



THE
FRUIT
OF THE
SPIRIT

SILVERDALE WOMEN

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STUDY METHOD

The FRUIT method is a simple way to study Scripture, helping you hear from God and grow in understanding. It moves you from reading to responding, carrying His truth into your daily life.

F FOCUS ON THE WORD

Read the passage slowly and carefully, noticing words, promises, and patterns.

R RECOGNIZE GOD

Observe who God is in this passage and how He is at work. Ask yourself: How does God want me to follow Him in this situation?

U UNDERSTAND

Summarize the verses in one simple sentence to capture the main truth.

I INVITE GOD IN

Pray, confessing where your heart, desires, or actions do not align with God's truth. Ask Him to search your heart and help you live out what you've learned.

T TAKE IT WITH YOU

Decide on one practical step you can take this week to apply these verses in your daily life.

THE FRUIT OF THE SPIRIT

GALATIANS 5:22-26

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵ If we live by the Spirit, let us also keep in step with the Spirit. ²⁶ Let us not become conceited, provoking one another, envying one another.

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LOVE

1 JOHN 4:7-21

⁷ Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

⁸ Anyone who does not love does not know God, because God is love. ⁹ In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. ¹⁰ In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. ¹¹ Beloved, if God so loved us, we also ought to love one another. ¹² No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.

¹³ By this we know that we abide in him and he in us, because he has given us of his Spirit. ¹⁴ And we have seen and testify that the Father has sent his Son to be the Savior of the world. ¹⁵ Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. ¹⁶ So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. ¹⁷ By this is love perfected with us, so that we may have confidence for the day of judgment, because as he is so also are we in this world. ¹⁸ There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. ¹⁹ We love because he first loved us. ²⁰ If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. ²¹ And this commandment we have from him: whoever loves God must also love his brother.

JOY

PHILIPPIANS 4:4-7

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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PEACE

ISAIAH 26:3-6

³You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.

⁴Trust in the Lord forever,
for the Lord God is an everlasting rock.

⁵For he has humbled
the inhabitants of the height,
the lofty city.

He lays it low, lays it low to the ground,
casts it to the dust.

⁶The foot tramples it,
the feet of the poor,
the steps of the needy.

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PATIENCE

PSALM 37:1-11

- 1 Fret not yourself because of evildoers;
be not envious of wrongdoers!
- 2 For they will soon fade like the grass
and wither like the green herb.
- 3 Trust in the Lord, and do good;
dwell in the land and befriend faithfulness.
- 4 Delight yourself in the Lord,
and he will give you the desires of your heart.
- 5 Commit your way to the Lord;
trust in him, and he will act.
- 6 He will bring forth your righteousness as the light,
and your justice as the noonday.
- 7 Be still before the Lord and wait patiently for him;
fret not yourself over the one who prospers in his way,
over the man who carries out evil devices!
- 8 Refrain from anger, and forsake wrath!
Fret not yourself; it tends only to evil.
- 9 For the evildoers shall be cut off,
but those who wait for the Lord shall inherit the land.
- 10 In just a little while, the wicked will be no more;
though you look carefully at his place, he will not be there.
- 11 But the meek shall inherit the land
and delight themselves in abundant peace.

KINDNESS

EPHESIANS 4:25-32

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. ²⁸ Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

GOODNESS

ROMANS 12:9-21

⁹ Let love be genuine. Abhor what is evil; hold fast to what is good. ¹⁰ Love one another with brotherly affection. Outdo one another in showing honor. ¹¹ Do not be slothful in zeal, be fervent in spirit, serve the Lord. ¹² Rejoice in hope, be patient in tribulation, be constant in prayer. ¹³ Contribute to the needs of the saints and seek to show hospitality.

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵ Rejoice with those who rejoice, weep with those who weep. ¹⁶ Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. ¹⁷ Repay no one evil for evil, but give thought to do what is honorable in the sight of all. ¹⁸ If possible, so far as it depends on you, live peaceably with all. ¹⁹ Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." ²⁰ To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." ²¹ Do not be overcome by evil, but overcome evil with good.

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FAITHFULNESS

LAMENTATIONS 3:21-26

- 21 But this I call to mind,
and therefore I have hope:
22 The steadfast love of the Lord never ceases;
his mercies never come to an end;
23 they are new every morning;
great is your faithfulness.
24 “The Lord is my portion,” says my soul,
“therefore I will hope in him.”
25 The Lord is good to those who wait for him,
to the soul who seeks him.
26 It is good that one should wait quietly
for the salvation of the Lord.

GENTLENESS

MATTHEW 11:25-30

²⁵At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶yes, Father, for such was your gracious will. ²⁷All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

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SELF - CONTROL

TITUS 2:1-15

¹But as for you, teach what accords with sound doctrine.

²Older men are to be sober-minded, dignified, self-controlled, sound in faith, in love, and in steadfastness.

³Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, ⁴and so train the young women to love their husbands and children, ⁵to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.

⁶Likewise, urge the younger men to be self-controlled.

⁷Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, ⁸and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us.

⁹Bondservants are to be submissive to their own masters in everything; they are to be well-pleasing, not argumentative, ¹⁰not pilfering, but showing all good faith, so that in everything they may adorn the doctrine of God our Savior.

¹¹For the grace of God has appeared, bringing salvation for all people, ¹²training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, ¹³waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, ¹⁴who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

¹⁵Declare these things; exhort and rebuke with all authority. Let no one disregard you.

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RESOURCES

Check out some of our favorite resources below.

TO READ

Fruitful - Cultivating a Spiritual Harvest that Won't Leave You Empty by Crossway

In His Image: 10 Ways God Calls Us to Reflect His Character by Jen Wilkin

None Like Him: 10 Ways God is Different from Us (and Why That's a Good Thing) by Jen Wilkin

TO STUDY

Fruit of the Spirit Box Set - ESV Devotional Journals by Kristen Wetherell and Lulie Wallace

Live Free - A Study of Galatians by Elizabeth Woodson

TO LISTEN



The Deep Dish Podcast - Recognizing Our Own Marks of Righteousness (Ep. 34) with The Gospel Coalition, Courtney Doctor, and Melissa B Kruger



Summer Nights 2026 Silverdale Women Playlist on Spotify

