



## INTRODUCTION

“You will know them by their fruits.” Maybe you’ve heard that phrase before. It’s an adaptation of a famous saying of Jesus. Essentially it means that our character is revealed through the fruit that our lives produce. That doesn’t mean we have to have it all together, or that struggles are somehow a sign of failure. It means that in the *midst* of struggle our character and faith is often revealed. So what does the character of a Jesus follower look like? Join us this summer as we explore that question and find out what good fruit a life in the Spirit produces!

## RESOURCE OVERVIEW

Here we provide space to take notes on the sermon and Scripture text and answer reflection questions that you can discuss with others. When considering the reflection questions, remember that the goal is not to have all the “right” answers—instead, let these questions serve as a starting point for curiosity in your conversation with God and others. See the Appendix of this guide for more resources and opportunities to engage with this study.

Please note this discussion guide is created before the series begins. Discussion questions are prepared before the sermons are written and based on the theme and text for the week. Thank you for your understanding that the topic and focus of the sermon as the pastor writes it may differ from what is written in the discussion questions.

## APPENDIX (PAGE 15)

Offers a deeper dive into the topic as well as resources for Bible study, leading small groups, and links for further support.

- Additional Resources
- Online Bibles
- Prayer Tools
- “Icebreaker” Questions
- Tips for Guiding Conversations
- General Resources for Individual Support

## SERMON SCHEDULE & SCRIPTURE READING

*\*Subject to change at the discretion of the pastors.*

There are no additional reading/viewing materials for this series.

Sermon	Topic
Week 1	Love: Galatians 5:13–26, 1 Corinthians 13:1–7
Week 2	Faithfulness/Kindness: Galatians 5:13–26*
Week 3	Faithfulness/Kindness: Galatians 5:13–26*
Week 4	Peace: Galatians 5:13–26
Week 5	Joy: Galatians 5:13–26
Week 6	Patience: Galatians 5:13–26
Week 7	Generosity: Galatians 5:13–26
Week 8	Self-Control/Gentleness: Galatians 5:13–26*
Week 9	Self-Control/Gentleness: Galatians 5:13–26*

\*Base your discussion on the fruit covered in your congregation’s sermon that week. The other fruit will be the following week’s topic.

# WEEKLY FORMAT

**(PRE-WORK) REFLECT:** Listen to the sermon, read weekly selections/view video links, read scripture passages, and answer questions.  
(30-40 mins)

**RELATE:** Discuss reflection questions with your small group. (50 mins)

**PRAY:** Use the suggested prayer prompt to conclude your time (5-10 mins)

# CONVERSATION COVENANT

We hope all small group discussions are lively and enriching, but sometimes tough topics will be discussed. The Conversation Covenant\* is an agreement to hold respect and grace toward all participants within a small group, no matter the conversation. Please adhere to the Conversation Covenant or consider creating one that fits your context.

\*Adapted from <https://conversational-leadership.net/conversation-covenant/>

I pledge:

**To act in good faith, with curiosity.** I will assume the best about my conversation partners when entering into our groups. I will give the benefit of the doubt, recognizing that they may know something I don't.

**To show respect.** I will show respect. I will be polite and give due regard to the feelings and traditions of others. I understand that I do not have to agree with someone to show them respect.

**To speak the truth.** I won't use rhetorical tricks to try to win an argument. I will speak what I genuinely believe is the nuanced truth.

**To aim to discover the truth.** I will not enter into a conversation with the purpose of changing the mind of anyone to my way of thinking.

**To focus on what we can change.** I will focus on what we can do differently in the future since we cannot change what we did in the past.

**To take responsibility for the conversation.** I will take responsibility for the quality of the conversation and the abidance of the rules both in principle and in spirit.

**To follow the covenant even when others fail to do so.** I will abide by the rules regardless of whether another person breaks them.

**To respect the confidentiality of the group.** I will not share the stories of group members verbally or in written form (including on social media and online outlets).

**To lighten up and approach the conversation in good humor.** I recognize that humor is a hallmark of a constructive, generative conversation and take the conversation in good humor.

# PREPARE

The following questions are jumping-off points for personal reflection. Engage with them to awaken your awareness of themes in this sermon series. Pay attention to the questions that stand out to you and look back on them throughout the series to see how God might be speaking to you.

## CONSIDER

- How would you describe your character? What are your strengths and weaknesses? How might you want to grow in your character as a Christ-follower?
- In Galatians 5, Paul lists the fruits of the Spirit as “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” Which of these fruits comes most naturally to you? Which one seems most distant? Take a moment to pray, asking God to shape you and guide you in new ways.
- How do you relate to the Holy Spirit? What would you like to learn about the Spirit in this series? What is one way you would like to try and open yourself up to hearing from God or experiencing God’s presence in the following weeks?
- As you enter into these discussions, how would you describe your spiritual life at the moment? Is there something you believe God is asking of you? List this (or these) below:

# WEEK 1: Love

## Galatians 5:13–26, 1 Corinthians 13:1–7

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26, 1 Corinthians 13:1–7

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of love as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of the love? In your relationship with God and others, where do you struggle with things like resentment, self-centeredness, or other things you may have named?
4. What would it look like for the fruit of love to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Gives thanks for the generosity of God, who helps us love through the Spirit's power. Ask for the fruit of love to be more abundant in your life so that you and those around you can experience God's love and provision anew every day.

### Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# WEEK 2: Faithfulness/Kindness\*

## Galatians 5:13–26

\*Base your discussion on the fruit that was covered in your congregation's sermon this past Sunday. The other fruit will be next week's topic.

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of kindness/faithfulness as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of the kindness/faithfulness? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of kindness/faithfulness to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Gives thanks for the kindness and steadfast nature of God, who helps us be faithful and show kindness through the Spirit's power. Ask for the fruits of kindness and faithfulness to be more abundant in your life.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# WEEK 3: Faithfulness/Kindness\*

## Galatians 5:13–26

\*Base your discussion on the fruit that was covered in your congregation's sermon this past Sunday. The other fruit listed was last week's topic.

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of kindness/faithfulness as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of the kindness/faithfulness? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of kindness/faithfulness to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Gives thanks for the kindness and steadfast nature of God, who helps us be faithful and show kindness through the Spirit's power. Ask for the fruits of kindness and faithfulness to be more abundant in your life.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.



# WEEK 4: Peace

## Galatians 5:13–26

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of peace as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of the peace? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of peace to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Gives thanks for the reconciling character and work of God, who brings peace into our lives and this world through the Spirit's power. Ask for the fruit of peace to be more abundant, especially where there is conflict and war, so that the world may know the love of God and discover genuine hope.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# WEEK 5: Joy

## Galatians 5:13–26

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of joy as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of the joy? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of joy to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Gives thanks for God's grace, the source of our joy. Pray that we would recognize this grace in our lives, and that we might grow in learning to celebrate more of the beautiful, good, and true things that come from God. Also, pray for neighbors, friends, and others (and perhaps yourself) for whom a sense of joy feels distant right now.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# WEEK 6: Patience

## Galatians 5:13–26

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of patience as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of patience? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of patience to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Give thanks for God's patience towards us, which helps turn towards God and be transformed. Ask God for the grace to know when patience is needed, and to prepare us to approach difficult situations in our lives with wisdom, kindness, and love.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# WEEK 7: Generosity

## Galatians 5:13–26

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of generosity as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of the generosity? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of generosity to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Give thanks for God's generosity toward us. Take time to reflect on the sheer goodness of God's grace. Pray for wisdom and strength to extend this divine generosity we have received towards others in your life.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# WEEK 8: Self-Control/Gentleness\*

## Galatians 5:13–26

\*Base your discussion on the fruit that was covered in your congregation's sermon this past Sunday. The other fruit will be next week's topic.

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of self-control/gentleness as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of self-control/gentleness? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of self-control/gentleness to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Gives thanks to God for helping us grow in maturity and to be changed by the Spirit's power. Pray to be more open to the Spirit's presence. Ask God for self-discipline in areas where self-control is lacking, and for a spirit of gentleness and intentionality in your relationships with others.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# WEEK 9: Self-Control/Gentleness\*

## Galatians 5:13–26

\*Base your discussion on the fruit that was covered in your congregation's sermon this past Sunday. The other fruit was last week's topic.

**(PRE-WORK) REFLECT** | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Galatians 5:13–26

**RELATE** | Use these questions as a launching point for your small group conversation or personal reflection. For this summer series we'll be offering a standard set of discussion questions that prompts reflection on each week's fruit of the Spirit (e.g., love).

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How did this sermon shed light on the fruit of self-control/gentleness as part of our discipleship? What are some specific ways that this fruit can manifest itself as we try to follow Jesus together?
3. What do you see as the opposite of the fruit of self-control/gentleness? In your relationship with God and others, where do you find yourself struggling with some of the things you named?
4. What would it look like for the fruit of self-control/gentleness to be more evident in your life? Relying on the Holy Spirit, is there a next step you could take to bear more of this fruit in how you engage, act, or relate to others?

**PRAY** | Gives thanks to God for being willing to see to our maturity, growth, and transformation through the Spirit's power. Ask God for self-discipline in areas where self-control is lacking, and for a spirit of gentleness and intentionality in your relationships with others.

## Galatians 5:13-26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

# APPENDIX

Below are resources to look into if you are interested in diving deeper into some of the topics covered in this series. If you need resources that more specifically address your own experience, demographic, or faith journey, please reach out to a Highrock pastor or to [smallgroups@highrock.org](mailto:smallgroups@highrock.org) and we will be happy to help!

## ONLINE BIBLES

- [Blue Letter Bible](#)
- [Bible Gateway](#)

## PRAYER TOOLS

- [The Prayer of Examen: Tracking Our Moods](#)
- [Breath Prayer/Prayer of the Heart](#)
- [Divine/Fixed Hour Prayer](#)
- [SoulCare guide to Imaginative Prayer Spiritual Practice](#)
- [Imaginative Prayer/Ignatian Contemplation](#)
- [SoulCare guide to Recall & Paraphrase Spiritual Practice](#)
- [Lament](#)
- [Laughter and Prayer](#)
- [Palms Up, Palms Down](#)
- [Pray a Psalm in a Nature Setting](#)
- [Praying with your Body](#)
- [Welcoming Prayer](#)

## “ICEBREAKER” QUESTIONS

- What was a small win from your week?
- Share a High/Low from your day or week.
- On a scale of 1-10, how are you doing coming into this meeting?
- If you were to describe yourself as a weather forecast today, what would you be? Example: sunny, partly cloudy, rainy with a chance of snow, etc.
- What song would be the theme track for the day you had?

## GENERAL RESOURCES FOR INDIVIDUAL SUPPORT

- [Spiritual Practices](#)
- [Mental Health Resources](#)
- [Parenting & Kids—Understanding each other through Milestones](#)

## TIPS FOR GUIDING CONVERSATION

- Allow everyone space to share. It's ok to ask what people are thinking even if they don't volunteer to share right away. But always give people the option to decline to share. Example: "Hey, Fred, you've been a little quiet and I'm curious to know what you think. Would you like to share anything?"
- Remember there aren't necessarily "right" answers. Encourage participants to simply be curious about what came up for them or others without the pressure of feeling like they "should" have thought or felt anything in particular. Example: Instead of asking "What is this story supposed to be communicating?" ask "What did you notice?"
- Embrace the differences. Affirm that different people can come to different conclusions regarding the same thing. Example: "Interestingly, the text reminded Susie of ABC, while it reminded José of XYZ. Both can be present and true."
- Adapt to suit your group's needs. Sometimes conversation is free-flowing and sometimes it's easier to move through discussion questions one at a time. Do what feels suitable for your group, but don't feel pressured to answer/discuss every single question.

- Encourage curiosity by modeling curiosity. Asking someone “Tell me more about XYZ” can be a really simple but effective tool to go deeper in conversation.
- Don't be afraid of silence. It's natural to want to fill silences or pauses in a conversation. But don't be afraid to sit in silence with your group members. Sometimes thoughts just need time to percolate, so don't feel like you have to rush to another question if no one shares immediately.
- Refer back to the Conversation Covenant. This is the posture that we as Highrock hold as we gather in groups. When the conversation gets tough, you can always refer back to the Conversation Covenant to remind the group that everyone has agreed to abide by this covenant in small group meetings.