



DISCUSSION GUIDE

Part 2 of The Fruit of the Spirit

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Know Who You Are in Christ (Luke 10:19)

Discuss:

- *What does it mean practically to walk in the authority Jesus has given you?*
- *In what areas of your life do you feel the enemy tries to steal your joy, and how can you take authority over it?*

Be Careful What You Put into Your Mind (Romans 8:31–39)

Discuss

- *What types of "strongholds" do you wrestle with in your mind?*
- *What does it look like to "take every thought captive" in real life?*
- *How can you better guard your mind against distractions or negative influences?*

Say Something to a Trusted Person

Discuss:

- *Why is it powerful to speak the truth about your struggles to someone you trust?*
- *What fears stop people from opening up, and how can we help create a safe environment?*
- *How has speaking out brought healing or breakthrough in your own life?*

Speak Life (Psalm 37:25)

Discuss

- *What does it mean to "speak life," especially in difficult situations?*
- *How have your words affected your mindset or someone else's recently?*
- *In what ways can you practice speaking God's truth over your life this week?*

