask: **"Who needs to experience the love of Christ through me today?"**

Joy

Write down one reason you are grateful to God each day, even if the day has been difficult.

Ask: **"Where did I see God's goodness today?"**

Peace

Before reacting to stress, pause and pray: **“Lord, I trust You with this situation.”**

At the end of each day, reflect:

- Where did I experience God’s joy?
- When did I notice His peace?
- When did I try to control something instead of surrendering it to Him?

WEEK TWO

Reflecting the Heart of Christ

Patience • Kindness • Goodness

Week Two Theme:

The Fruit of the Spirit becomes visible in the way we respond to and care for others.

Scriptures:

Galatians 5:22–23; Colossians 3:12–13; 2 Peter 3:9; Luke 22:31–34; Ephesians 4:31–32; Luke 19:1–10; Ephesians 5:8–10; John 8:1–11

Discussion Questions

Patience

1. Which is more difficult for you: waiting on God or being patient with people?
2. Why do we sometimes expect other people to grow faster than we have grown?
3. How might remembering God's patience toward us change the way we respond to difficult people?
4. What is the difference between being patient with someone and enabling unhealthy behavior?
5. Where may God be asking you to trust His timing?

Kindness

1. Why can simple acts of kindness have such a powerful impact?
2. Is it possible to disagree with someone and still demonstrate kindness?
3. What prevents us from noticing opportunities to show kindness?
4. Has someone ever shown you kindness at a time when you really needed it?
5. Who might God be asking you to notice?

Goodness

1. What is the difference between being nice and demonstrating biblical goodness?
2. Why can doing the right thing sometimes be difficult?
3. How can we stand for truth without becoming harsh or judgmental?

4. What most influences our decisions when we are trying to determine what is right?
5. Is there an area where you know the right thing to do but have been avoiding it?

Personal Reflection

Patience

Where am I becoming frustrated with God's timing?

Who am I struggling to be patient with?

Am I giving others the same grace God has given me?

Kindness

Who have I failed to notice?

Is there someone who may need encouragement, support, prayer, or compassion?

Does my kindness depend upon how others treat me?

Goodness

Do my choices consistently reflect what honors God?

Am I choosing what is right or simply what is easy?

Is there a decision I need to make with greater courage and integrity?

Overall Reflection

Ask the Holy Spirit:

“Which of these three fruits are You developing in me right now?”

Then reflect:

- What natural reaction needs to be interrupted by a Spirit-led response?
- What relationship is revealing an area where I still need to grow?
- How can my life help someone experience the heart of Jesus this week?

Week Two Challenge

The P.K.G. Challenge

P — Practice Patience

When you feel yourself becoming impatient, pause before responding and pray:

“Holy Spirit, help me respond with grace.”

Choose one situation where you will intentionally trust God’s timing.

K — Demonstrate Kindness

Perform one intentional act of kindness for someone who is not expecting it.

Consider choosing someone you may normally overlook.

Ask: **“Who might God be asking me to notice?”**

G — Choose Goodness

Identify one situation where you need to make a decision based on what honors God rather than what is easiest or most comfortable.

Before deciding, ask:

- Does this honor God?
- Does this reflect the character of Christ?
- Am I being led by the Spirit or by my own emotions and desires?

At the end of the week, reflect: **“Where did I see the Holy Spirit changing my response?”**

WEEK THREE

Living a Spirit-Led Life

Faithfulness • Gentleness • Self-Control

Week Three Theme:

Spiritual maturity is revealed through a life that consistently reflects Jesus Christ.

Scriptures:

Galatians 5:22–23; 1 Corinthians 4:1–2; Lamentations 3:22–23; Luke 22:39–46; Philippians 4:5; Matthew 11:28–29; John 4:7–26; 1 Corinthians 9:24–27; Proverbs 25:28; Matthew 4:1–11; John 15:4–5

Discussion Questions

Faithfulness

1. What does faithfulness look like in everyday life?
2. Why is it sometimes difficult to remain faithful when no one recognizes our efforts?
3. How does God's faithfulness help us remain faithful during uncertain seasons?
4. Is there an area where God may be asking you to remain steady rather than give up?
5. What is one faithful step you can take, even if you cannot yet see the outcome?

Gentleness

1. Why is gentleness often mistaken for weakness?
2. What is the difference between avoiding conflict and responding gently?
3. How can we correct someone without humiliating them?
4. In what situations are you most tempted to respond harshly?
5. Have you ever spoken the truth in a way that was correct but not Christlike?

Self-Control

1. Why is self-control necessary for spiritual maturity?
2. What is the difference between suppressing an emotion and surrendering a response to the Holy Spirit?
3. Which areas of life become vulnerable when self-control is weak?

4. What practices help create space between impulse and action?
5. What area of your life needs a stronger, Spirit-led boundary?

Personal Reflection

Fruit Check

Use these questions to prayerfully reflect on all nine expressions of the Fruit of the Spirit.

Love

Am I increasingly willing to seek the good of others, even when it costs me something?

Joy

Is my joy rooted in Christ, or does it rise and fall entirely with my circumstances?

Peace

Do I trust God's presence when life feels uncertain?

Patience

Do I extend grace while waiting on God and dealing with people?

Kindness

Do people feel seen, valued, and cared for when they encounter me?

Goodness

Do my choices consistently reflect what honors God?

Faithfulness

Can God and others depend on me to remain steady and keep my commitments?

Gentleness

Do I use my words, influence, authority, and strength with humility and restraint?

Self-Control

Are my emotions, desires, habits, and impulses submitted to the leadership of the Holy Spirit?

Final Reflection

Identify:

- One fruit in which you have seen growth
- One fruit the Holy Spirit is asking you to develop more deeply
- One habit, response, or attitude you need to surrender
- One practical step you will take this week

Complete this prayer:

“Holy Spirit, continue growing Your fruit in me. Help me surrender _____ and become more like Jesus in the area of _____.”

Week Three Challenge

The F.G.S. Challenge

F — Remain Faithful

Choose one commitment you will honor consistently this week.

Do not focus on doing everything.

Focus on being faithful with the next thing God has placed before you.

Ask: **“What is the next faithful step God is asking me to take?”**

G — Respond Gently

In one difficult conversation, intentionally lower your tone, listen carefully, and speak truth with grace.

Before speaking, ask:

- Is it true?
- Is it necessary?
- Is this the right time?
- Can I say it in a way that reflects Jesus?

S — Practice Self-Control

Choose one area where you need a clearer boundary.

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Practice the **P.A.U.S.E. method**:

P — Pause

Do not respond immediately.

A — Acknowledge

Name what you are feeling or desiring.

U — Understand

Ask what is driving the impulse.

S — Surrender

Give the response to the Holy Spirit.

E — Execute

Choose the action that most reflects Jesus.

At the end of the week, reflect:

“Where did I see the character of Jesus becoming more consistent in my life?”

FINAL SERIES REFLECTION

Throughout this series, we have learned:

Week One

The Holy Spirit transforms what is happening **within us** through love, joy, and peace.

Week Two

The Holy Spirit transforms how we treat others **through us** through patience, kindness, and goodness.

Week Three

The Holy Spirit transforms how we consistently live through faithfulness, gentleness, and self-control.

The goal is not simply to memorize the nine expressions of the Fruit of the Spirit.

The goal is to remain connected to Jesus and allow the Holy Spirit to make His character increasingly visible in our lives.

Final Questions

1. What has God shown you about yourself during this study?
2. Which fruit has grown most noticeably in your life?
3. Which fruit requires greater surrender?
4. What spiritual practice will help you remain connected to Jesus?
5. How will the people around you experience the Fruit of the Spirit through your life?

FINAL COMMITMENT PRAYER

Heavenly Father,

Thank You for the work You have begun in me.

Help me remain connected to Jesus Christ and surrendered to the leadership of the Holy Spirit.

Grow within me love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

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Where I have grown, keep me humble.

Where I am weak, give me grace.

Where I have resisted You, help me surrender.

May my life increasingly reflect the character of Jesus Christ and bring glory to Your name.

In Jesus' name,

Amen.

Final Series Truth

The Fruit of the Spirit is not a checklist of qualities we struggle to produce. It is the character of Jesus being cultivated within a life that remains connected and surrendered to Him.