

# Week 1 - Introduction: Life in the Spirit

Scriptures: Galatians 5:16-26, John 15:1-8

## Big Idea

The fruit of the Spirit is not something we manufacture through effort, but something God produces in us as we remain connected to Him. Fruit is the natural outcome of a healthy root system, not a performance metric.

## Opening Question

What's something in your life that took longer to grow than you expected—but was worth the wait?

## Teaching Summary

- Fruit is the result, not the goal.
- We don't strive for fruit; we strive to abide.
- Growth flows from a relationship with Jesus.
- Fruit grows over time.
- Spiritual maturity is usually slow, unseen, and seasonal—not instant.
- Fruit is singular but multifaceted.
- Scripture speaks of "fruit" (singular), expressed through many qualities. These traits are interconnected.
- Fruit reveals what is feeding us.
- What we abide in will eventually show up in our character.

## Discussion Questions

1. When you hear "fruit of the Spirit," do you tend to think more about self-effort or God's work in you? Why?
2. Read John 15:4–5. What do you think it practically looks like to "remain" or "abide" in Christ?
3. Why do you think God prioritizes character formation over quick external results?
4. How can comparison with others hinder our spiritual growth?

## Personal Reflection

1. Where do you feel pressure to “produce” spiritually rather than simply stay connected to Jesus?
2. Are there areas of your life where growth feels slow or invisible right now?
3. What habits, relationships, or distractions might be competing for your attention and nourishment?

(Encourage quiet reflection for 1–2 minutes.)

## Group Prayer

Guided Prayer:

God, we confess that we often try to grow fruit through effort instead of dependence. Teach us how to remain in You. Where we feel impatient, give us trust. Where we feel dry, renew our roots. Shape our character in Your timing and by Your Spirit. Amen.

Optional Prayer Prompt (Open Prayer):

Ask God to show each person one simple way to deepen their connection with Him this week.