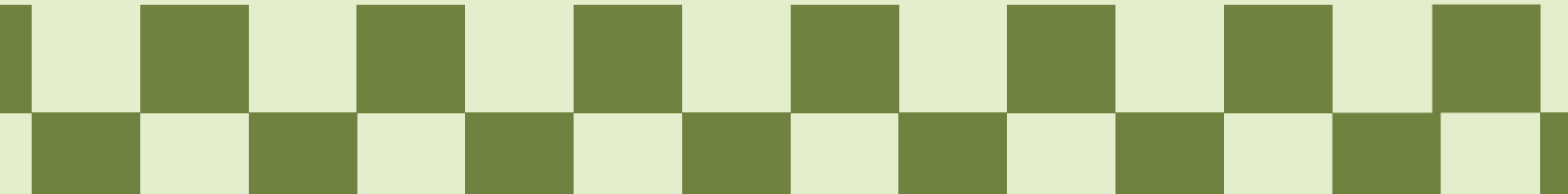


June, 2026



**IN MY FEELS - FRUIT OF
THE SPIRIT**
DISCUSSION GUIDE



MAIN IDEA

We live in a culture that says, "If you feel it, follow it." But Galatians 5 teaches us something different. Our feelings are real, but they were never meant to lead our lives. When we allow our emotions and desires to define us, we often end up confused, empty, and searching for purpose. Jesus offers a better way. Through the Holy Spirit, He gives us a new identity and leads us into a life that reflects Him. The fruits of the Spirit are perfect examples of what this new identity and life in Christ can look like, Galatians 5 tells us this simple yet powerful truth: What I feel doesn't define what I do—the Spirit defines who I am and what I do. When Jesus becomes my identity, my purpose begins to look like Him.

KEY POINTS / VERSES**1. My Feelings Are Real, But They don't Lead Me*****Galatians 5:16-15 (NLT)***

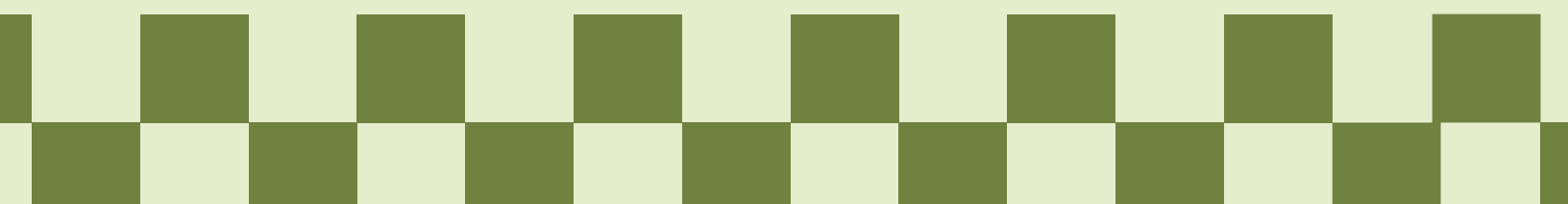
So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. 17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

2. Jesus Defines My Identity***Galatians 5:24-25 (NLT)***

Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. 25 Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

3. The Spirit produces NEW FRUIT***Galatians 5:22-23 (NLT)***

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!



MAIN IDEA

Biblical love is more than a feeling—it is a choice to care for others the way God cares for us. Jesus taught that loving God and loving people is at the center of following Him. This kind of love doesn't come naturally; it is produced in us by the Holy Spirit as we stay connected to Jesus.

We grow in love by remaining in Him, just as a branch stays connected to the vine (John 15:4-5). We demonstrate love by choosing sacrifice, putting others before ourselves just as Jesus did (John 15:13). And we continue to walk in love by obeying His commands, because obedience keeps us rooted in His love (John 15:10).

As we stay connected to Jesus, practice daily obedience, and depend on the Holy Spirit, He grows the fruit of love in our lives. Remember: love is not just something we feel—it is something we do.

KEY POINTS / VERSES

What does it look like to Love like Jesus:

1. Remaining in Him
2. Choosing Sacrifice
3. Obeying His Commandments

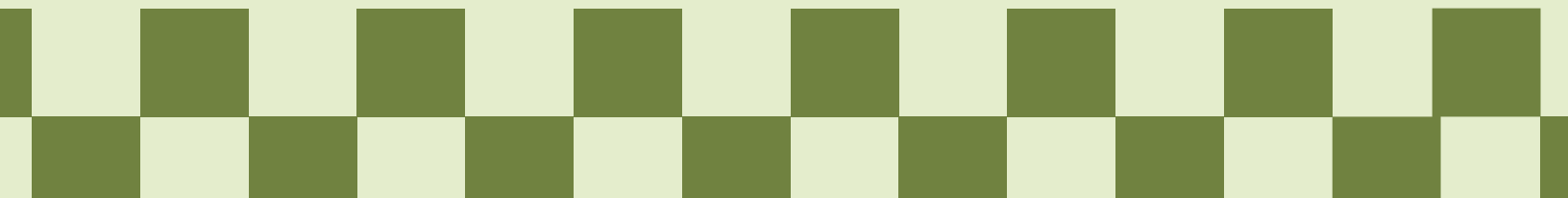
John 15:4-5 NLT4 *Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.*5 “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

John 15:13 NLT 13 *There is no greater love than to lay down one's life for one's friends.*

John 15:10 NLT10 *When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love*

TAKE ATTENDANCE ON THE CHURCH CENTER APP (ADD NEW STUDENTS)

LEADERS: begin a shared Devotional via the Bible App with your group for the “Love fruit of the spirit” encourage your students to do it (5 days of the week)



MAIN IDEA

We live in a culture that constantly chases comfort and short-term happiness. But happiness fades, and people are left searching for something more. Biblical joy points us to something better! When we live with joy that lasts, it shows the world the reality of God’s love. Our joy becomes evidence of the gospel, proof that God’s presence changes everything. Your choice to remain joyful in Jesus, even when life is hard, may be the clearest picture of God’s goodness someone else will see. That is why joy matters. It is more than a personal feeling; it is a powerful witness to the hope we have in Christ.

KEY POINTS / VERSES

“... good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.” Luke 2:10-11 NIV

“I have told you this so that my joy may be in you and that your joy may be complete.” John 15:11 NIV

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:2-4 NIV

TAKE ATTENDANCE ON THE CHURCH CENTER APP (ADD NEW STUDENTS) AND CHECK LAST WEEKS DEVOTIONAL COMPLETION

DISCUSSION QUESTIONS

- 1. What is the difference between Joy and Happiness?
- 2. How have you experienced God’s joy in the middle of hard times?
- 3. Read James 1:2-4, what is this text saying? Why is it important?

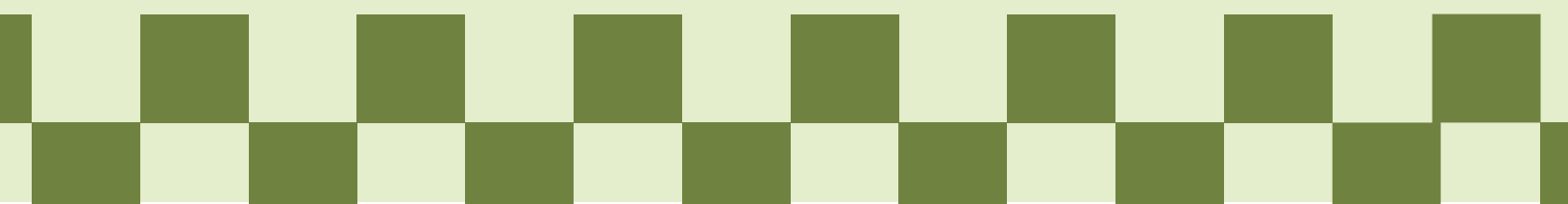
REFLECTION QUESTIONS

- 1. What is one trial I am going through right now?
- 2. Write out a prayer, asking God to give you Joy in the midst of the suffering.

DISCUSSION QUESTIONS

How can you take one step this week to stay connected to Jesus and let his Joy grow in you?

*****Leaders take a moment to create the shared Bible Plan (via bible app) for JOY this week. Be intentional in encouraging them to do these, and following up/ keeping them accountable!**



MAIN IDEA

Our world is filled with conflict, fear, and anxiety. We see it in the headlines and feel it in our own homes. In a culture that chases comfort but rarely finds lasting peace, the Bible points us to something better. Peace matters because it shows the gospel is real. When followers of Jesus live with God's peace, it becomes a witness to the world. Peace shows that God's presence changes everything. It reminds people that hope is possible even in a fallen world. The peace Jesus gives is not just for us to keep. It is meant to flow through us. We are not only recipients of peace, we are called to be Peacemakers

KEY POINTS / VERSES

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! **Isaiah 26:3 (NLT)**

In peace I will lie down and sleep, for you alone, O Lord, will keep me safe. **Psalm 4:8 (NLT)**

Blessed are the peacemakers, for they will be called children of God. **Matthew 5:9 NIV**

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. **Colossians 3:15**

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid **John 14:27**

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:6-7 (NLT)**

TAKE ATTENDANCE ON THE CHURCH CENTER APP (ADD NEW STUDENTS) AND CHECK LAST WEEKS DEVOTIONAL COMPLETION

DISCUSSION QUESTIONS

1. What stood out to you from today's teaching?

PRAYER FOR GOD'S PEACE EXERCISE Click [HERE](#) for the instructions

***** Leaders take a moment to write down how they are committing, be intentional of praying for them in this and following up/ keeping them accountable!**

