

# The Fruit of the Spirit

## Week 1: Living a Flavorful Life

### Introduction:

***Since this is the first Connect Home Group of the season, please take a moment to go around the room and introduce yourselves and tell one interesting thing that you did over the summer.***

This week begins a new message series exploring the Fruit of the Spirit as listed in Galatians 5:22-23. In this week's introduction message, we talked about living a 'flavorful life'. For the Christian a flavorful life is a spiritually healthy life. One of the signs of good health is a good appetite, and there's only one thing that will satisfy a good appetite and that's good food. However, food that is good *to us* is not always good *for us*. A flavorful life will be good for us and for the people around us, and will make our lives attractive to others.

In Galatians 5, the Apostle Paul is talking to the church about a flavorful life, which is a Spirit-filled life. In this he addresses three ways that we can live. Two of these ways he warns the Galatian believers about, and the other way he says is the result of being led by the Spirit. In this message, we explored the three ways we can live as three different kinds of 'fruit' that our lives can produce. These are:

1. **Artificial Fruit (Galatians 5:1-6)** – this kind of fruit is shiny on the outside but has no substance on the inside. This fruit is a result of performing religious rituals with no true transformation. It's defined by self-righteous actions that try to 'earn' God's favor, and is often times marked by hypocrisy.
2. **Rotten Fruit (Galatians 5:13-21)** – this kind of fruit is rotten because it's the negative results that are produced from living according to our 'flesh', or our unrestrained fleshly desires. These gratify our feelings and may 'feel good' but lead to all kinds of destructive habits and behaviors that fill our life with hurt and regret.
3. **Good Fruit (Galatians 5:22-26)** – this is the kind of fruit that Paul wants the Galatian believers to experience; the fruit of the Spirit. This fruit is the fruit we bear simply by 'abiding in Christ' and being led by the Spirit. This spirit-produced life is flavorful and attractive to others.

### Discussion Questions:

1. Go around the room and share your favorite fruit and why it's your favorite. What does a 'Flavorful Life' look like to you? What qualities would define this kind of life for you and others?
2. Discuss the three different kinds of fruit that are listed above. What are your thoughts on each one, and how have you seen these fruits manifest in people's lives? Which kind of fruit can you identify most with in your experiences in life (present or past)?
3. The emphasis Paul makes in Galatians 5 is the importance of walking in the Spirit and being led by the Spirit. What does it mean to you to walk in and be led by the Spirit, and how can we practically do this in our lives? (See Romans 8:5-6)
4. Read aloud the Fruit of the Spirit listed in Galatians 5:22-23. Which flavor of fruit do you feel like you have grown in over your Christian life? Which one do you feel you need to cultivate more?
5. Discuss some of the differences it would make in the various areas of our lives and culture if more people bore the fruits of the Spirit.
6. Read John 15:5 and discuss how abiding in Christ and having a relationship with Christ is so important to our lives when it comes to bearing fruit?