

Fruit of the Spirit Study

Galatians 5:22-23



But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. ~Galatians 5:22-23

- There are 9 fruits of the Spirit listed in this passage. Focus on one fruit per week, striving to grow spiritually in that particular area.
- To help keep your family focused on this study, place a basket or small craft tree in the middle of your kitchen table (or in a prominent place where it will be seen) to display fruit labeled with each of the fruits of the Spirit.
- Pick a physical fruit (such as a pear, apple, etc.) to represent the spiritual fruit you will work on throughout the week. Make a model, cut-out, or drawing of that fruit and add it to your basket or tree. Try to eat that kind of fruit each day that week to serve as a reminder of the particular fruit of the Spirit you are working to grow in your life.
- Study the scriptures for each fruit and pick at least one to memorize.
- Read and discuss the Greek word and what it means, making sure each family member understands the meaning of each fruit of the Spirit.
- Do the character study and discuss how each Bible character exemplified that particular fruit of the Spirit.
- Work on the suggested activity (links or explanations are provided) or pick one of your own.
- Put the fruit of the Spirit into practice each day of the week and discuss each night how every family member worked to add it to their lives that day. Be proactive about looking for opportunities to put each particular fruit into daily practice.
- At the end of the 9-week study, discuss what was learned, what areas everyone grew in and what areas may need more growth.
- Have each family member do their own copy-work of Galatians 5:22-23 and put it in a place where they can read it often and be reminded of this study.
- Plant a "Fruits of the Spirit" garden. Plant seeds of different fruits or plant fruit trees/berry bushes to serve as a reminder of this study and the importance of growing spiritual fruit in our lives. Make garden markers for each plant, assigning a fruit of the Spirit to each one if you'd like.

Week #1 – LOVE

Verses: John 13:34; John 13:35; John 15:9; Romans 12:9; I Corinthians 13:4-7; I John 4:7-8

Greek word: *agape'* – good will, benevolence, esteem, to prefer

Character study: The Good Samaritan (Luke 10:25-37)

Activity: Share some love with "Sweet Bouquets" - <http://pryorconvictions.com/sweet-bouquets-rosebud-kisses-tea-roses/>

Week #2 – JOY

Verses: Luke 2:10; Luke 15:10; John 15:11; John 16:24; Romans 15:13

Greek word: *chara* – *delight, gladness*

Character study: Ethiopian eunuch (Acts 8:26-39)

Activity: Family song fest - Praise God with your favorite hymns and express your joy and gladness to Him. Sit around a campfire, pile everyone on mom & dad's bed, or sing in the car.

Week #3 – PEACE

Verses: Isaiah 26:3; John 14:27; Romans 12:18; Philippians 4:6-7; II Thessalonians 3:16; Hebrews 12:14; I Peter 3:11

Greek word: *eire'ne'* (i-ray'-nay) – *quietness, rest*

Character study: Jesus (Mark 4:35-41)

Activity: Peace mural – Put together a poster of pictures that portray peace, and add scriptures about peace.

Week #4 – LONGSUFFERING (PATIENCE)

Verses: Ephesians 4:2; Colossians 1:11; Colossians 3:12; II Timothy 4:2; James 5:10

Greek word: *makrothumia* (mak-roth-oo-mee'-ah) – *patience, forbearance*

Character study: Job (Job 1 – 2:10)

Activity: Wait for it! - Place a plate of cookies on the table next to a small timer. Going around the table, start the timer and make each person wait until the timer stops before taking a cookie. After everyone has had a turn, discuss how hard it can be to have patience, but how rewarding it can be as well.

Week #5 – KINDNESS

Verses: Proverbs 31:26; I Corinthians 13:4; Ephesians 4:32; Colossians 3:12

Greek word: *chre'stote's* (khray-stot'-ace) – *goodness, gentleness, uprightness*

Character study: David (II Samuel 9)

Activity: Bounce back with kindness - <http://pryorconvictions.com/bounce-back-with-kindness/>

Week #6 – GOODNESS

Verses: Exodus 34:6; Psalm 23:6; Romans 2:4; Romans 15:14; Ephesians 5:9

Greek word: *agathosune* (ag-ath-o-soo'-nay) – *uprightness of heart and life*

Character study: Daniel (Daniel 6:1-23)

Activity: Sword drill – Everyone grab your Bibles and see who can find these scriptures the fastest! These verses all relate to goodness. Once a verse is found, read it aloud. After the drill, discuss which verses meant the most to each person and why. Verses: Psalm 27:13; Romans 11:22; Matthew 26:10; Acts 10:38; James 1:17; Galatians 5:22; Colossians 1:10; Psalm 31:19; Exodus 33:19; Matthew 5:16

Week #7 – FAITHFULNESS

Verses: Matthew 25:23; Luke 16:10; III John 5; Revelation 2:10

Greek word: *pistis* – *trust, fidelity, confidence*

Character study: Ruth (Ruth 1:1-17)

Activity: Stick with me – Pick a partner and tie one arm of each to the other, and stay that way for 30 minutes (or longer). Everything you do, your partner will be with you. (Make it even more challenging by assigning certain tasks such as washing dishes!) Faithfulness is sticking with someone or something no matter what.

Week #8 – GENTLENESS

Verses: Matthew 11:29; Philippians 4:5; Titus 3:2; I Peter 3:3-4

Greek word: *praute's* (prah-oo'-tace) – mildness, meekness

Character study: Paul (I Thessalonians 1:1-13)

Activity: Fruit handling – Take a banana, kiwi, peach or other soft fruits (two of each). Handle one by pushing on it, squeezing it, etc., and handle the other one gently. Set them aside for a day. Now, peel them and compare. What do you see on the flesh of the ones that were handled roughly? How do the ones who were handled gently look? How does this apply to how we treat people?

Week #9 – SELF-CONTROL (TEMPERANCE)

Verses: Proverbs 25:28; Acts 24:25; Titus 2:2; James 1:19; II Peter 1:5-6

Greek word: *egkrateia* (eng-krat'-i-ah) – self-mastery, dominion within

Character study: Joseph (Genesis 39:1-12)

Activity: Just say no! - As a family, brainstorm different difficult situations and how one may be tempted to respond.

Discuss ways to use self-control in each of the situations whether it is saying no, staying quiet, or doing like Joseph and getting away from the temptation as fast as you can!