

HOLY SPIRIT



SHEPHERDCHURCH

LESSON 7: FRUIT OF THE HOLY SPIRIT

WELCOME

Answer one of the following questions:

- Which is the ultimate test of your patience: heavy traffic, the DMV, assembling IKEA furniture, or _____ (you fill in the blank) and why?
- Share which fruit you like the most, which you like the least, and why.

WORSHIP

Read **Psalm 100** and do the following as a Life Group:

- Identify the different ways the psalm invites us to respond to God.
- Then, ask each person to finish this sentence: "God, I'm thankful for..."
- Ask one person to close in prayer.

WORD

Read **Galatians 5:17–25**.

1 .What do **Galatians 5:17–21** and **Romans 7:15–23** reveal about the battle between our sinful nature and our desire to follow Jesus?



2. How do the 9 qualities of the Fruit of the Spirit (**Galatians 5:22–23**) impact our interactions with others?



3. How do you see Jesus displaying each of the 9 qualities in the Gospels?



4. How does the Fruit of the Spirit help us to “live by the Spirit” and “keep in step with the Spirit” (Galatians 5:25)?

5. In the video lesson, Cole challenged us to pray, “Holy Spirit, what do You want to grow in me?” Choose one fruit of the Spirit from Galatians 5:22–23 that you want to grow in this week. Share it with your Life Group, brainstorm ways to practice it, and then pray about it each day this week.

******Shepherd Church’s 2026 Revival coming up soon: October 17–21, 2026! Try your best to attend each night and try to sit together as a Life Group for at least one night of the Revival!**

WITNESS

With Galatians 5:22–25 and Matthew 5:16 in mind, who might see Jesus more clearly this week because of the way you serve, respond, or treat them?

PERSONAL REFLECTION & DEEPER STUDY FOR THIS WEEK

This section is designed to help you keep growing in your faith throughout the week by reflecting on what you discussed in your Life Group and studying passages/concepts related to the lesson. As you spend time with these prompts, ask God to speak to you, apply His Word to your life, and help you take your next step with Jesus. Go at your own pace, and invite the Holy Spirit to guide your time with Him.

- Review anything in the WORD section that either was not covered during your Life Group or that you want to take a deeper dive into.
- Memorize **Galatians 5:22–23**.
- Keep track of your focus on the specific fruit you chose from the last question/prompt in the Word section. Each day, try journaling or briefly writing down what you've prayed for and what you've done to focus on that one fruit. After 7 days, go back and look at the beginning and end of the week. How did God show up and grow you through your focus and prayers?
- Read **Galatians 5:22–23** and answer the following:
 - o List all nine qualities in **Galatians 5:22–23**, then look for ways they relate to one another. Which qualities seem to support, strengthen, or depend on others?
 - o Study the order of the nine qualities in **Galatians 5:22–23**. Do you see any progression or grouping in the way Paul lists them, and what might that suggest?
 - o Compare **Galatians 5:22–23** with **Galatians 5:19–21**. Which qualities of the Spirit most directly oppose specific acts of the flesh? Build as many contrasts as you can from the two lists.
 - o Look for each of the nine qualities elsewhere in Galatians. Which did you find, and where are they? How did Paul use them in the different verses? How does all of this deepen your understanding of **Galatians 5:22–23**?
 - o Read/compare **Galatians 5:22–23** and **John 15:1–8**. How does Jesus' teaching about bearing fruit help explain where spiritual fruit comes from and how it develops?