



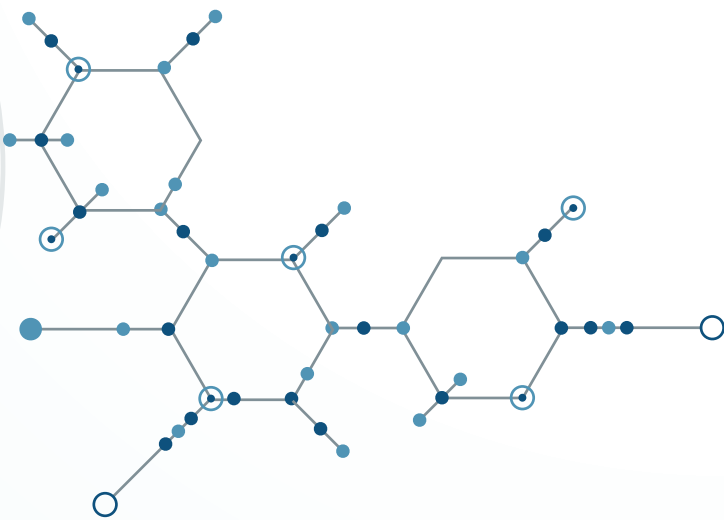
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Elements

The Building Blocks of a Spiritual Life



Preview a sample lesson and get info on discipling new believers

You can ground new believers in Apostolic truth.

Elements can help.



Every church wants to close the back door and retain those new to the church. We invest in outreach events to attract attention, and we work diligently to instill a culture of friendliness and connection.

However, retention requires systematic teaching that grounds new people in the Word of God.

Some churches have amassed materials from various sources, and still others have developed tools in-house. All of us need materials that cover Apostolic doctrine thoroughly and represent our churches credibly.

That's why there's Elements.



What's unique about Elements?

1. Elements is built from a proven model.

The material is divided into modules using the outline and courses UPCI General Superintendent David K. Bernard developed during his tenure of planting a church that launched sixteen daughter churches. The structure has worked in a variety of settings to disciple new believers.

2. Elements includes a module to help those new in the faith develop life skills for overcoming the hurdles of their old lives.

Let's face it: discipleship is messy. People come into the church not just with doctrinal gaps or unsound biblical teaching but with addictions, stewardship problems, and relationship turmoil. Recognizing this sad reality, this curriculum includes a module early on to help new believers deal with life issues from a biblical perspective to establish stability.





3. Elements features a format to involve newcomers in self-discovery learning from God’s Word.

Recognizing that we learn most effectively when we participate and apply the information to our personal lives, Elements is structured around group discussion and exploration of Scripture. Questions about key passages of God’s Word prompt those new in the faith to discover Apostolic truth for themselves rather than be handed down information from someone else—with the aim in mind for them to embrace truth permanently.

4. Elements brings a measure of excellence via first-class materials to underscore the legitimacy and credibility of your church.

What we give to our newcomers speaks to the church’s image and its commitment to invest in people. You don’t want to send the wrong message with low-quality copies or a poorly presented graphic. Elements is professionally designed and printed so you can be confident you’re sending the right message of a credible church that newcomers can be proud to connect to.

Simple “At a Glance” Navigation

Knowing the value of leaders’ time, it’s critical to have materials you can quickly and easily navigate. Elements features a style where you can identify sections of material at a glance and move seamlessly between study notes for you and discussion points for the class.

The heart of each session comes together in the main teaching and discussion blocks. A Scripture takes the group into the Word of God, and discussion questions help the group discover lifelong spiritual truths.

Commentary is provided along with each main teaching point so you can be prepared to guide the group in discussion.

Elements anticipates questions new believers may have and provides the appropriate study material so you can be prepared.

II. LOVE, JOY, AND PEACE

*The first three aspects of the fruit of the Spirit are **love, joy, and peace**. When we walk in the Spirit, God fills our lives with a selfless love for Him and others, a settled delight in our eternal hope, and a quiet inner stability.*

Ask volunteers to read **Romans 5:5; 14:17**.

- 1. What is the source of love in the Christian’s life? (Romans 5:5)**
- 2. What is the source of joy and peace in the Christian’s life? (Romans 14:17)**

Pre-Session Commentary to Study

Love: Different words are translated as “love” in the Bible, and the original audience listening to the New Testament letters would have cultural concepts of love. The word *eros*, (not in the Bible but in wider Greek culture) suggests sensual love between a married man and woman. *Phileo*, a term from Scripture, is a natural love that exists between friends, and stage from Scripture expresses familial love. But the word used in the fruit of the Spirit is *agape*. This is a selfless, benevolent love, and is reflective of the love that God has shown to us. It makes no demands and is unbreakable. For a full description of what this type of love looks like, read 1 Corinthians 13.

And it should be noted that this love is not only to be directed toward God, but it is to be shown to people. The love of God which He has placed in our hearts by the Holy Ghost should bear the fruit of our loving others. Note Christ’s words: “This is my commandment, That ye love one another, as I have loved you” (John 15:12).

People use the word love flippantly. They “love” everything from a sports team to good pizza. But the Bible calls us to a genuine

fruit. Our love cannot be in words but not in actions. It must never be hypocritical. “Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently” (1 Peter 1:22). (Also see Romans 12:9.)

LEADER

Study these ideas in advance of the session to be prepared to establish that the walk of faith is a joyful path and yet we do not set our standard of happiness according to the world’s temporal and materialistic portrayal of happiness...

Joy: The word translated joy in the fruit of the Spirit does not mean what many probably think. It is not a bubbly euphoria which causes unending days of laughter. Ron Wofford in his “Christian Character” series aptly defined it as a “calm delight.” It is a settled place in our lives in which the work of salvation in us directs us to handle all matters of life around us from an eternal perspective. “For our light affliction, which is but for a moment, worketh for us a far more

FOCUS POINT FOR TEACHING AND DISCUSSION

Participant Guides to Foster Engagement

Discipleship is not a passive experience. The process of learning, maturing, and submitting to God’s work of transformation is an all-in commitment.

The discipleship class shouldn’t be passive either. Participants need to pray, think deeply, and process what God is asking of them in this unique spiritual season.

To facilitate that journey, Elements includes Participant’s Guides—an indispensable tool in this curriculum. These guides encourage the group to dig in, own what God is doing in their lives, and embrace the process.

PRE-SESSION FEATURES:

- Journal prompts to follow up on progress from last week’s lesson
- Study questions on a key Scripture for the coming lesson
- Journal prompts connected to the opening discussion

SESSION FEATURES

- Fill-in-the-blanks to reinforce key lesson points
- Note-taking prompts for lesson teaching points
- Action plan steps to encourage practical application of the lesson



Videos to Complement Your Discipleship Efforts



INTRODUCTORY VIDEOS FOR EACH SESSION

Newcomers watching a leader who seemingly has it all together can sometimes get discouraged and overwhelmed at the thought of how different their lives are in comparison. Elements offers videos to help. Play the short video clip (when prompted at the beginning of each session) to hear the story of someone whose life God transformed—a faith-building way to introduce the topic for that day.



\$19.99

View a sample video at elementsofnewlife.com.



LEADER-PREP VIDEOS

Links to complimentary videos are provided in the Leader Guides to help prepare for sessions. With tips on studying and presenting material, this extra feature helps leaders take full advantage of every teaching opportunity.

Plan of Study

Module 1 - Foundational Elements

- 1.1 Welcome to the Family (Orientation to the Local Church)
- 1.2 Our New Life
- 1.3 Grace to Overcome
- 1.4 Fellowship with God
- 1.5 The Body of Christ
- 1.6 Sharing Our Testimony

Module 2 - Transformative Elements

- 2.1 Communication
- 2.2 Relationships
- 2.3 Faithfulness
- 2.4 Emotional Stability
- 2.5 Alignment (Accountability)
- 2.6 Stewardship

Module 3 - Doctrinal Elements

- 3.1 The Bible
- 3.2 The One True God
- 3.3 The Gospel
- 3.4 The New Birth
- 3.5 The Church
- 3.6 Last Things

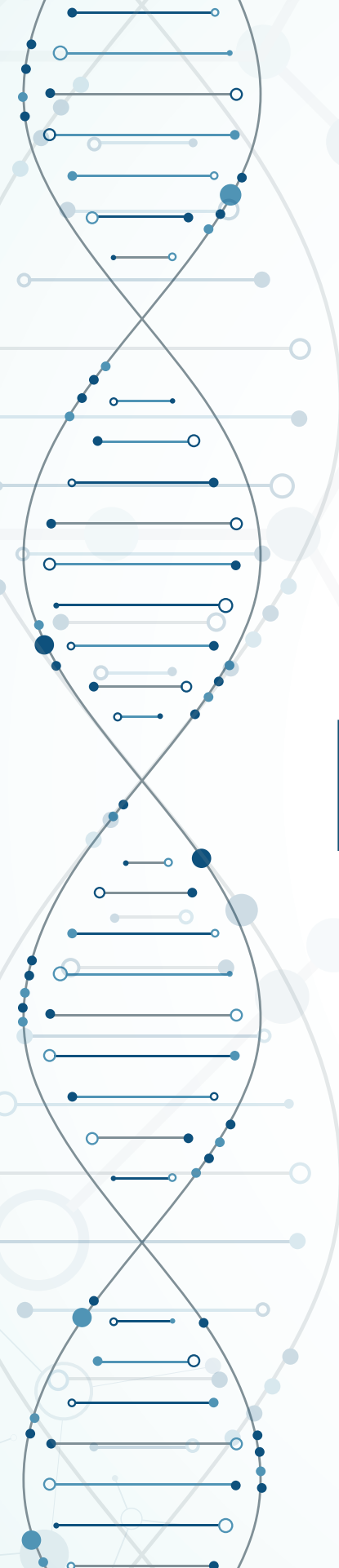
Module 4 - Lifestyle Elements

- 4.1 The Motivation for an Apostolic Lifestyle
- 4.2 Separated from the World
- 4.3 Practical Holiness Part 1
- 4.4 Practical Holiness Part 2
- 4.5 In Step with the Spirit (Fruit of the Spirit)
- 4.6 Separated for a Purpose



Preview Elements with a sample lesson from both a leader's guide and a participant's guide





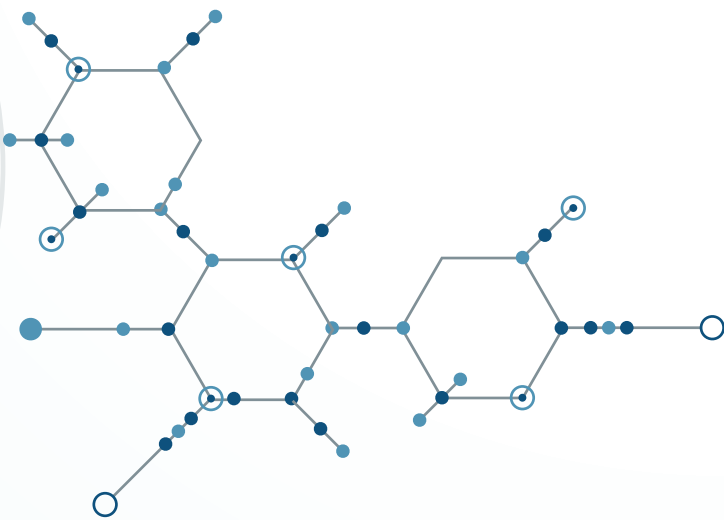
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LEADER'S GUIDE



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In Step with the Spirit

Focus Element: To walk in newness of life and not succumb to our selfish nature, we must keep in step with the Spirit.



Welcome and Prayer

Lead in a personal prayer for God to open your heart to His Word. Pray God will help each participant understand that the holy nature of the Spirit that lives in us will be evident in the Christian character it produces in our lives, and that each one will commit to letting that process work in him or her.

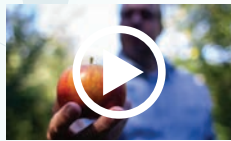
Testimonies

Ask for volunteers to share a way in which our last session came into play during the week. Affirm experiences and encourage participants.

Opening Discussion

1. What have you found to be the greatest challenge in living this new life?
2. What substantive change have you noticed in yourself or have others noticed in you about how you live?

INTRODUCTION



Option 1: Video

Play the video that corresponds to this lesson.

Option 2: Opening Story

Launch Passage: Acts 6:8-15; 7:54-60

Choose between having participants read the passage or summarizing it for them from the notes below.

Watch the Introductory video for this lesson at elementsofnewlife.com

STUDY

Context for This Passage

There are moments that reveal what's inside our hearts. When we are wronged, scared, hurt, or betrayed, our natural inclination is often to retaliate by lashing out with anger. In this passage, however, we read an account of a man who had been saved for only approximately five years. Yet, when he was maligned by lying witnesses, he allowed who was in him to govern how he responded. The Holy Spirit in his heart produced holy "fruit" in his life.

Commentary for Leader: Stephen's Martyrdom

Stephen was a good man. When the leaders of the church realized that caring for all the natural needs of the members was distracting them from the spiritual matters to which they needed to attend, they decided to appoint seven men to care for such matters. One of those was Stephen, who is described as "a man full of faith and of the Holy Ghost" (Acts 6:5).

Though he was tasked with practical matters such as caring for widows and serving tables, still Stephen was greatly used by God: "And Stephen, full of faith and power, did great wonders and miracles

among the people" (Acts 6:8). Because of his commitment to God and what God did through him, he was persecuted by the religious power of the day who were threatened by the rapidly growing new church.

The leaders of the synagogue hired men to knowingly lie about Stephen and accuse him of blasphemy, a capital crime in that culture. But all the while, something amazing happened. Stephen would have been expected to demonstrate outrage at such false allegations. The natural reaction of the human heart would be to react with anger, hatred, and bitterness. But Stephen had the Spirit of God living in Him. When we are led by that Spirit, something else comes out of us. "And all that sat in the council, looking stedfastly on him, saw his face as it had been the face of an angel" (Acts 6:15).

The council asked him whether the allegations were true, and Stephen responded by preaching a powerful sermon. This sermon convicted the crowd and enraged them to the point of violence: "Then they cried out with a loud voice, and stopped their ears, and ran upon him with one accord, and cast him out of the city, and stoned him" (Acts 7:57-58a). Yet even during this duress, observe what was flowing out of Stephen's heart and life.

Read Together

Ask a volunteer to read Acts 7:60.

How was this possible? What enabled this new believer to respond in that fashion? The answer is found in Acts 7:55 which describes him at the close of the sham trial: “But he, being full of the Holy Ghost . . .” (Acts 7:55). That is the answer! The Spirit in Him was producing His fruit. This was not Stephen responding from his own nature, but God’s Holy Spirit responding through Stephen in a holy manner. You and I have that same Spirit in us, and He desires to produce His fruit in our lives as well.

This is the true kernel of holy living. It is not merely obeying a set of rules, guidelines, or leadership preferences. The essence of holy living is found in fact that when we were born again, a holy nature was planted in us by Spirit baptism. That new nature wars against our flesh so that in all matters of life we have a choice to make. We can walk in the flesh, or we can walk in the Spirit. When we choose the latter, the ongoing work of the Holy Spirit in our lives will produce “fruit” just like it did in Stephen’s.

Discuss

- **Why is it hard to respond properly when we are falsely attacked?**
- **How does God’s Spirit in us offer hope for living a better life going forward?**

This biblical account is a wonderful place from which to start today’s lesson because it shows us a man, reasonably new in the faith, who in a moment of intense emotional and even physical pain, allowed God’s Spirit in Him to cause kind, Christian character to flow from him. This is what the Bible calls the “fruit of the Spirit.”



1. THE FRUIT OF THE SPIRIT

Each of us will either do the works of the flesh or produce the fruit of the Spirit. Every believe must make ongoing, conscious choices to put down the desires of his flesh and to submit to the desires of the Spirit. The natural result of walking in the Spirit is fruit that manifests in our lives.

Ask volunteers to read **Galatians 5:16-25**.

1. What are the two elements that strive against each other to control our lives? (verses 16-17)
2. If we do the works of the flesh, what is the consequence? (verse 21)
3. Is the “fruit” of the Spirit singular or plural? What does that mean? (verses 22-23)
4. Because we now have life in the Spirit, what are we commanded to choose to do daily “in the Spirit?” (verse 25)

Pre-Session Commentary to Study

The Bible makes it clear that there is conflict between our flesh and the Spirit. We will either be led by one or the other, but not both. “For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit” (Romans 8:5). Every believer must make ongoing, conscious choices to put down the desires of his flesh and submit to the desires of the Spirit.

When we do that, we allow the new life in us to replace old patterns of behavior with new ones. The destructive works of the flesh are replaced with the constructive attitudes, actions, and character traits called the “fruit of the Spirit.”

LEADER

Emphasize to the group that we don't pick and choose the fruit of the Spirit like food items on a buffet. We seek to keep in step with the Spirit...

There are nine aspects of that fruit listed, but it is important to note that there is only one fruit. We do not get to pick and choose which of these we will demonstrate. We simply choose to walk in the Spirit and to let Him demonstrate His holy nature through us. We are not called to manifest the “Fruit of Self-Discipline” or the “Fruit of New Year’s Resolutions” or the “Fruit of Trying Harder.” We are called to surrender to the influence of His Spirit that lives in us so that He may live out His desires, priorities, and nature in our day-to-day lives. This is where holy living starts!

2. LOVE, JOY, AND PEACE

The first three aspects of the fruit of the Spirit are love, joy, and peace. When we walk in the Spirit, God fills our lives with a selfless love for Him and others, a settled delight in our eternal hope, and a quiet inner stability.

*Ask volunteers to read **Romans 5:5; 14:17.***

- 1. What is the source of love in the Christian's life? (Romans 5:5)**
- 2. What is the source of joy and peace in the Christian's life? (Romans 14:17)**

Pre-Session Commentary to Study

Love: Different words are translated as “love” in the Bible, and the original audience listening to the New Testament letters would have cultural concepts of love. The word *eros*, (not in the Bible but in the wider Graco-Roman culture) suggests sensual love between a married man and woman. *Phileo*, a term from Scripture, is a natural love that exists between friends, and *storge* from Scripture expresses familial love. But the word used in the fruit of the Spirit is *agape*. This selfless, benevolent love is reflective of the love that God has shown to us. It makes no demands and is unbreakable. For a full description of what this type of love looks like, read I Corinthians 13.

It should be noted that this love is not only to be directed toward God, but it is to be shown to people. The love of God He has placed in our hearts by the Holy Ghost should bear the fruit of our loving others. Note Christ's words: “This is my commandment, That ye love one another, as I have loved you” (John 15:12).

People use the word *love* flippantly. They “love” everything from a sports team to good pizza. But the Bible calls us to a genuine

fruit. Our love cannot be in words but not in actions. It must never be hypocritical. “Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently” (I Peter 1:22). (Also see Romans 12:9.)

LEADER

Study these ideas in advance of the session to be prepared to establish that the walk of faith is a joyful path, and yet we do not set our standard of happiness according to the world's temporal and materialistic portrayal of happiness...

Joy: The word translated *joy* in the fruit of the Spirit does not mean what many probably think. It is not a bubbly euphoria that causes unending days of laughter. Ron Wofford in his “Christian Character” series aptly defined it as a “calm delight.” It is a settled place in our lives in which the work of salvation in us directs us to handle all matters of life around us from an eternal perspective. “For our light affliction, which is but for a moment, worketh for us a far more

exceeding and eternal weight of glory” (II Corinthians 4:17).

Happiness is an emotional response to external stimuli. Joy is a spiritual response to an internal condition. “Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost” (Romans 15:13). God fills us with joy through the power of His Spirit from the inside out. Because the source is His Spirit, our lives can bear the fruit of joy equally in times of triumph and in times of sorrow.

Peace: In the fruit of the Spirit, peace means a tranquility or quietness, but it also carries a connotation of healing. The wounds and chaos of life are healed by the work of His Spirit in us, and He promised us exactly that: “The LORD will bless his people with peace” (Psalm 29:11). “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world” (John 16:33).

When we walk in the Spirit, the fruit produced by that Spirit is one of peace! And that is a treasure! While our world knows such unrest and suicide rates continue to climb, there is a stabilizing effect of the fruit! “And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” (Philippians 4:7). The heart and mind of a believer is “kept” by God’s peace. All that is required is to allow His Spirit to produce that fruit in us. Once again, holy living is the best life possible!



3. LONGSUFFERING, GENTLENESS, GOODNESS

The next three aspects of the fruit of the Spirit are longsuffering, gentleness, and goodness. Yielding to the work of the Spirit in our lives results in patience, kindness, and integrity. This spiritual fruit does not result from our attempts at behavioral modification; they are the natural manifestation of God's transformative work in our lives.

Ask volunteers to read **Colossians 3:12; II Timothy 2:24; Titus 2:7.**

1. We are to choose to put on longsuffering because we are the what? (Colossians 3:12)
2. To whom should we be gentle? (II Timothy 2:24)
3. Our good works should be seen in how many things? (Titus 2:7)

Pre-Session Commentary to Study

Longsuffering: This word is really not hard to understand. It simply means “patience!” While not hard to understand, it can be one of the more difficult aspects of the fruit of the Spirit to bear. In part this is because we are not a patient culture. We want things now! We demand faster internet service, shorter wait times at restaurants, and overnight delivery for online purchases made while sitting in the comfort of our living rooms. Is it any wonder then, with this mind-set permeating our world, that we are not particularly patient in our prayer lives? We want it now!

But God's kingdom is not always immediate in its nature, and that makes this aspect of the fruit vital. “For ye have need of patience, that, after ye have done the will of God, ye might receive the promise” (Hebrews 10:36). Some aspects of the fruit show immediate results, but this one requires time: “But let patience have her perfect work, that ye may be perfect and entire, wanting nothing”

(James 1:4). But giving God time to work this out in you is of utmost importance, because Jesus told us that this fruit is essential for our eternal wellbeing. “In your patience possess ye your souls” (Luke 21:19).

Gentleness: Many word pictures depict the word *gentle*, but perhaps none more than one the Bible itself employs: “He shall feed his flock like a shepherd: He shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young” (Isaiah 40:11). Just as a good shepherd would extend kindness and tenderness toward these little lambs, so are we expected to manifest that same fruit to those around us.

God's Spirit in us and His fruit in our lives will rein in harsh words, eliminate cruel acts, and eradicate unkind thoughts toward everyone in our lives. Just think how much better life is when we can gently respond to anger rather than harshly reacting to it. “A soft answer turneth away wrath: but grievous words

stir up anger” (Proverbs 15:1). My every interaction with people should be marked by a gentle spirit, a gentle countenance, and gentle words. When I present that, it is evident that Christ is being “formed in me.” (See Galatians 4:19.)

Goodness: When a mother gives her son or daughter the admonition, “Be good,” she is firmly rooted in Scripture. Goodness is a part of what the Spirit produces in us. When we fail to do good, it is really a failure of allowing His Spirit to lead us to bear this important fruit.

Goodness speaks of an internal moral and ethical purity that is demonstrated in our interactions with the world. A Christian will be honest in his words. He will be upright in his business dealings. He will be marked by integrity and high moral standards. These

attributes are not the product of living by a behavioral code; they are the harvest reaped in the fruit of the Spirit. Goodness should mark our way!

In looking back over the ages at the faith of God’s servants, the Bible says, “For by it the elders obtained a good report” (Hebrews 11:2) In consideration of our lives right now, we are instructed, “And let us consider one another to provoke unto love and to good works” (Hebrews 10:24). And as we look forward to the day of our final redemption, we anticipate this moment, “His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord” (Matthew 25:21). Goodness is a constant among God’s people.

4. FAITH, MEEKNESS, AND TEMPERANCE

*The final three aspects of the fruit of the Spirit are **faith**, **meeekness**, and **temperance**. This fruit results in a consistency, a measured strength, and control of our desires. When we are led by His Spirit and when we walk in His Spirit, by the very nature of that submission, God’s power directs us in the process of corralling our base desires and rendering them helpless to harm.*

*Ask volunteers to read **Hebrews 11:6; I Peter 3:4; and I Corinthians 9:25.***

- 1. Without faith it is impossible to do what? (Hebrews 11:6)**
- 2. What kind of spirit is precious in God’s sight? (I Peter 3:4)**
- 3. Being temperate in all things is key to receiving an incorruptible what? (I Corinthians 9:25)**

FOCUS POINT FOR TEACHING
AND DISCUSSION

Pre-Session Commentary to Study

Faith: Hebrews tells us unequivocally that faith is a prerequisite to pleasing God. It is not simply that it will be difficult to please our Creator without faith; Hebrews says it is impossible to do so. We can only approach God from the basis of faith: “But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him” (Hebrews 11:6).

But God’s desire is not simply that we be full of faith, but that we be faithful, or consistent. One’s walk with God should not be one of extreme highs followed by extreme lows. As imperfect human beings, we will make mistakes, but our testimony should not be marked by constant wild fluctuations in our spiritual mind-set. Rather as the Spirit of God in us is faithful and consistent, so too should we be as we bear that fruit of that Spirit. We should strive that our faith be just the same on Monday as it was on Sunday.

LEADER

Emphasize to the group that being a Christian does not mean we are weak. Help paint a vibrant picture of meekness...

Meekness: This may be the most misunderstood aspect of the fruit. Some have mistakenly deemed meekness as a mousy, weak, spineless disposition that allows anyone and everyone to walk over us. Instead meekness is controlled strength! It may be pictured best by a mighty ox being led about by a child with a simple halter. The bull is much more powerful than the child, but it has been brought under control. Such is meekness.

This aspect of the fruit does not mean one is weak. It means that by the power of the Spirit, a person’s strength has been surrendered to God’s control. Our actions, our words, our attitudes, and every part of us have all been submitted to His will. By doing so, we can then operate in His strength. That same ox can be harnessed to a plow and accomplish much work. Similarly, when we are in a posture of meekness before God, we can do more than if we were to try to operate in our own strength. “Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom” (James 3:13).

Temperance: Temperance, or self-control, is the final aspect of the fruit of the Spirit. It speaks of firmly reigning in one’s innate, sinful desires. To continue our previous analogy, it speaks of keeping a tight grip on that halter rope around the neck of the beast. We recognize that if left unchecked, the beast will cause much destruction, so we maintain firm control over it.

But one must note that we are not speaking of doing this purely in the strength of human will. This temperance is still the fruit of His Spirit. When we are led by His Spirit and when we walk in His Spirit, by the very nature of that submission, God’s power directs us in the process of corralling our base desires and rendering them helpless to harm. With each degree we submit to God, we resist our flesh. With each accommodation of our flesh, we reject God’s sovereignty in our lives. The two directions are not compatible.

When we submit and thus strongly guard our lives, we find spiritual protection in which we may grow and prosper, else we are vulnerable: “He that hath no rule over his own spirit is like a city that is broken down, and without walls” (Proverbs 25:28).

CLOSING DISCUSSION

Consider repeating key questions from the opening discussion if the lesson has brought up biblical principles that could cause students to revise their previous answers. Then present the following questions:

1. **Is there any one aspect of the fruit of the Spirit that you find harder to develop than the others? Why do you believe that is?**
2. **Share a time that you clearly witnessed one aspect of the fruit of the Spirit manifest in the life of a mature child of God.**
3. **What is one thing you can do this week to ensure that God's Spirit can produce in you the traits He desires?**

PRAYER

Lead students in a prayer to apply the lesson to their hearts. Model personal prayer for them by asking God to develop in your day-to-day life the characteristics of righteousness that best serve His kingdom. Ask for His help in cultivating those in practical manners through the coming week.



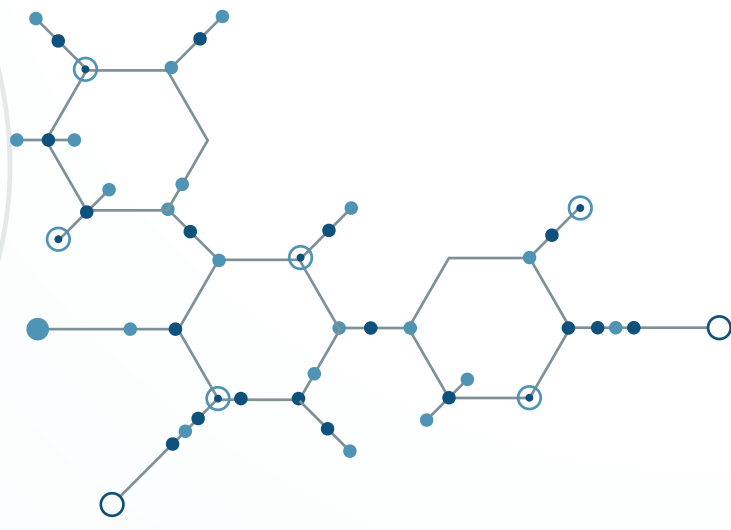
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PARTICIPANT'S GUIDE



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In Step with the Spirit

PRE-SESSION STUDY: Complete this page before the session begins.

MY TESTIMONY

Journal about a way in which our last session came into play during the week:


SCRIPTURE FOCUS: GALATIANS 5:22-25

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.

1. What words in the passage stood out to you?

2. Circle any words you would like to understand more deeply. (Make a note to discuss after class if your questions are not answered during the session.)

3. How would you sum up the meaning of this passage?

A close-up photograph of a person's hand reaching towards a green apple on a tree. The person is wearing a blue and white striped shirt. The background is filled with green leaves and branches, suggesting an orchard setting. The lighting is bright, creating a natural and serene atmosphere.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.

QUESTIONS TO CONSIDER

1. What have you found to be the greatest challenge in living this new life?

2. What substantive change have you noticed in yourself or have others noticed in you about how you live?

1. THE FRUIT OF THE SPIRIT

Each of us will either do the _____ of the _____ or produce the _____ of the Spirit.

Galatians 5:16-25

1. What are the two elements that strive against each other to control our lives? (*verses 16-17*)

2. If we do the works of the flesh, what is the consequence? (*verse 21*)

3. Is the “fruit” of the Spirit singular or plural? What does that mean? (*verses 22-23*)

Notes:

When we walk in the Spirit, God fills our lives with a selfless love for Him and others, a settled delight in our eternal hope, and a quiet inner stability.



2. LOVE, JOY, AND PEACE

The first three aspects of the fruit of the Spirit are _____, _____, and _____.

Romans 5:5; 14:17

1. What is the source of love in the Christian's life? (Romans 5:5)

2. What is the source of joy and peace in the Christian's life? (Romans 14:17)

Notes:

3. LONGSUFFERING, GENTLENESS, GOODNESS

The next three aspects of the fruit of the Spirit are _____, _____, and _____.

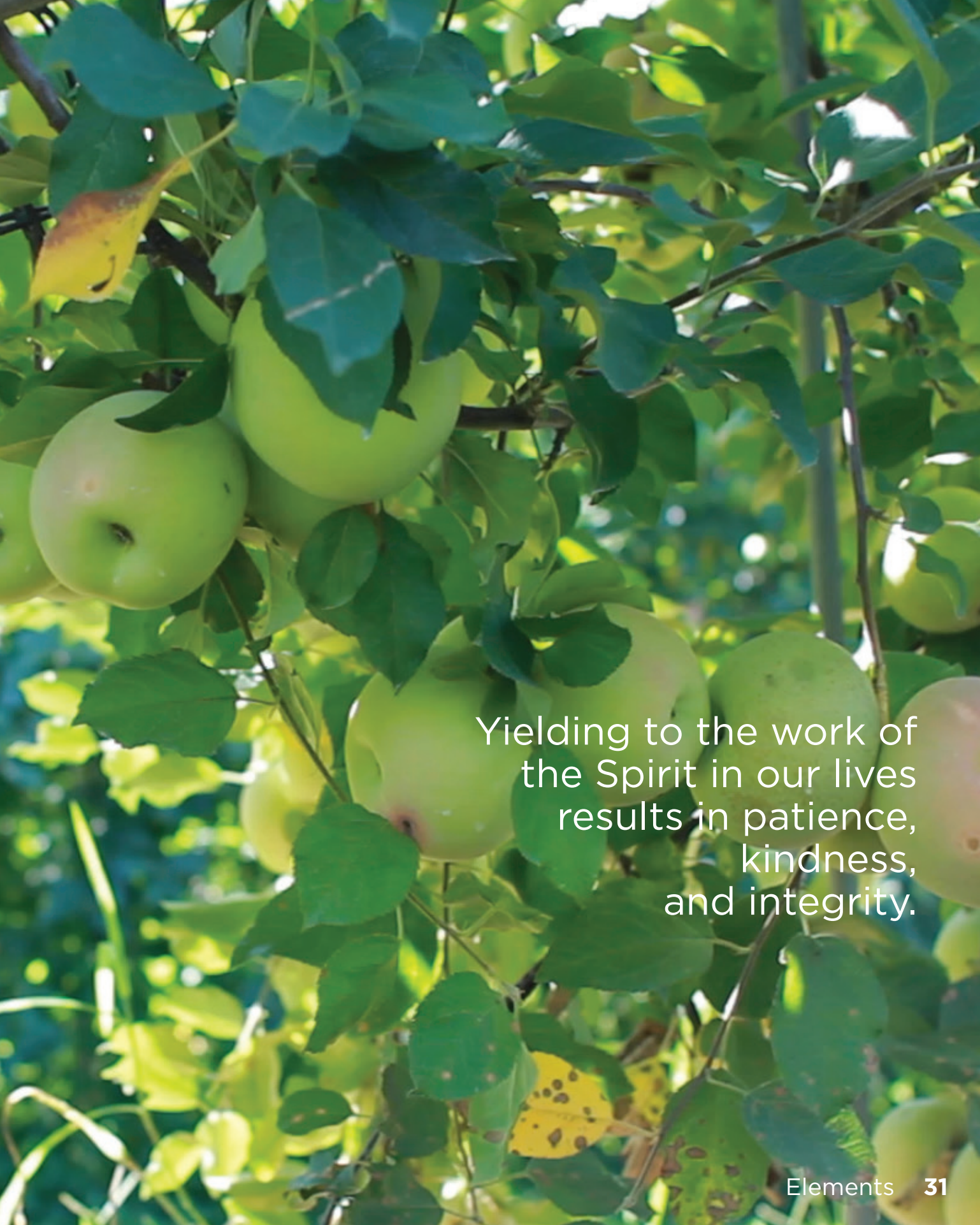
Colossians 3:12; II Timothy 2:24; Titus 2:7

1. We are to choose to put on longsuffering because we are the what? (Colossians 3:12)

2. To whom should we be gentle? (II Timothy 2:24)

3. Our good works should be seen in how many things? (Titus 2:7)

Notes:



Yielding to the work of
the Spirit in our lives
results in patience,
kindness,
and integrity.

4. FAITH, MEEKNESS, AND TEMPERANCE

The final three aspects of the fruit of the Spirit are _____, _____, and _____.

Hebrews 11:6; I Peter 3:4; and I Corinthians 9:25

1. Without faith it is impossible to do what? (Hebrews 11:6)

2. What kind of spirit is precious in God's sight? (I Peter 3:4)

3. Being temperate in all things is key to receiving an incorruptible what? (I Corinthians 9:25)

Notes:

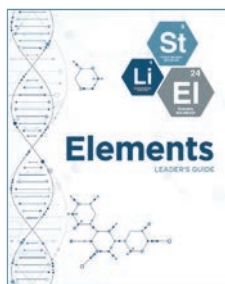
ACTION PLAN

As a result of the session, I believe I need to grow in this area:

This week I will do the following to focus on this area of growth:

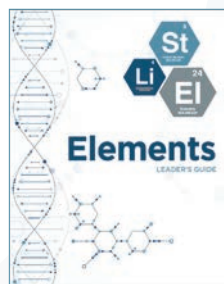
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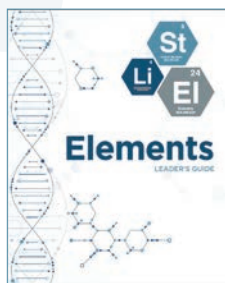
Module 1

1 - Leader's Guide
5 - Participant's Guides



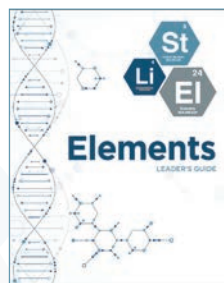
Module 2

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5 - Participant's Guides



Module 3

1 - Leader's Guide
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