



Fruition

COMMON GROUND 2022: THE FRUIT OF THE SPIRIT





Fruition

BEARING THE FRUIT OF THE SPIRIT

SERIES OVERVIEW

Most of us have heard the list: Love. Joy. Peace. Patience. Kindness. Goodness. Faithfulness. Gentleness. Self-control. In a world filled with selfishness, anger, and violence, the fruit of the Spirit reminds us there's a better way. It's a beautiful portrait of a life well-lived—a life that reflects Jesus and blesses those around us. But we'll never experience this kind of life by trying harder; it comes naturally when we learn to walk in the power of the Holy Spirit.

SEP 25 – WEEK 1: LOVE

Intro Material:

Gal 5:16-21, 23b-25
John 15:1-17
Jeremiah 17:7-8

Fruit of Love:

1 John 4:7-12; 1 Cor. 13:1-13

OCT 2 – WEEK 2: JOY

Neh 8:1-12
Philippians 4:4
James 1:2-4

OCT 9 – WEEK 3: PEACE

Philippians 4:6-9

OCT 16 – WEEK 4: PATIENCE

James 5:7-11

OCT 23 – WEEK 5: KINDNESS

Luke 6:27-36

OCT 30 – WEEK 6: GOODNESS

1 Peter 3:8-18

NOV 6 – WEEK 7: FAITHFULNESS


Matthew 25:14-30

NOV 13 – WEEK 8: GENTLENESS

Matthew 11:28-30

NOV 20 – WEEK 9: SELF-CONTROL

Titus 2:1-15





Leader Instructions

Materials will be available on the Small Groups page. Direct your group members there, and encourage them to print the materials and keep them in a folder. They can also choose to save it on their device and edit it from there.

Encourage everyone in your group to spend time in the Scripture passage each week, and use the provided prompts. There is space to record prayers, insights, action steps, and outcomes. There is also a prayer sheet for recording gratitude, prayer requests, and answered prayers.

Each week, when you meet, begin the conversation by choosing ONE “Conversation Seeds” question. Remind everyone to be brief, so that everyone has a chance to answer.

Suggestion: invite another group member to take on this role each week!

CULTIVATE

Begin with prayer, to prepare hearts to receive and respond to His Word.

Suggestion: who in your group likes to pray? Ask them to lead this part each week.

PLANT

Read the passage together. Use the “Ask” prompts for discussion. Invite group members to share a key verse(s) that the Holy Spirit revealed to them during the week.

GROW

What did the Holy Spirit show you regarding the quality of fruit in your life? Share specific examples. Did God reveal any areas where pruning is necessary?

NURTURE

These were suggestions of what you could do to “put into practice” and grow that specific fruit. Each person can record their personal action step (what they actually did) in the provided space. Invite each person to share. How can you help hold each other accountable?

HARVEST

We all have stories, which are a testimony to those around us! Reflect back on the quality of the fruit in your life and note any changes that the Holy Spirit revealed to you throughout the week. What was convicting? Encouraging? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result? Invite everyone to share.

- We’d LOVE to hear harvest stories! They bring glory to God, and also serve to inspire others. If you or anyone in your group has a story that reveals the power of God to transform, please share! It’s as simple as writing it out and sending it to us at smallgroups@thechapel.org.

If you need more to discuss, you can use the [supplemental sermon questions](#), which are also available on the Small Groups page. Each week, there will be 3 questions connecting with the sermon message.

End your group time by sharing answered prayers and prayer requests. Pray for one another.



Conversation Seeds



INSTRUCTIONS

Each week, choose one question to begin your group's discussion. Remind group members to be brief so everyone has a chance to share.

WEEK 1: LOVE

1. How would YOU define love? How does that compare/contrast with the definition according to the Scripture passage?
2. Share a time when you loved (or failed) to love someone.
3. What makes it so hard to love?

WEEK 2: JOY

1. What is the difference between joy that comes from God and happiness that comes from circumstances?
2. How do you exhibit joy in your daily life?
3. Share a time when you experienced joy even in the midst of suffering.

Week 3: PEACE

1. How do you define peace? What is the opposite of peace?
2. What things rob you of peace? (What do you worry about)?
3. Share a time when you experienced peace in a situation that was chaotic or unpredictable.

WEEK 4: PATIENCE

1. What waiting experiences have tested your patience?
2. Are there some things you feel have been worth waiting for? Explain.
3. Do you find it harder to be patient with people, circumstances, or things? Why?

WEEK 5: KINDNESS

1. What is the kindest thing someone (besides God) ever did for you?
2. Imagine a world where everyone lived out "the Golden Rule" of Jesus (Luke 6:31). Give specific examples of what this would look like and how life would be different.
3. Share a time when you were able to love an enemy. What happened, how did you respond, and what was the outcome?



Conversation Seeds



WEEK 6: GOODNESS

1. How would you define goodness?
2. Who has God used to show goodness to you in your life? How did their goodness affect you?
3. Have you ever had to suffer for what was right (or seen someone else have to?) How did that person or yourself respond to the injustice of it?

WEEK 7: FAITHFULNESS

1. How would you define faithfulness? Besides Jesus, who is someone you would describe as faithful?
2. In what area of Christianity do you consider yourself most faithful? Least faithful?
3. Share a time in your life when God used your unique gifts and abilities to make a difference in someone else's life.

WEEK 8: GENTLENESS

1. What is going on in your life right now that feels "weighty?" How is that weight affecting you? Your relationship with God? With others?
2. Is it easy for you to "share the yoke" with Christ? Why or why not?
3. Matthew 11:29 says that Jesus is "gentle & humble in heart." What would others say about you?

WEEK 9: SELF-CONTROL

1. How would you define self-control? How does the passage (Titus 2:1-15) define it?
2. Name two people who have spiritually poured themselves into your life. What are a few things you have learned from them?
3. What has been the biggest test of your self-control?





Love

WEEK 1 - FRUIT OF THE SPIRIT

Love doesn't refer to warm feelings but to a deliberate attitude of goodwill and devotion to others. Love gives freely without looking at whether the other person deserves it, and it gives without expecting anything back.

Personal Reflection: Are you motivated to do for others as Christ has done for you, or are you giving in order to receive something in return?





Cultivate

Jesus spoke in Matthew 13 of different types of soil. God wants us to till the soil of our hearts so that we would be receptive to the seed of his Word and bear fruit. Before digging into Scripture, prepare your heart by asking the Holy Spirit to help your heart receive and respond to His Word.



Plant

Read the Scripture passage. Feel free to mark up the passage, highlighting keywords or phrases.

MEDITATE & MEMORIZE:
Choose a key verse that the Holy Spirit reveals to you and record it below. Spend time this week meditating on it, and commit to memorizing it.



Grow

- Ask the Holy Spirit to show you the quality of love in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?



Nurture

- Focus your mind and heart this week on the agape love described by Paul in 1 Cor. 13. As you study, examine your motives for loving and serving others. Confess any wrong motives that the Holy Spirit reveals, and pray that you would be motivated to serve others through the love of Christ.
- God demonstrated His love by sending His Son to be a sacrifice for our sins. Loving others involves willing sacrifice (without expecting anything in return). Consider how you (or your family and/or small group) could serve someone else this week, in love (not duty or guilt). Suggestions include making a meal for someone who is sick or recovering from surgery; offering a ride to someone in need, or babysitting for a single mom.

MY PERSONAL ACTION STEP:



Harvest

We find various stories in the Bible illustrating these virtues at work in the lives of people. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is important also, and it's a testimony to those around you. Reflect back on the quality of love in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?



Joy

WEEK 2 - FRUIT OF THE SPIRIT

Joy is completely independent of good or bad circumstances. It's a supernatural gladness given by God's Spirit that actually seems to show up best during hard times. It's a by-product of fixing our focus on God's purposes for the events in our life rather than on the circumstances.

Personal Reflection: Are you experiencing the joy of life on a regular basis, or is your happiness dependent on your circumstances?



Scripture

Philippians 4:4

"Rejoice in the Lord always. I will say it again: Rejoice!"

Nehemiah 8:1-12

All the people came together as one in the square before the Water Gate. They told Ezra the teacher of the Law to bring out the Book of the Law of Moses, which the Lord had commanded for Israel.

2 So on the first day of the seventh month Ezra the priest brought the Law before the assembly, which was made up of men and women and all who were able to understand. 3 He read it aloud from daybreak till noon as he faced the square before the Water Gate in the presence of the men, women and others who could understand. And all the people listened attentively to the Book of the Law.

4 Ezra the teacher of the Law stood on a high wooden platform built for the occasion. Beside him on his right stood Mattithiah, Shema, Anaiah, Uriah, Hilkiyah and Maaseiah; and on his left were Pedaiah, Mishael, Malkijah, Hashum, Hashbaddanah, Zechariah and Meshullam.

5 Ezra opened the book. All the people could see him because he was standing above them; and as he opened it, the people all stood up. 6 Ezra praised the Lord, the great God; and all the people lifted their hands and responded, "Amen! Amen!" Then they bowed down and worshiped the Lord with their faces to the ground.

7 The Levites—Jeshua, Bani, Sherebiah, Jamin, Akkub, Shabbethai, Hodiah, Maaseiah, Kelita, Azariah, Jozabad, Hanan and Pelaiah—instructed the people in the Law while the people were standing there. 8 They read from the Book of the Law of God, making it clear and giving the meaning so that the people understood what was being read.

9 Then Nehemiah the governor, Ezra the priest and teacher of the Law, and the Levites who were instructing the people said to them all, "This day is holy to the Lord your God. Do not mourn or weep." For all the people had been weeping as they listened to the words of the Law.

10 Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."

11 The Levites calmed all the people, saying, "Be still, for this is a holy day. Do not grieve."

12 Then all the people went away to eat and drink, to send portions of food and to celebrate with great joy, because they now understood the words that had been made known to them.

James 1:2-4

Trials and Temptations

2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Ask

- What do you learn about God and joy in this passage?
- Where do you see Jesus demonstrating this fruit of the Spirit?
- What do you see or learn about yourself?
- What changes (thoughts, beliefs, or actions) might God be calling you to make?

Notes





Cultivate

Jesus spoke in Matthew 13 of different types of soil. God wants us to till the soil of our hearts so that we would be receptive to the seed of his Word and bear fruit. Before digging into Scripture, prepare your heart by asking the Holy Spirit to help your heart receive and respond to His Word.



Plant

Read the Scripture passage. Feel free to mark up the passage, highlighting keywords or phrases.

MEDITATE & MEMORIZE:

Choose a key verse that the Holy Spirit reveals to you and record it below. Spend time this week meditating on it, and commit to memorizing it.



Grow

- Ask the Holy Spirit to show you the quality of joy in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?



Nurture

- Joy is a decision we make to trust God's goodness. It's possible to have joy in the midst of trials -- because we rejoice IN the Lord (not circumstances). Perhaps you have not responded well to trials and circumstances in your life. Maybe you've found yourself complaining, growing short-tempered, and allowing anger to build up in your hearts. Confess any failures that the Holy Spirit reveals. Ask God to soften your heart and open your eyes to the reasons you have to rejoice. Keep a joy journal this week. Record the reasons you have to rejoice and the reminders of God's faithfulness that you encounter in your everyday life. Remember that rejoicing is a command, "I will say it again: Rejoice!" (Phil. 4:4)
- Think about a trial you currently are facing. Spend some time in prayer and thank God for the good He is bringing about in your life through that trial. If you know someone else who is struggling, consider reaching out to encourage and support them.

MY PERSONAL ACTION STEP:



Harvest

We find various stories in the Bible illustrating these virtues at work in the lives of people. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is important also, and it's a testimony to those around you. Reflect back on the quality of joy in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?



Peace

WEEK 3 - FRUIT OF THE SPIRIT

Peace is a sense of wholeness and completeness that is experienced as we spend time in the presence of God. We are able to rest in knowing that our Good Father is in control of all things.

Personal Reflection: Are you easily frazzled by life's trials or do you easily experience "the peace that passes all understanding" (Philippians 4:6-7)?





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MEDITATE & MEMORIZE:

Choose a key verse that the Holy Spirit reveals to you and record it below. Spend time this week meditating on it, and commit to memorizing it.



Grow

- Ask the Holy Spirit to show you the quality of peace in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?



Nurture

- Develop a lifestyle of prayer. This week, be intentional in talking to God about everything, including specific areas in your life where you are lacking peace. Be intentional to bring your concerns to the Lord all day long. Confess your worries and anxious thoughts, Ask Him for wisdom and peace. Praise Him for His help. Record your story below, noting any changes that you noticed in your peace levels throughout the week.
- Meditate on Philippians 4:8. Ask God to install a 4:8 alarm in your heart that will alert you every time you entertain a thought that doesn't match this verse. When you find yourself stuck on a situation you can't change, ask God to help you focus on what is true, and to find good in the situation (or a person), even if it doesn't appear to be good.

MY PERSONAL ACTION STEP:



Harvest

We find various stories in the Bible illustrating these virtues at work in the lives of people. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is important also, and it's a testimony to those around you. Reflect back on the quality of peace in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?



Patience

WEEK 4 - FRUIT OF THE SPIRIT

Patience implies suffering, enduring, or waiting. We are called to wait patiently for God, to endure patiently in the midst of various sufferings, wrongs and evils, and to patiently bear injustices in this world. We are able to wait on God, because we trust that He is sovereign in all circumstances, working to bring about His plans and purposes.

Personal Reflection: Are you easily set off when things go wrong or irritated by interruptions or people? Or, are you more likely to respond in a loving, patient way?





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Plant

Read the Scripture passage. Feel free to mark up the passage, highlighting keywords or phrases.

MEDITATE & MEMORIZE:
Choose a key verse that the Holy Spirit reveals to you and record it below. Spend time this week meditating on it, and commit to memorizing it.



Grow

- Ask the Holy Spirit to show you the quality of patience in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?



Nurture

- **Gut-Level Prayer:** Sometimes when you're suffering, praying can be difficult—especially if you're trying to mind your manners with God and pray correctly. Remember that prayer is open and honest communication with God. Take Job's example and let God know just how miserable you are, just how angry, sad, scared, or confused you may be. Tell Him exactly how you feel. You aren't fooling Him by trying to keep a secret from Him.
- What things are you impatient about in your life this week? Come up with a plan to turn those things over to God (without grumbling or complaining) this week. Share with a trusted friend, family member or your small group. Record your story in the Harvest section below.

MY PERSONAL ACTION STEP:



Harvest

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Kindness

WEEK 5 - FRUIT OF THE SPIRIT

Kindness is a moral goodness that overflows. When kindness is at work in a person's life, they look for ways to adapt to meet the needs of others.

Personal Reflection: Is it your goal to serve others with kindness, or are you too focused on your own needs, desires, or problems to let the goodness of God overflow to others?





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Plant

Read the Scripture passage. Feel free to mark up the passage, highlighting keywords or phrases.

MEDITATE & MEMORIZE:
Choose a key verse that the Holy Spirit reveals to you and record it below. Spend time this week meditating on it, and commit to memorizing it.



Grow

- Ask the Holy Spirit to show you the quality of kindness in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?



Nurture

- Who is an enemy in your life - someone who has been unkind, mistreated you, or hurt you? Consider one or two ways that you can show them kindness this week (and do it!). Pray that Christ's loving kindness will fill you so that you can love them.
- Ask God to bring to mind a time when you were recently unkind to someone (spouse, family member, friend, co-worker). Plan an act of kindness toward that person this week.

MY PERSONAL ACTION STEP:



Harvest

We find various stories in the Bible illustrating these virtues at work in the lives of people. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is important also, and it's a testimony to those around you. Reflect back on the quality of kindness in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?



Goodness

WEEK 6 - FRUIT OF THE SPIRIT

Goodness reflects the character of God. Goodness in you desires to see goodness in others and is not beyond confronting or even rebuking (as Jesus did with the money changers in the temple) for that to happen.

Personal reflection: Does your life reflect the goodness of God, and do you desire to see others experience God at a deep level in their lives?





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- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?



Nurture

- Take time to "pause and pray" before speaking or acting. Think about what Jesus would do. Remember Jesus was often misunderstood, but never felt the need to defend himself. Be slow to speak and slow to become angry. If you are tempted to start quarreling, ask God to help you control your tongue.
- Do you have a clear conscience when it comes to seeking peace and righteousness? Confess and ask forgiveness for any evil that has come from your lips, knowing the Lord is attentive to your prayer. If necessary, repair a relationship that has been damaged by your lack of goodness.

MY PERSONAL ACTION STEP:



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Faithfulness

WEEK 7 - FRUIT OF THE SPIRIT

A faithful person is reliable. They can be counted on to keep their word and stay true to their commitments. They have a strong sense of stewardship, realizing that all they have comes from God and they will one day answer to him for how they have used their gifts and talents.

Personal reflection: Are you true to your word and commitments? Are you faithfully using your God-given gifts and talents?



Faithfulness

Scripture

Matthew 25:14-30

The Parable of the Bags of Gold

14 “Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. 15 To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability. Then he went on his journey. 16 The man who had received five bags of gold went at once and put his money to work and gained five bags more. 17 So also, the one with two bags of gold gained two more. 18 But the man who had received one bag went off, dug a hole in the ground and hid his master’s money.

19 “After a long time the master of those servants returned and settled accounts with them. 20 The man who had received five bags of gold brought the other five. ‘Master,’ he said, ‘you entrusted me with five bags of gold. See, I have gained five more.’

21 “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

22 “The man with two bags of gold also came. ‘Master,’ he said, ‘you entrusted me with two bags of gold; see, I have gained two more.’

23 “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

24 “Then the man who had received one bag of gold came. ‘Master,’ he said, ‘I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. 25 So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you.’

26 “His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? 27 Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest.

28 “So take the bag of gold from him and give it to the one who has ten bags. 29 For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. 30 And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.’

Ask

- What do you learn about God and faithfulness in this passage?
- Where do you see Jesus demonstrating this fruit of the Spirit?
- What do you see or learn about yourself?
- What changes (thoughts, beliefs, or actions) might God be calling you to make?

Notes





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- Ask the Holy Spirit to show you the quality of faithfulness in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?



Nurture

- What is an area of your work or family where you have not kept your word? Prayerfully make a fresh commitment to show up or complete a task as you promised, or reach out to someone you have put off for a long time.
- What are your God-given gifts and talents? Consider ways you can faithfully use them to serve God and others this week.

MY PERSONAL ACTION STEP:



Harvest

We find various stories in the Bible illustrating these virtues at work in the lives of people. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is important also, and it's a testimony to those around you. Reflect back on the quality of faithfulness in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?



Gentleness

WEEK 8 - FRUIT OF THE SPIRIT

Gentleness (meekness) is often identified as weakness, but it is not without power. It chooses to defer to others. It forgives others, corrects with kindness, and lives in peace.

Personal reflection: Do you come across as harsh and headstrong, or does the gentle grace of God flow through you to others?





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MEDITATE & MEMORIZE:
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Grow

- Ask the Holy Spirit to show you the quality of gentleness in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?

Nurture

- Have you recently been harsh with someone? Ask God and that person for forgiveness.
- Ask God to help you use the Spirit's power to respond with gentleness in every situation this week. Record your story in the Harvest section.

MY PERSONAL ACTION STEP:

Harvest

We find various stories in the Bible illustrating these virtues at work in the lives of people. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is important also, and it's a testimony to those around you. Reflect back on the quality of gentleness in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?





Self-Control

WEEK 9 - FRUIT OF THE SPIRIT

Scripture tells us that our fleshly desires are continually at odds with God's Spirit, always wanting to be in charge. Self-control is choosing instead to be controlled by the Holy Spirit.

Personal reflection: Do you allow fleshly desires to control your life, or do you allow the Spirit to direct you to the things that please God and serve others?





Cultivate

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Choose a key verse that the Holy Spirit reveals to you and record it below. Spend time this week meditating on it, and commit to memorizing it.

Grow

- Ask the Holy Spirit to show you the quality of self-control in your life. Consider recent examples in your life. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?
- Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?

Nurture

- In what area do you most often seek instant gratification? This week, ask God to give you the strength to consistently resist that "foolish desire" so that you may reap the long-term benefits. Record your story in the harvest section.
- Scripture commands us to teach self-control to each generation. How can you be a better example of this quality to someone younger than you?

MY PERSONAL ACTION STEP:

Harvest

We find various stories in the Bible illustrating these virtues at work in the lives of people. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is important also, and it's a testimony to those around you. Reflect back on the quality of self-control in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?





THE CHAPEL