

The graphic features the words "FRUIT OF THE SPIRIT" in large, bold, multi-colored letters. Each letter is filled with a different vibrant color and has a textured, fruit-like appearance. The background is a soft-focus image of various flowers in shades of pink, purple, and white.

# FRUIT OF THE SPIRIT

## Peace in a Time of Anxiety

### CATCH UP ON LIFE:

*This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)*

Suggested time: 20-30 minutes

- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

### REVIEW THE MISSION:

*Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)*

Suggested time: 10-20 minutes

#### 1. People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

**2. Plan:** Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

**Pray:** *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

### SERMON DISCUSSION:

*God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)*

Suggested Time: 20-40 minutes

# I. Scripture Discussion

Read **Galatians 5:19-24** and **Philippians 4:4-13** out loud. Then, spend some time silently reflecting and journaling the following questions as a LifeGroup. (These questions can be used with any passage of the Bible to study on your own.)

- What stands out from the passage?
- What does the passage reveal to us about God?
- What does the passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

# II. Sermon Discussion

What stood out to you from the sermon? Why is that?

In the sermon, we said biblical peace is to transfer your cares onto God and to trust Him with the ultimate outcome regardless of current circumstances.

- What areas in your life are you tempted to not trust God? Why is that? What does that look like? Where do you turn to instead?

In Philippians 4:6, Paul combats worry with prayer as a way to transfer our cares onto God.

- With that in mind, how can you be more intentional with your prayer life this week? Are there moments in the day/week where you can remind yourself to transfer your cares onto Him in prayer?

Before we move on to Engage the Heart, let's spend some time praying for ourselves and one another, asking God to work in us to trust Him more and to produce the fruit of peace in us.

# ENGAGE THE HEART:

*Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)*

Suggested Time: 20-40 minutes

What has Jesus been teaching you this week through abiding with Him (Bible reading and prayer)?

What sin(s) do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?

Where have you seen victory over sin in the last week? Where have you been encouraged in your walk with Jesus in the last week?

**Pray:** *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*