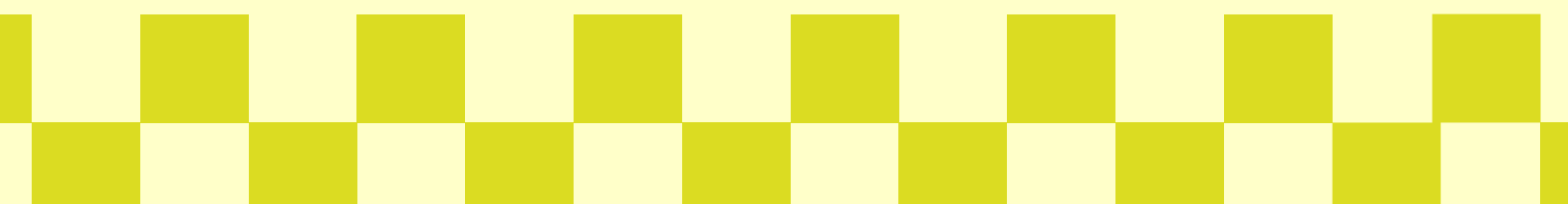


July, 2026



**FRUIT TAKES TIME -
FRUIT OF THE SPIRIT**
DISCUSSION GUIDE



MAIN IDEA

The fruit of the Spirit, love, joy, peace, and more, isn't something we create through trying hard enough. It naturally grows when we stay connected to Jesus. In Galatians 5:22-23, Paul describes the fruit of the Spirit as evidence of a life led by God. But notice that it's called "fruit", not "fruits." That means these qualities aren't separate goals to achieve but different expressions of a transformed life. They come from one source: the Holy Spirit. As we live a life connected to the spirit, over time the fruit will grow! We can separate the fruit into three categories based on how they develop in our life: within us and our relationship with God, through interactions and people by reflecting Christ, and with intentional discipline and decisions.

KEY POINTS / VERSES

1. **The Inward Fruits - Love, Joy, Peace**
2. **The Outward Fruit - Patience, Kindness, Goodness**
3. **The Disciplined Fruit – Faithfulness, Gentleness, Self-Control**

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Galatians 5:22-23 NIV

“And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”Romans 5:5 NIV

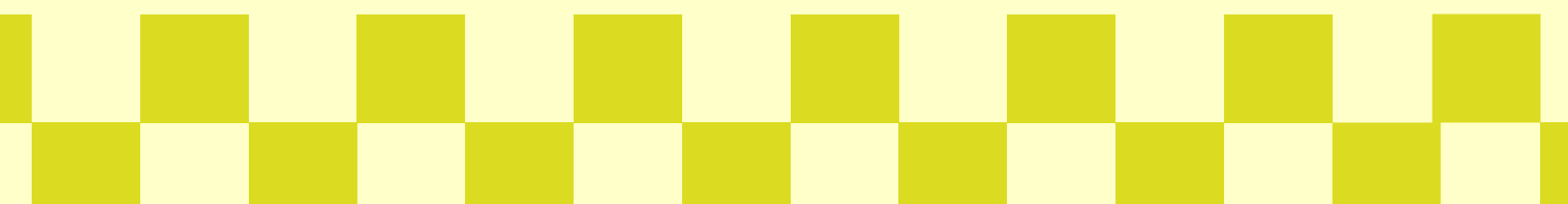
“Don’t you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can’t you see that his kindness is intended to turn you from your sin?” **Romans 2:4 NLT**

“So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.”

Galatians 6:9 NLT

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” **2 Timothy 1:7 NLT**

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **Matthew 11:29 NIV**



FRUIT OF THE SPIRIT: KINDNESS

07/08/26

MAIN IDEA

One of Jesus' defining attributes was His kindness to friends and enemies. It didn't matter who a person was or what they had done; Jesus was always committed to showing them the kindness of God. That's why one of the most Christlike things you can do is be kind to those who are unkind to you. Biblical kindness is compassion rooted in God's love, paired with truth that points people toward the life they were created for. Kindness is more than surface-level niceness. It's an overflow of God's Holy Spirit at work in us. Kindness is showing genuine care and compassion through thoughtful and generous actions.

KEY POINTS / VERSES

What biblical Kindness looks like:

1. Telling the Truth
2. Refusing to Let Anger Rule
3. Giving Instead of Taking
4. Using Our Words to Build Up, Not Tear Down
5. Replacing Evil with Kindness

25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26 And "don't sin by letting anger control you."^[d] Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.²⁸ If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.³⁰ And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own,^[e] guaranteeing that you will be saved on the day of redemption.³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. **Ephesians 4:25-32 NLT**

DISCUSSION QUESTIONS

1. When you think of kindness, what and who do you think of?
2. Who in your life can use a reminder of God's kindness through you this week?

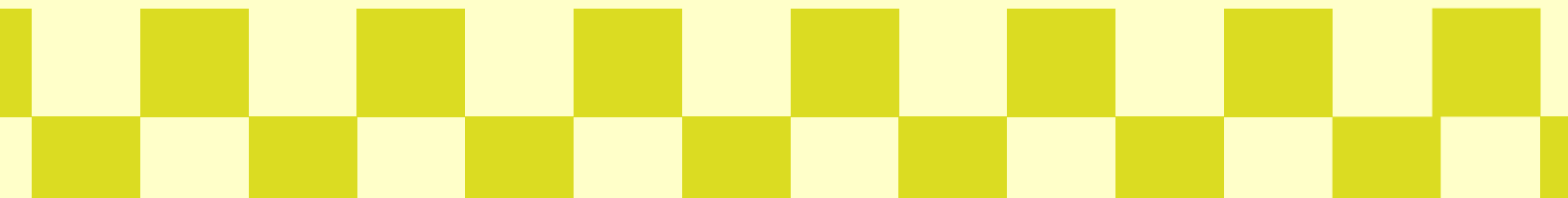
Leaders, take this time to plug in your SERVE DAY Project, have students sign up!

HONOR CIRCLE ACTIVITY

1. Follow this document and take this moment for students to model kindness in their groups with their peers on the spot! [Honor Circle Activity](#)

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

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



MAIN IDEA

It's no secret that we live in a busy world. There always seems to be more things to do than there is time in the day, and more people to please than we have time to help! In the Galatians 5, the Greek word we translate into "patience" is "makrothymia." Patience is the ability to endure difficult situations and delays without frustration or anger. This word represents not just patience, but endurance and perseverance, especially in the face of trouble. Patience is a journey, not a destination. Developing patience is a process requiring time and intentionality. In other words, developing patience takes patience. There's no magic prayer for perfect patience, but we do have the next best thing—unlimited access to our patient God, who can teach us patience one day at a time.

KEY POINTS / VERSES

3 ways God helps us build Patience:

1. Through Hard times
2. Towards difficult People
3. While we Wait

9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. **Galatians 6:9**

Be still in the presence of the Lord, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes. **Psalm 37:7**

Rejoice in our confident hope. Be patient in trouble, and keep on praying. **Romans 12:12**

DISCUSSION QUESTIONS

Which of the three areas we discussed today do you struggle with having patience in the most? Why?

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

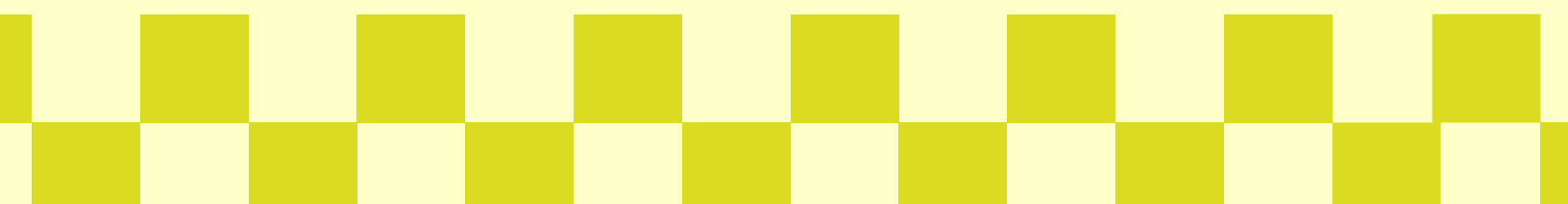
REFLECTION QUESTIONS

1. How has God been patient with you in the past? Take some time to journal and write out a short prayer of gratitude for how patient God has been with you.

DISCUSSION QUESTIONS

1. Have 2-3 students share what they wrote for their prayer:
2. How can we apply these same ways God has been patient with us in the areas we need patience in?

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



FRUIT OF THE SPIRIT: GENTLENESS

07/22/2026

MAIN IDEA

Have you ever had a stuffed animal or a really comfortable blanket? When I hear the word “gentle,” I think of comfort, safety, support, and true relaxation. Someone who is gentle approaches others slowly and with ease, helping them feel safe, cared for, heard, and comfortable in all circumstances. Gentleness is a humble attitude that approaches others with care and respect. Jesus was a source of comfort to broken and hurting people. When it seemed like the whole world was against them, Jesus was on their side. Followers of Jesus are called to live the same way. When we enter a space, we can extend gentleness by looking for those who might feel like outsiders and, with care, turning them into friends.

KEY POINTS / VERSES

29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. **Matthew 11:29 NLT**

Gentle words are a tree of life; a deceitful tongue crushes the spirit. **Proverbs 15:4 NLT**

5 Let your gentleness be evident to all. The Lord is near. **Philippians 4:5**

2 Be completely humble and gentle; be patient, bearing with one another in love. **Ephesians 4:2**

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

DISCUSSION QUESTIONS

1. When you hear the word "gentleness," what comes to mind?
2. Why do you think people sometimes confuse gentleness with weakness?
3. How did Jesus show that you can be both gentle and strong at the same time?
4. If everyone in our group lived with the gentleness of Jesus, what would be different? (in our homes, at school, here at VSM?)

REFLECTION QUESTIONS

1. What's one situation this week where your first reaction might be frustration, sarcasm, or anger? How could choosing gentleness instead change the outcome?

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

