



WEEK 1: ABIDE

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

In a world that constantly pushes us toward hurry, performance, and self-sufficiency, Jesus offers a different way of living—one marked by dependence, surrender, and transformation through the Holy Spirit. Before we explore each attribute of the Fruit of the Spirit, we have to start with the primary invitation at the center of it all: abide in Christ.

In **John 15**, Jesus describes Himself as the vine and us as the branches, reminding us that the most fruitful life is not found in striving harder, but in staying constantly connected to Him. We produce what we are connected to, and lasting spiritual fruit can only grow from lives rooted in the presence of the Spirit through the life of Jesus.

KEY VERSES

Look up these additional verses:

John 15 (NIV)

Galatians 5 (NIV)

John 13 (NIV)

DISCUSSION QUESTIONS

1

Abide in Jesus

In **John 15**, Jesus invites His disciples to abide in Christ, teaching them that they must remain in Him, who is the vine.

- a. What does it mean to abide in Christ?
- b. What are some habits that would draw us to abide in Him?

2

Producing Fruit

It's easy to believe we need to strive to produce fruit in our life, yet it's not by our own power, but in our obedience to Jesus that we see fruit produce.

- a. Why do you think we often want spiritual growth to happen quickly instead of gradually?
- b. How can we slow down and rely on the Spirit's voice, instead of rushing the process?

3

Where Are You Connected?

Jesus understands that we have various influences around us, so we have to be cautious how we let ourselves be influenced.

- a. Have you ever had someone influence or pressure you toward something you knew wasn't good for you? What made it hard to resist—or easier not to give in?
- b. What are some practical ways we can guard ourselves from unhealthy influence in our lives?

4

You Were Called to Freedom

Paul, in **Galatians 5:13**, says *"you were called to freedom brothers and sisters, only do not turn your freedom into an opportunity for the flesh, but to serve one another in love."*

- a. Why do you think Paul says we have the freedom to do anything, but not the freedom to live for the flesh?
- b. Why do you think he adds "but to serve one another in love," in accordance to how we use our freedom?

Fruit of the Spirit

In **Galatians 5:22-23**, Paul writes about the fruits of the Spirit, which are the fruits born from walking in step with the Spirit.

- a. Which of these fruits are the hardest to live out? Why?
- b. What do you think God may be trying to teach or grow in you through that struggle?

DIVE DEEPER

Reflection Questions: In **Galatians 5:19–20**, Paul talks about the kinds of things that grow in us when we live disconnected from God and led by our own desires.

- Which unhealthy pattern or reaction do you notice showing up most often in your life?
- How has that pattern affected you or the people around you? What do you think God may be trying to grow in its place?

PRACTICAL APPLICATION

Helpful practical habits that might follow the theme of curriculum.

Fruits of the Spirit: This week, reflect and write down:

- If you're living more by the flesh or by the Spirit.
- How is God calling you to start living?

Ask the Holy Spirit to help you be aware of your own patterns of living and to know how He is guiding you to live.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

John 14:26, *"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."*

Let the group rest in that promise as you close together in prayer.

NOTES

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